

COVID-19: COPING RESOURCES FOR STUDENTS
Compiled by SFSU Counseling and Psychological Services; July, 2020

Attached, you will find two text resources that are designed to help lay the foundation for managing anxiety and stress in the time of COVID-19. Additionally, you'll find two resources with linked websites, where students can find additional resources on promoting emotional well-being. They are:

1. Living with Anxiety and Worry Amidst Global Uncertainty

This document tackles what worry looks and feels like, as well as how it can manifest itself. It normalizes our global experience of worry, while offering solutions to reducing anxiety, loneliness, isolation and stress. Some of those solutions take the form of tools that students can use in their everyday planning.

2. California Surgeon General's Playbook for Stress-Relief During COVID-19

This document lays out six specific strategies that can assist in daily stress-reduction, but also form healthy habits during a time of quarantine or distancing that can be continued on for healthier lives, even outside of a pandemic. The six strategies are centered on: Supportive relationships ; exercise; healthy sleep strategies; nutrition; mental health, and mindfulness.

3. Emotional Well-Being Toolkits

Two excellent online resources, designed specifically for college students coping with fallout from COVID-19 in multiple areas of their life, include:

a. JED Foundation

The JED Foundation is designed to meet the many mental health needs of teens and young adults, specifically college students. They have designed a specific COVID-19 Resource Guide, available at: <https://www.jedfoundation.org/covid-19-resource-guide-for-students-teens-young-adults/> This also includes links to Love is Louder (<https://www.loveislouder.org/>), which includes action items and links to larger communities of support.

