



UNIVERSITY *of* WASHINGTON

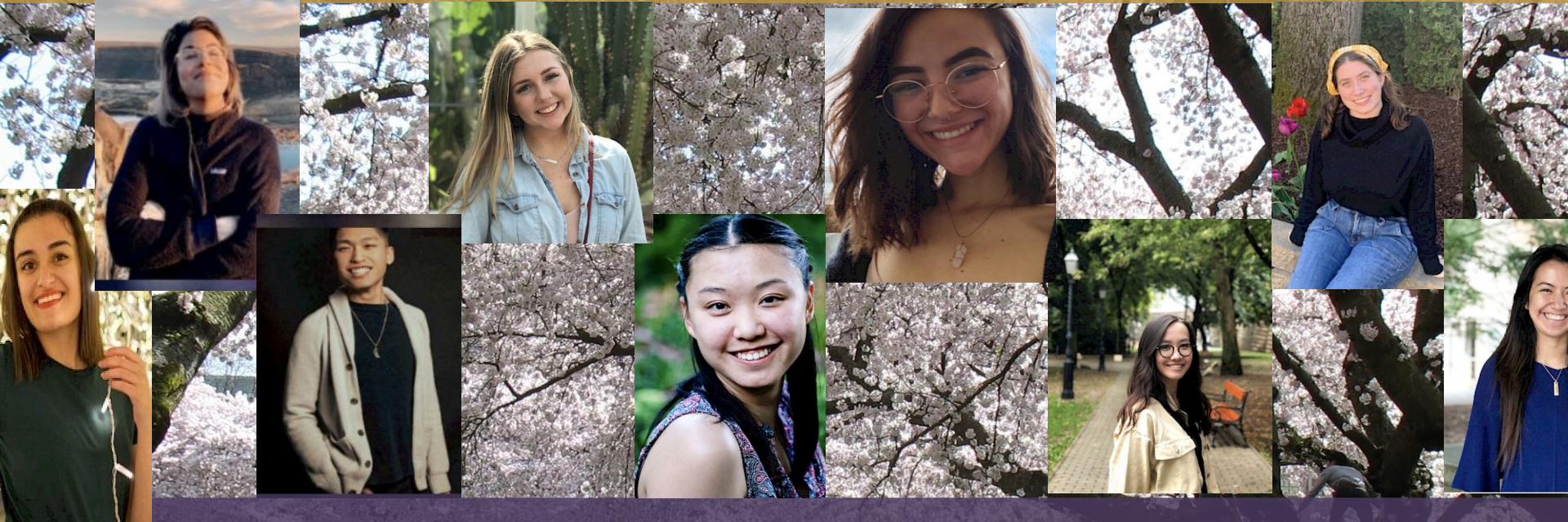
Academic Support Programs
Workshop Series

A wide-angle photograph of a university campus during cherry blossom season. The scene is filled with numerous white cherry blossom trees in full bloom, lining a paved walkway and surrounding a large green lawn. In the background, several multi-story brick university buildings are visible under a bright blue sky with scattered white clouds. People are seen walking and standing on the lawn and paths, some in small groups and others alone. The overall atmosphere is bright and scenic.

Self-Care and Building Community while Social Distancing

Put your name, pronouns and what you are most looking forward to this summer!

Success Coaching



- 1:1 30-minute sessions
- Focus on a wide variety of study skills
- Students of all backgrounds, majors, and academic levels

Make an appointment on our website at:

<https://academicsupport.uw.edu/academic-success-coach/>

What are we talking about today?

- **Self-Care**
 - What is self-care?
 - Dimensions of wellness
 - Why self-care during social distancing is so important
- **Self-Love**
- **Stress**
- **Building Community**
- **Activities!**
 - Anxiety coping strategy
 - Creating a self-care plan
- **Study-Hour**



What is Self-Care?

Self-Care is any activity that we intentionally do to take care of our own mental, emotional, and physical health

Sometimes self-care may take the form of treating ourselves like buying a fancy coffee.

