Self-Care Tips

It’s very important to take care of yourself and each other. Here are some tips from UHS counselors on different areas of self-care and wellbeing.

**Mental Wellbeing**
- LIMIT your exposure to news/media coverage - try to just get the FACTS.
- Focus on what is within your control and avoid excessive worrying
  - Schedule time to worry
  - Write down your worries & cross off what is not within your control
  - Create a to-do list
  - Speed clean your workspace
- UNPLUG. Take a break from scrolling - log off, & do something FOR YOU:
  - Something that nourishes your soul
  - A self-soothing practice that will bring you back to a baseline of feeling more neutral and calm
- Journaling
  - Make a list of 5 things you are grateful for
  - Write down one thing that went well today and what was your role in it.

**Physical Wellbeing**
- Practice self check-ins
  - Am I hungry?
  - Sleep deprived?
  - Dehydrated?
  - Am I tense & need to move my body?
- Strengthen your personal & sleep hygiene
  - Wash your hands often
  - Create a bedtime routine consisting of a relaxing/calming activity and no electronics 30 minutes before bed
- MOVE! Movement gives us an instant boost and brings our attention to where we are
  - Go for a walk (preferably outdoors but avoid the crowds)
  - Stretch your body
- Mindfulness techniques for calming and self-soothing
  - Shift your full attention to your breath and practice deep belly breaths
  - Practice grounding using your five senses - name 5 things you can see, 4 things you can feel, 3 things you can hear, 2 things you can smell, and 1 thing you can taste

**Emotional Wellbeing**
- Practice self check-ins
  - What do I feel?
  - Where do I feel it in my body?
  - Accept all the feelings and emotions that are ebbing and flowing
  - Fear, anxiety, overwhelm are common/normal reactions to COVID-19
  - Naming/acknowledging our feelings with compassion reduces the intensity and negative impact
- Write a list of positive self-affirmations
  - I am doing my best to focus on what is within my control
  - I can be strong and still need support from others
- Do something fun or good for the soul
  - Arts & crafts or make music, sing
  - Watch/create a funny meme or tik tok
  - Listen to your favorite song, read a book
  - Play board games, do puzzles

**Social Wellbeing**
- Stay connected with friends and loved ones via phone calls/texts/social media/video calls
- Send a gratitude letter or words of affirmation to a loved one
- Do random acts of kindness
  - Post positive notes around your community
  - Give a compliment
- Share your own coping skills with others

Questions or require additional resources? Contact Cynthia Medina, PhD, in CAPS, at c.medina@berkeley.edu