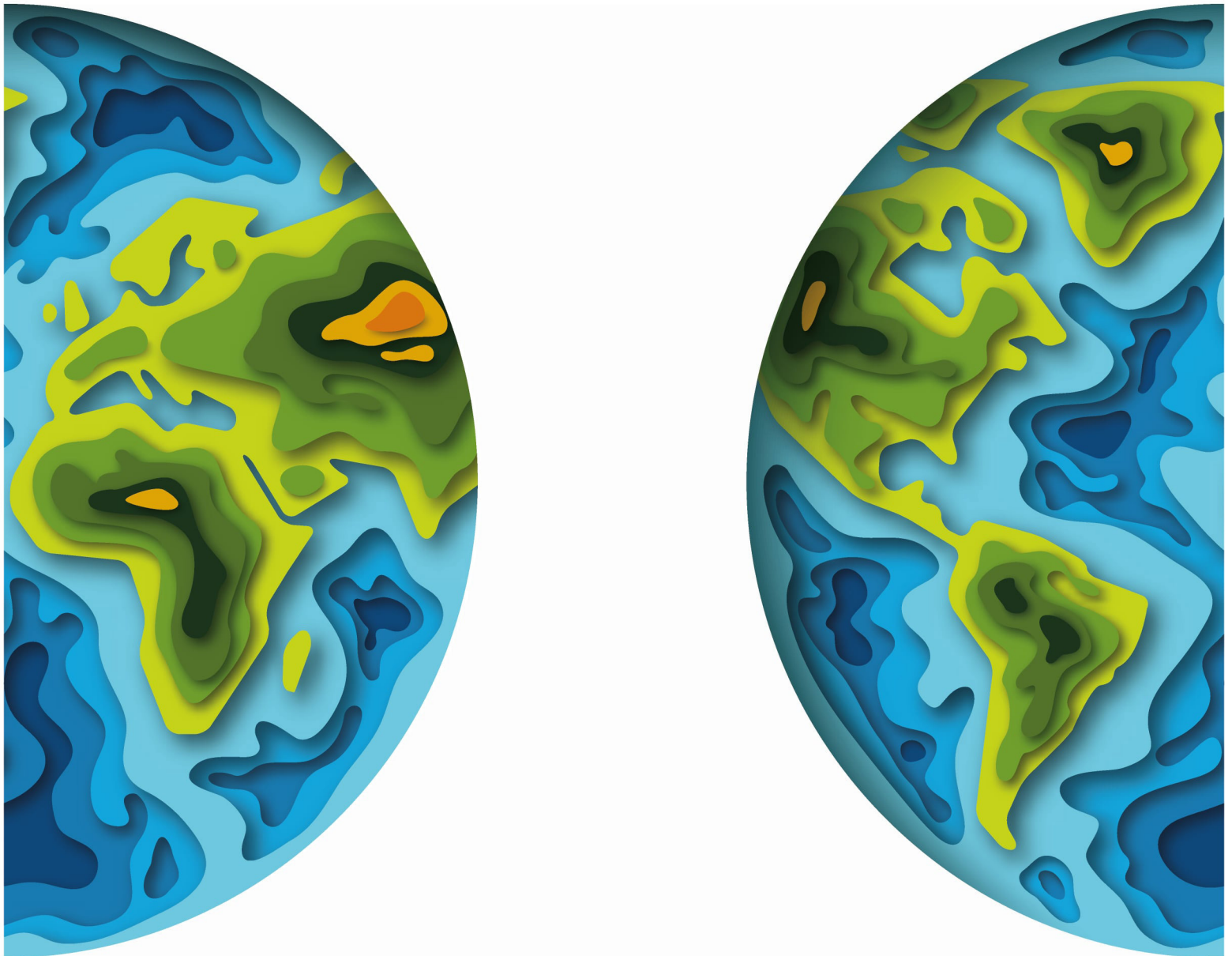
b. Active Minds

Active Minds is a go-to resource for college students seeking both national and more localized information about mental health resources. Links to a COVID-19 Resource Center, including self-care is readily available. (www.activeminds.org) The SFSU Chapter of Active Minds is also available at <https://wellness.sfsu.edu/active-minds>

Guide

US English

Living with worry and anxiety amidst global uncertainty



About this guide

Our world is changing rapidly at the moment. Given some of the news coverage, it would be hard not to worry about what it all means for yourself, and for those you love.

Worry and anxiety are common problems at the best of times, and when it takes over it can become all-encompassing. At Psychology Tools we have put together this free guide to help you to manage your worry and anxiety in these uncertain times.

Once you have read the information, feel free to try the exercises if you think they might be helpful to you. It's natural to struggle when times are uncertain, so remember to offer care and compassion to yourself, and to those around you.

Wishing you well,

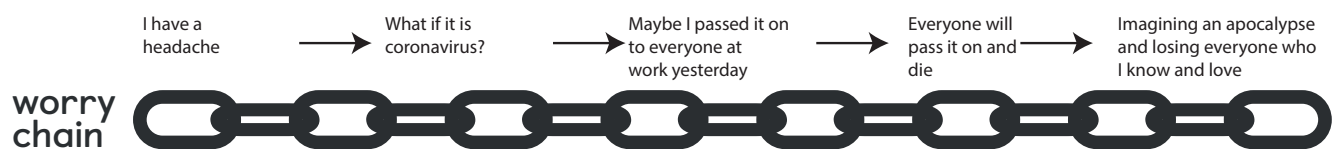
Dr Matthew Whalley & Dr Hardeep Kaur

What is worry?

Human beings have the amazing ability to think about future events. 'Thinking ahead' means that we can anticipate obstacles or problems, and gives us the opportunity to plan solutions. When it helps us to achieve our goals, 'thinking ahead' can be helpful. For example, hand washing and social distancing are helpful things that we can decide to do in order to prevent the spread of the virus. However, worrying is a way of 'thinking ahead' that often leaves us feeling anxious or apprehensive. When we worry excessively, we often think about worst case scenarios and feel that we won't be able to cope.

What does worry feel like?

When we worry it can feel like a chain of thoughts and images, which can progress in increasingly catastrophic and unlikely directions. Some people experience worry as uncontrollable – it seems to take on a life of its own. It is natural that many of us may have recently noticed ourselves thinking about worst-case scenarios. The example below illustrates how worries can escalate quickly, even from something relatively minor. Have you noticed any thoughts like this? (confession: we both have!)