Other times, self-care requires us to do things that may not feel as good in the moment, but will help us live healthier and happier lives long term.

Examples:

- budgeting
- eating healthy
- staying active
- meditating
- reaching out to friends
- getting enough sleep
- occasional pint of ice cream!



Self-Care vs. Self-Soothing

Self-Soothing is an important part of emotional wellbeing but it is not a replacement for Self-Care

Self-Care focuses on overall emotional sustainability and meeting all needs, including dealing with negative emotions

Self-Soothing includes temporary actions that help us have a better day and ignore negative feelings



Self-Care & Self-Love

Self-Love is an important part of Self-Care and is any activity you do to show yourself love

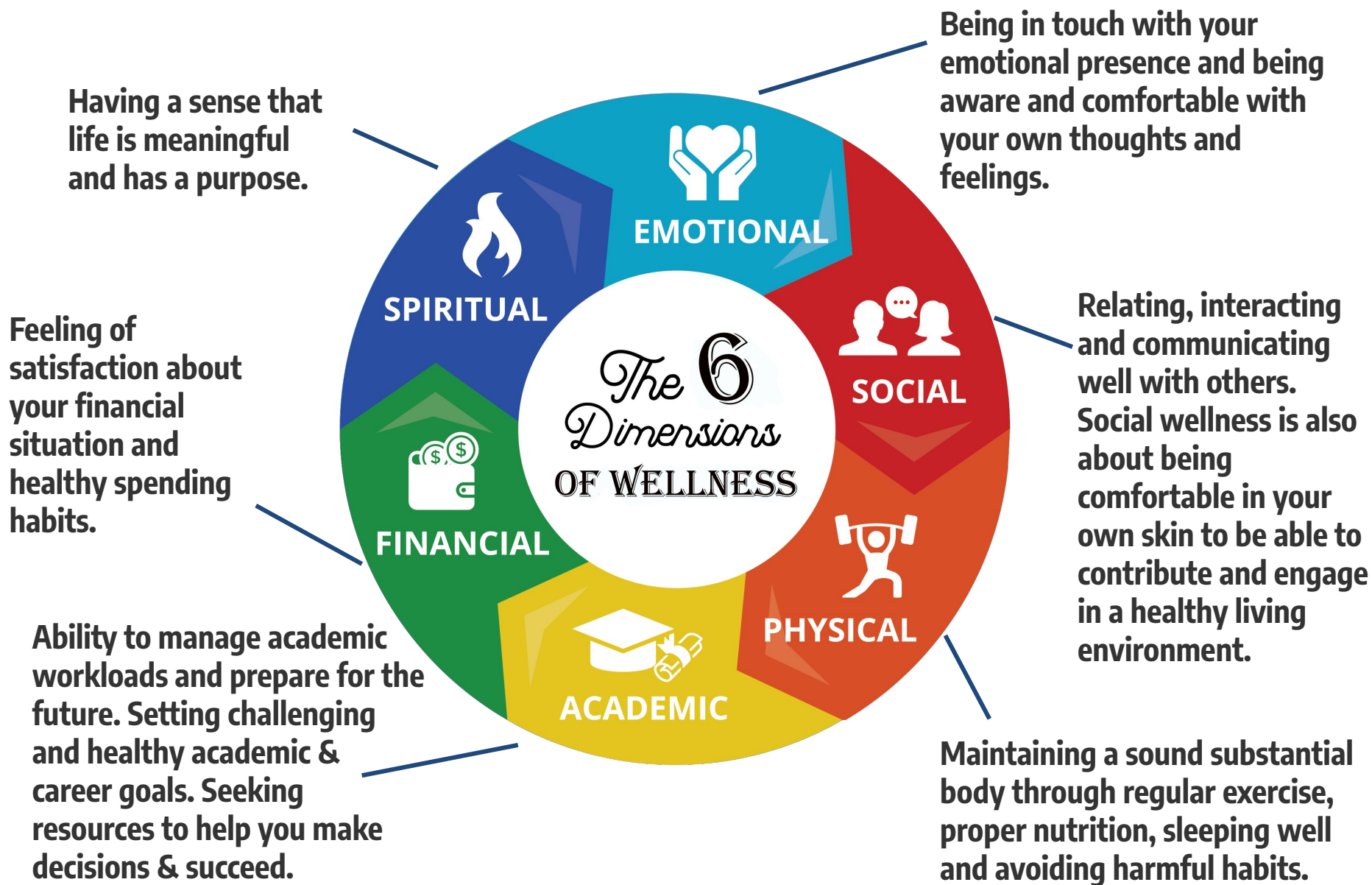
TIPS:

