

## **Self-Care During COVID-19**

We recognize that this is an uncertain and anxiety-provoking time for many. While COVID-19 impacts each of us differently, it is impacting each of us. While no words can capture all that this time means for our community, we compiled the following list as a starting place. Take care of yourselves, take care of each other, and we will get through this together.

- **Your Feelings Are Valid and It's Okay to Feel Them.** This time may be marked by anxiety, uncertainty, sadness, anger, and a myriad of other feelings. Know that your feelings are valid. Listen to your feelings (they are often great indicators of what we may be needing) and explore ways to meet the accompanying needs (e.g., reaching out to a friend if you are feeling lonely).
- **Practice Self-Compassion.** Be gentle with yourself and practice engaging in compassionate self-talk (e.g., thinking, “I am human” or “oh, hey there, human-ness” when we make mistakes). It can be helpful to start by talking to yourself how you would talk to someone you love.
- **Allow Space for the “Should Have Beens.”** We recognize that, as a result of COVID-19 and accompanying closures, many things have and are continuing to change. Graduations may be canceled or delayed, final seasons may have ended unexpectedly, and life celebrations may look very different. Take time to allow space for your feelings, grieve losses, connect with others, and find meaningful ways to honor these important transitions.
- **Filter Media.** While media can be empowering (e.g., in providing us with information), it can also be overwhelming. Consider what sources you are following and the feelings that arise when you utilize media. Follow credible sources, take breaks from media, and filter media as needed.
- **Ask for Help.** We are all transitioning together. Reach out to faculty (and/or other campus offices) if you have questions related to transitioning to online courses or if there are other ways the UWL community can support you.
- **Foster Connection.** Find meaningful ways to connect with others while social distancing—handwrite and send a letter to a loved one or call a friend. It may be helpful to think of one person you can intentionally reach out to or connect with each day.
- **Practice Self-Care.** Check-in with your body and what you are needing, practice sleep hygiene (e.g., creating a routine before going to sleep to foster restful sleep), eat things that fuel your body, and take breaks to do things you enjoy.
- **Find Ways to Move.** Take a walk outside, practice yoga, stretch—find ways to move in your body that feel good.
- **Relax.** Find ways to relax your mind and body (listening to calming music, meditating, progressive muscle relaxation, or deep breathing can be great starting points!).
- **Create.** Get creative, try something new, or tap into areas of creativity you used to enjoy.
- **Write It Out.** Journaling can help clarify our thoughts and feelings and alleviate anxiety. It can also provide an outlet and help clear our minds so we can be present.
- **Create A Routine.** Create a work space and a daily routine. Routines can help motivate, energize, and ground us, especially during transitions. It’s okay (and expected) for this and other items on this list to be works in progress.

- **Get Connected.** If you find that additional support/resources related to mental health would be beneficial, connect with the CTC (by contacting the front office at 608-785-8073) to discuss resources available in your area.