Worry isn't just in our heads. When it becomes excessive we feel it as anxiety in our bodies too. Physical symptoms of worry and anxiety include:

- Muscle tension or aches and pains.
- Restlessness and an inability to relax.
- Difficulty concentrating.
- Difficulty sleeping.
- Feeling easily fatigued.

What triggers worry and anxiety?

Anything can be a trigger for worry. Even when things go right, you might manage to think to yourself "*but what if it all falls apart?*". There are particular situations where worry becomes even more common, though. Strong triggers for worry are situations that are:

- **Ambiguous** – open to different interpretations.
- **Novel and new** – so we don't have any experience to fall back on.
- **Unpredictable** – unclear how things will turn out.

Does any of this sound familiar at the moment? The current worldwide health situation ticks all of these boxes, and so it makes sense that people are experiencing a lot of worry. It is an unusual situation with much uncertainty, which can naturally lead us to worry and feel anxious.

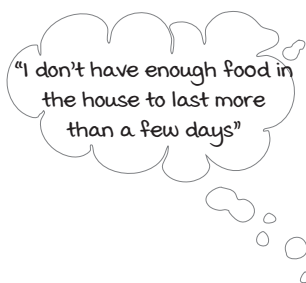
Are there different types of worry?

Worry can be helpful or unhelpful, and psychologists often distinguish between worries concerning 'real problems' vs. 'hypothetical problems'.

- **Real problem worries** are about actual problems that need solutions right now. For example, given the very real concern about the virus at the moment, there are helpful solutions which include regular handwashing, social distancing, and physical isolation if you have symptoms.
- **Hypothetical worries** about the current health crisis might include thinking about worst-case scenarios (what we might call catastrophizing). For example, imagining worst case scenarios such as *most* people dying.

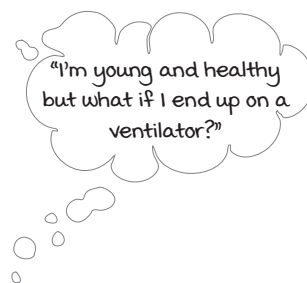
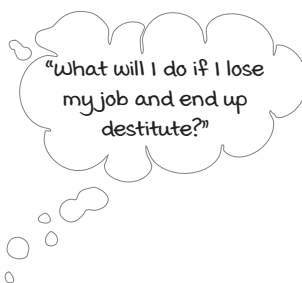
Real problem worries

are about *actual* problems that are affecting you *right now*.



Hypothetical worries

are about things that do not currently exist, but which *might* happen in the future.



Normal worry

Helps you to get what you want

Helps you to solve problems in your life

Excessive worry

Leaves you feeling demoralized, upset, or exhausted

Gets in the way of living the life you want to lead

It is natural for you to worry at the moment, but if you feel that it's becoming excessive and taking over your life – for example if it's making you anxious, or if you're struggling to sleep – then it might be worth trying to find ways to limit the time you spend worrying, and taking steps to manage your well-being. In the next section of this guide we have included a selection of our favourite information handouts, exercises, and worksheets for maintaining well-being and managing worry. These can help you to:

- **Maintain balance in your life.** Psychologists think that well-being comes from living a life with a balance of activities that give you feelings of pleasure, achievement, and closeness. Our information handout *Look After Your Wellbeing By Finding Balance* discusses this in more detail. The *Activity Menu* on the following page contains suggestions of activities to help you to distract yourself and stay active. Remember that we're social animals – we need connections to thrive and flourish. We would recommend trying to do at least some activities that are social and involve other people. In times like these you might have to find some creative ways to do social things at a distance. For example, by keeping in touch online or by phone.
- **Practice identifying whether your worry is 'real problem' worry, or 'hypothetical worry'.** The *Worry Decision Tree* is a useful tool for helping you to decide what type your worry is. If you're experiencing lots of hypothetical worry, then it's important to remind yourself that your mind is not focusing on a problem that you can solve right now, and then to

find ways to let the worry go and focus on something else. You might also use this tool with children if they are struggling to cope.