- avoid self-criticism
- practice compassion and forgiveness to yourself
- try acceptance
- know your love language: while this is typically thought to refer to romantic habits your love language can tell you a great deal about how to self-love as well

Examples:

- *reminding yourself of your best qualities through mantras or journaling*
- *allowing yourself to take breaks without guilt*
- *setting aside time for self-care*





It's Normal to feel More Stressed Right Now...

- **Many Common Stressors in College**
 - **Transitioning into university life**
 - **Academic work OVERLOAD!**
 - **Personal stress**
- **Added Stress from Quarantine**
 - **Duration**
 - **Fear of Infection**
 - **Boredom/frustration**
 - **Loss of community**
 - **Uncertainty**



Check-in!

Are you overly-stressed? Do you experience:

- **Feelings of depression**
- **High levels of anxiety**
- **Overeating or undereating**
- **Difficulty making connections**
- **High levels of irritability, mood swings**
- **Constant headaches**
- **Too much -- or not enough -- sleep**
- **Lingering illnesses and aches and pains**
- **Harming yourself**
- **Abuse of alcohol/drugs**



UW Mental Health Resources

- [UW Counseling Center](#)
 - Group or Individual Counseling, Referrals, Crisis hotline, Mental health resources, Workshops, more
- [Off Campus Resources](#)
 - Offers information regarding Insurance, Therapy, Off-Campus Counseling, and more
- [Virtual Let's Talk](#)
 - These sessions are free and they are drop-in
 - They are also confidential and first-come first-serve
- [24/7 Support](#)
 - My SSP gives students access to mental health and crisis intervention support and is available 24/7 in multiple languages



Self-care for recovering from the pandemic

TIPS:

- acknowledge loss, giving yourself time and space to grief
- acknowledge any anxieties about going back in person
- if you are prone to social anxiety; start small to get back to socialization to create manageable and therefore positive associations and experiences
- continuing preventative care, such as social distancing and mask wearing can help ease anxieties about going back to public-- look for spaces that accommodate social distancing if nervous



Burn-out

Avoiding Burnout

- Time management
- Taking regular breaks
 - Follow a routine
- Allow time to reenergize
(socialize, alone time, time outside,
ect.)
- Know yourself and your needs

Self Care for Burnout

- Re-prioritize
- Take a real break
- Do something productive outside of work
(dishes, laundry, etc.)
- Go back to basics
- Identify your emotions and stressors
- Reach out to support systems
- Self-reflect



Activity: Short-Term Anxiety Coping Skill

5-4-3-2-1 Method

Acknowledge **5** things you see around you.
Anything in your surroundings!

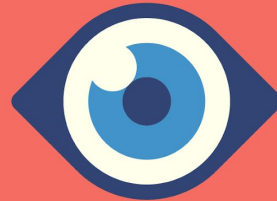
Acknowledge **4** things you can touch around
you. Your hair? Chair? Coffee cup?

Acknowledge **3** things you hear. This could be
any external sound. If you can hear your belly
rumbling that counts! Focus on things you can
hear outside of your body.

Acknowledge **2** things you can smell. Candle?
Pencil?