- **Practice postponing your worry.** Worry is insistent – it can make you feel as though you have to engage with it **right now**. But you can experiment with postponing hypothetical worry, and many people find that this allows them to have a different relationship with their worries. In practice, this means deliberately setting aside time each day to let yourself worry (e.g. 30 minutes at the end of each day). It can feel like an odd thing to do at first! It also means that for the other 23.5 hours in the day you try to let go of the worry until you get to your 'worry time'. Our *Worry Postponement* exercise will guide you through the steps you need to give it a try.
- **Speak to yourself with compassion.** Worry can come from a place of concern - we worry about others when we care for them. A traditional cognitive behavioral therapy technique for working with negative, anxious, or upsetting thoughts is to write them down and find a different way of responding to them. Using the *Challenging Your Thoughts With Compassion* worksheet, you can practice responding to your anxious or worrying thoughts with kindness and compassion. We have provided a worked example to get you started.
- **Practice mindfulness.** Learning and practicing mindfulness can help us to let go of worries and bring ourselves back to the present moment. For example focusing on the gentle movement of your breath or the sounds you hear around you, can serve as helpful 'anchors' to come back to the present moment and let go of worries.

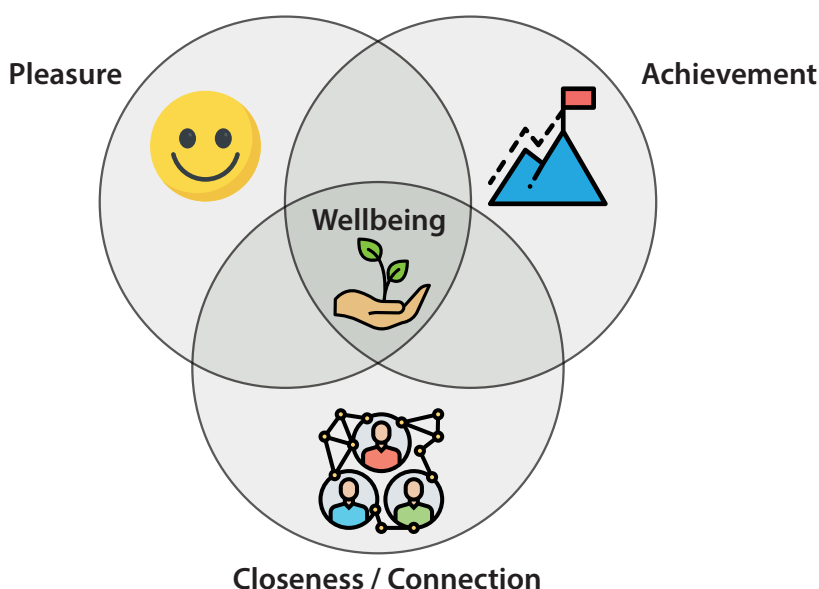
Look After Your Wellbeing By Finding Balance

With the current health situation many of our normal routines and daily activities are changing. Naturally this can be unsettling, and we can find that the things we usually did to look after our well-being have become difficult. Whether you are working from home, or in some form of physical isolation or distancing, it can be helpful to organise a daily routine that involves a balance between activities that:

- give you a sense of **achievement**,
- help you feel **close and connected** with others and
- activities that you can do just for **pleasure**.

When we are struggling with anxiety and worry, we can lose touch with things that used to give us pleasure. Plan to do some activities each day that are pleasurable and make you feel joyful. For example, reading a good book, watching a comedy, dancing or singing to your favourite songs, taking a relaxing bath, or eating your favourite food.

We feel good when we have achieved or accomplished something so it's helpful to include activities each day that give you a sense of achievement. For example, doing some housework, decorating, gardening, a work task, cooking a new recipe, completing an exercise routine, or completing 'life admin' such as paying a bill.