Acknowledge **1** thing you can taste. What does
the inside of your mouth taste like—gum, coffee,
or the sandwich from lunch?

Acknowledge **5** things that
you can see around you.



Acknowledge **4** things that
you can touch around you.



Acknowledge **3** things
that you can hear
around you.

Acknowledge **1** thing
that you can taste
around you.



Acknowledge **2** things
that you can smell
around you.



Strategies & Management Techniques

- How do we ensure that we stay healthy physically, emotionally, and mentally?

Physical

- Eat nutritious meals
- Drink plenty of water
- Exercise, which helps decrease depression and anxiety and improve moods
- Get enough sleep! 7-9 hours if possible
- Avoid alcohol and other drugs

↓
Reduces anxiety, stress, & depression & increases cognitive function

Emotional

- Value yourself
- Surround yourself with good people; find your community
- Practice good coping skills: take a nature walk, play with your pet or try journal
- Set realistic goals
- Strive for balance
- Find purpose & meaning

↓
Better control of thoughts, feelings, behaviors & deal with life's challenges

Mental

- Quiet your mind
- Meditate
- Practice positive thinking
- Practice gratitude

↓
Boost mood & build resilience



Quarantine-Specific Tips (take some, leave some!)

CREATE/LEARN

If you have time, consider picking up a new hobby. Painting, drawing, writing, crafting, cooking, dancing, graphic designing -- whatever you've always been curious about, but haven't had the time!

BE KIND TO YOURSELF



BREATHE

Take a few moments each day and pause to relax ourselves and our nervous system

EAT & SLEEP WELL

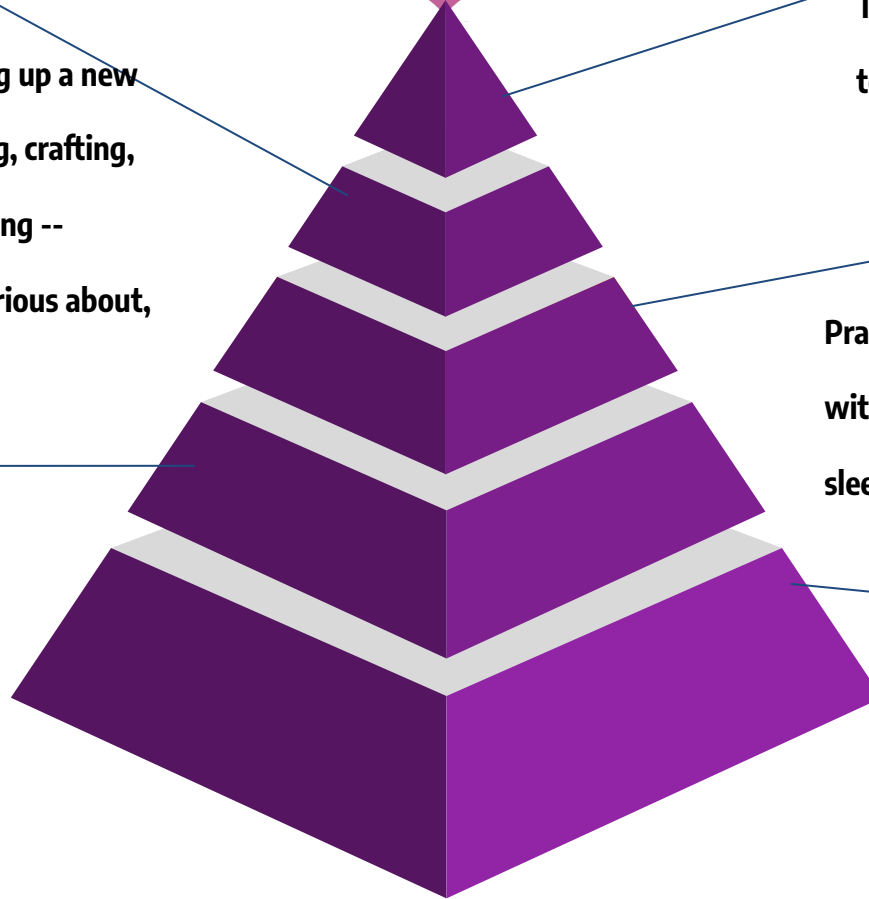
Practice making good home-cooked meals with whole foods and getting 7-9 hours of sleep a night.