We are social animals so we need and naturally crave closeness and connection with other people.

With the current health crisis many of us may be physically isolated or distant from others, so it's important that we consider creative ways to connect in order that we don't become socially isolated and lonely. How can you continue to connect with family and friends and have social time in a virtual way? Perhaps using social media, phone and video calls you could set up shared online activities e.g. a virtual book or film club. You could also explore local online neighbourhood groups, and see if there are ways to be involved in helping your local community.

An imbalance of pleasure, achievement, and closeness can affect our mood. For example if you spend most of your time working with no time for pleasure or socialising then you may start to feel low and isolated. Conversely, if you spend most of your time relaxing for pleasure and not doing other things that are important to you then this can also impact your mood.

At the end of each day could you check in with yourself and reflect on 'what did I do today that gave me a sense of achievement? Pleasure? Closeness with others?' Did I get a good balance, or what can I do differently tomorrow?

Use An Activity Menu To Give You Some Ideas To Stay Occupied



Animals

Pet an animal
Walk a dog
Listen to the birds



Be active

Go for a walk
Go for a run
Go for a swim
Go cycling
Use an exercise video at home



Clean

Clean the house
Clean the yard
Clean the bathroom
Clean the toilet
Clean your bedroom
Clean the fridge
Clean the oven
Clean your shoes
Do the washing up
Fill / empty the dishwasher
Do laundry
Do some chores
Organise your workspace
Clean a cupboard



Connect with people

Contact a friend
Join a new group
Join a political party
Join a dating website
Send a message to a friend
Write a letter to a friend
Reconnect with an old friend



Cook

Cook a meal for yourself
Cook a meal for someone else
Bake a cake / cookies
Roast marshmallows
Find a new recipe



Create

Draw a picture
Paint a portrait
Take a photograph
Doodle / sketch
Organise photographs
Make a photograph album
Start a scrapbook
Finish a project
Do some sewing / knitting



Expression

Laugh
Cry
Sing
Shout
Scream



Kindness

Help a friend / neighbor / stranger
Make a gift for someone
Try a random act of kindness
Do someone a favour
Teach somebody a skill
Do something nice for someone
Plan a surprise for someone
Make a list of your good points
Make a list of things or people you are grateful for



Learn

Learn something new
Learn a new skill
Learn a new fact
Watch a tutorial video



Mend

Repair something in the house
Repair your bike / car / scooter
Make something new
Change a lightbulb
Decorate a room



Mind

Daydream
Meditate
Pray
Reflect
Think
Try relaxation exercises
Practise yoga



Music

Listen to music you like
Find some new music to listen to
Turn on the radio
Make some music
Sing a song
Play an instrument
Listen to a podcast



Nature

Try some gardening
Plant something
Do some pruning
Mow the lawn
Pick flowers
Buy flowers
Go for a walk in nature
Sit in the sun



Plan

Set a goal
Create a budget
Make a 5 year plan
Make a 'to do' list
Make a 'bucket list'
Make a shopping list



Read

Read a favourite book
Read a new book
Read the newspaper
Read your favourite website



Schedule

Get up extra early
Stay up late
Sleep in late
Tick something off your 'to do' list



Self care

Take a bath
Take a shower
Wash your hair
Give yourself a facial
Trim your nails
Sunbathe (wear sunscreen!)
Take a nap



Try something new

Try a new food
Listen to some new music
Watch a new TV show or movie
Wear some new clothes
Read a new book
Do something spontaneous
Express yourself