MOVE

It is so important to move your body! Exercise will boost motivation, focus, and help elevate mood.

CREATE ROUTINE

Getting up at the same time every day and adding activities in your day will help provide structure.




Create a Morning Routine




Positive
Mental
Space

Setting goals and a daily plan can help improve confidence and motivation to complete schoolwork and personal aspirations.



Prioritize
Yourself +
Feelings

Connecting with yourself by journaling things you are grateful for, talking with friends and family, and writing down any stressors can help place things into perspective.



Focus on
Energy

Eating breakfast and performing simple stretches can help energize oneself and prepare to achieve goals



Create an Evening Routine

**Prepare for
the Next Day**

Completing tasks ahead of time and setting goals prior to each day can improve motivation and decrease morning stress.

**Decompress
+ Relax**

Finding mindfulness in enjoyable and calming activities can be useful to help minimize stressors.

**Minimize
Electronics**

Minimizing electronic use is one way to minimize eye strain and relax your brain after a long day of virtual classes

**Sleep
Mindfully**

Sleeping early when possible can help you feel rejuvenated for another day of learning



H.A.L.T like a Husky

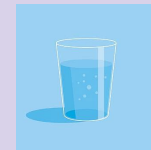
Hungry? Grab a snack!
Check out UW Food
Pantry for help



Lonely? Reach out to
your classmates!
Check out UW RSO's
for more socialization
ideas!

Angry? Anxious? Try a
relaxation technique
like square breathing!
Check out Hall Health
for more ideas

Tired? Thirsty? Make
sure you are getting
enough sleep and
taking breaks when
needed. Aim to drink 64
oz of water a day!



Why Self-Care During Social Distancing is so Important

- **It affects our academics!**
 - 2015 survey found that students who reported psychological distress also reported receiving lower grades on exams
 - Research shows that having access to mental health services and good mental health habits can help prevent students from dropping out of college, increase GPA and student wellbeing

but more importantly...

- **Social distancing can affect your mental health and wellbeing!**
 - loss of structure
 - increased anxiety, stress, and depression
 - inability to visit friends and family in-person
 - loss of jobs and uncertainty



Building a Self-Care Kit

Physical, Mental, or Virtual Kit!

Comfort items:

- candles, bubble bath, favorite sweater, a good meal

Activities:

- grounding activities, coloring, supplies for hobbies, mindfulness exercises

Virtual Support:

- online meditation or Yoga classes, articles regarding self-care, tips and tricks to supporting yourself during this time

Tip: have different plans for different stressors - have a self care plan for stress, anxiety, etc. what might be different about them. Here is a [guide](#) you can check out to get you started! Here is an [example](#) of a digital kit!





Your turn!

Put your favorite Self-Care activity in the chat!

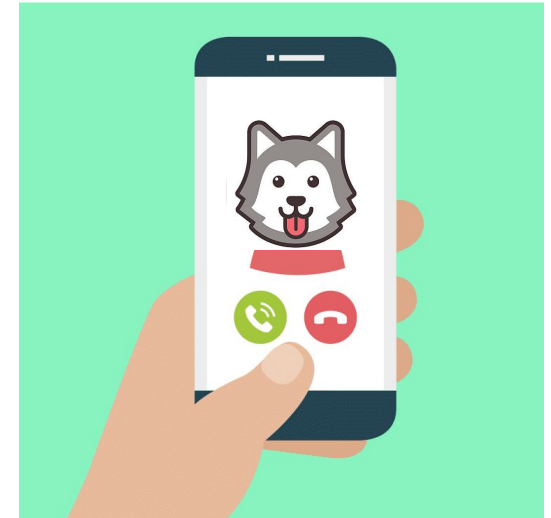
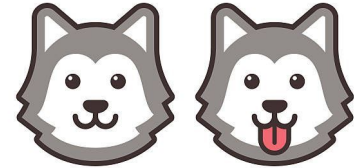


UNIVERSITY *of* WASHINGTON

Reaching Out

Building a Social Network is fundamental to wellbeing!

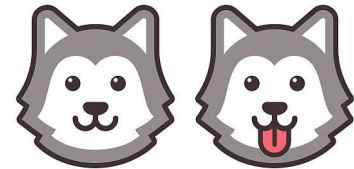
- **Creates belonging, support, and purpose**
- **Keeps us engaged and motivated**
- **How can we create community?**
 - **Join a club - [RSO Directory](#)**
 - **Reach out to other students in your classes**
 - **Join online groups with shared beliefs and values**
- **How do I keep community while at home?**
 - **Phone calls and video chats**
 - **Watch parties**
 - **Online games / online streaming platforms**
 - **Study sessions**



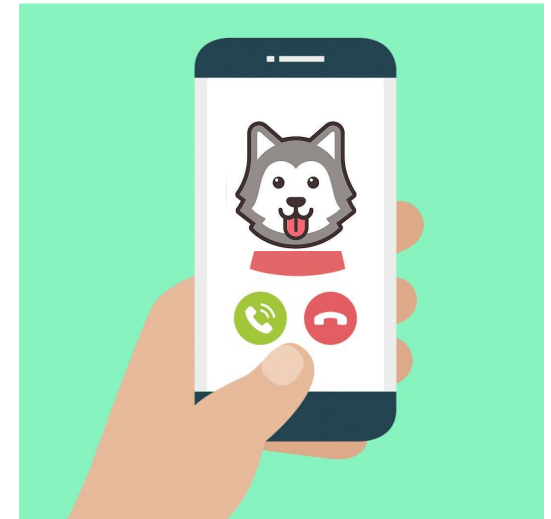
UW Social Media Communities

Building a Social Network is fundamental to wellbeing!

- Creates belonging, support, and purpose
- Keeps us engaged and motivated



- ASP Social Media
 - Instagram: [@uw_asp](#)
 - Facebook:
[UWAcademicSupportPrograms](#)
- [Transfer Student Discord](#)
- [r/udub Community \(Reddit\)](#)
- [UW Teens For Boundless Memes \(Facebook\)](#)
- [Zoom Memes for Self Quaranteens \(Facebook\)](#)

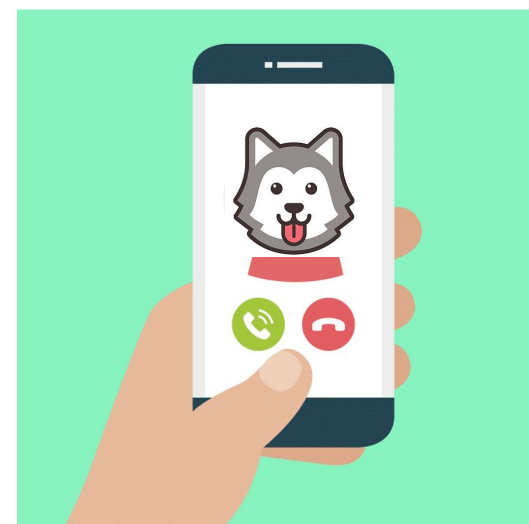
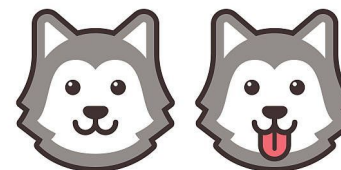


Social Media Habits

Being mindful of how social media affects mental and physical health

Social Media Tips:

- Limit screen time during the day (there are apps that can help with that)
- Block or avoid triggering content
- Hide self-view on Zoom and other video chatting apps
- Zoom fatigue
- Be aware of how certain apps and content may affect your self esteem



AAPI Community Resources

UW Campus Resources:

AAPI Mental Health resources:

<https://depts.washington.edu/ecc/cultivating-a-culture-of-care-initiative/ccci-resources/api-based-resources/>

UW AAPI Community:

AAPI specific RSOs

General AAPI Resources:

Self Defense and Community Building: https://www.impactbayarea.org/052221_aapi
<https://capaa.wa.gov/asian-pacific-american-directory/>

Mental Health: <https://www.asianmhc.org/>



BIPOC Community Resources

UW Campus Resources:

ECC: <http://depts.washington.edu/ecc/>

UW BIPOC Community:

BIPOC specific RSO's: <http://depts.washington.edu/ecc/ecc-rso-list/>

General BIPOC Resources:

Mental Health Resources: [BEAM](#)

Self-care for racial trauma:

<https://culturalsomatics.university.thinkific.com/courses/cultural-somatics-free-5-session-ecourse>

<https://liberatemeditation.com/>

https://www.youtube.com/watch?v=GuLT_YOLGF8



Helpful UW Resources

- **Mindfulness Practices**
 - Short online guided practices/videos to learn a quick movement or meditation practice to increase well-being
 - All under 20 minutes and work great for study breaks or time off between classes
 - Movement breaks, breathing techniques, guided relaxation, meditation, tips and techniques
- **Virtual Recreation Pass**
 - Boot Camp, CORE Conditioning, Total Body, Zumba, Yoga and Meditation, and more!
 - Free weekly livestream classes
 - Click links on website to register through Zoom



Helpful UW Resources Cont.

- [Mindfulness Resilience](#)
 - This is a great resource (previously mentioned) that has breathing exercises, meditation exercises, and other tips
- [Natural Stress Relief](#)
 - This is a link to a guided meditation
- [Zoom Fatigue](#)
 - Here, you can find some more tips about how to avoid Zoom fatigue
- [Care for Caregivers](#)
 - This reading provides resources and tips related to the idea that we must take care of ourselves and prioritize our overall health, especially under the current circumstances



Activity: Creating a Self-Care Plan

While self-care is unique to everyone, following the acronym of CHEERS (to good health) can help get you started in developing your self-care plan.

Challenge yourself to create an additional goal in each section!

C change your mindset

•Altering the way you think about situations will alter the way you feel about and respond to them.

My goal is to _____

H healthy eating

•There is a correlation between what you eat and how you feel physically and mentally. Proper nutrition helps boost wellbeing.

My goal is to _____

E exercise

•Physical activity is one of the best self-care practices there is, so exercise regularly.

My goal is to _____

E enjoy

•Routinely engage in things you enjoy. Have pleasure outweigh pressure.

My goal is to _____

R relax

•Make a plan for how you will relax (e.g., breathing, imagery, music, sit in silence) and use these skills when needed.

My goal is to _____

S sleep

•Good sleep hygiene is critical to overall well-being.

My goal is to _____



A photograph of a university campus. In the foreground, a wide, paved path leads towards the background, flanked by green grass. Several people are walking along the path. In the background, there are large, multi-story buildings with Gothic-style architecture, surrounded by tall evergreen trees and flowering white trees. The sky is blue with scattered white clouds.

Upcoming workshops:

- Preparing for Graduate School 5/11 6:00-7:00 P.M. (PST)
- Finals Prep & Test Anxiety 5/18 7:00-8:00 P.M. (PST)
 - Updates will be posted on our [Study Skills Workshop website](#)



YOU GOT THIS!

Questions? Email us!

aspcoach@uw.edu

*Make a phone or Zoom appointment on
our website at:*

*[https://academicsupport.uw.edu/academic-
success-coach/](https://academicsupport.uw.edu/academic-success-coach/)*



UNIVERSITY of WASHINGTON