Watch

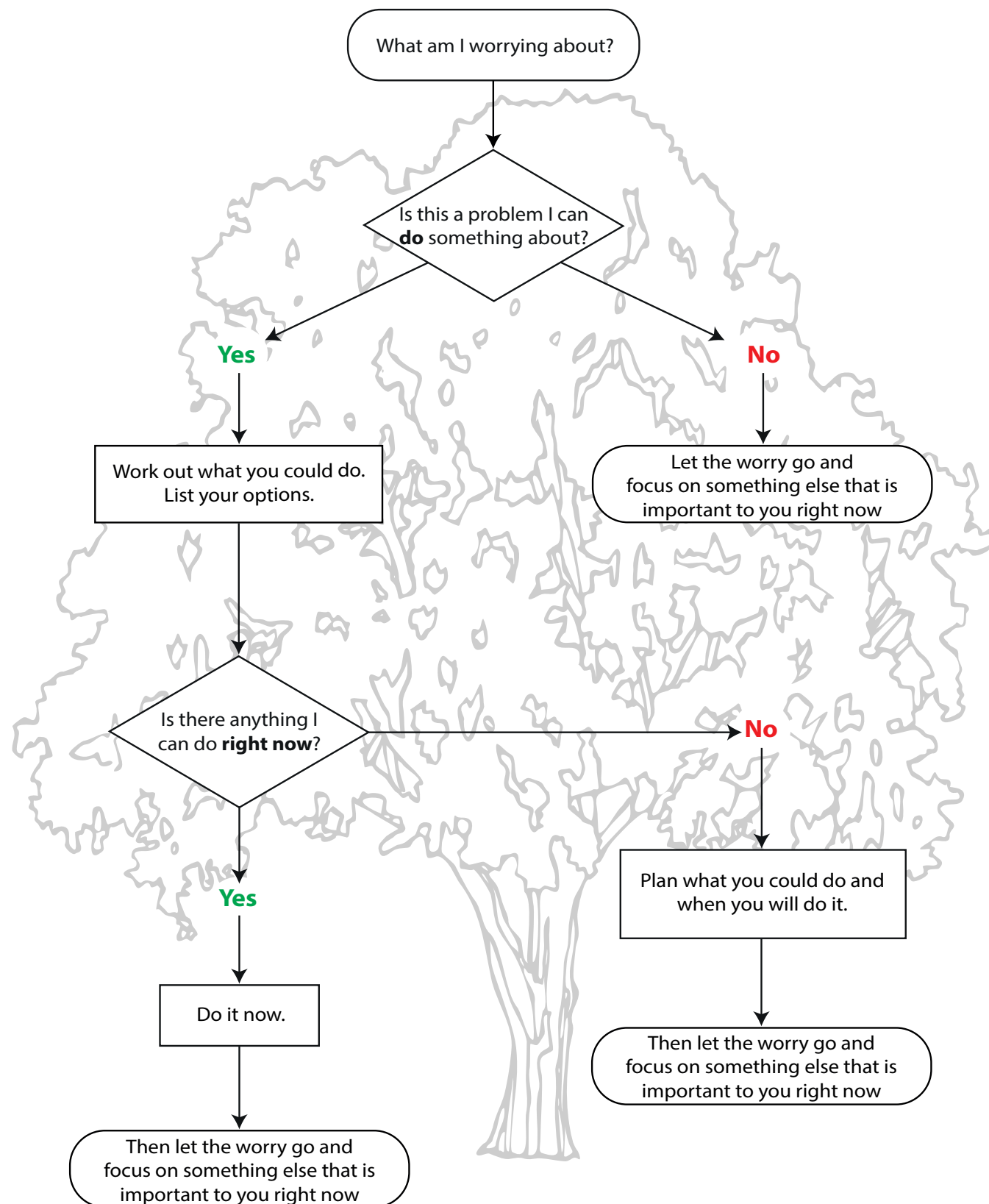
Watch a movie
Watch a TV show
Watch a YouTube video



Write

Write a letter with compliments
Write a letter to your politician
Write an angry letter
Write a grateful letter
Write a 'thank you' card
Write a journal / diary
Write your CV
Start writing a book

Use This Decision Tree To Help You Notice 'Real Problem' Vs. 'Hypothetical Worry'



Worry Postponement For Uncertain Times

Psychologists think that there are two types of worry:

- 1. Real problem worries** are about actual problems affecting you right now and which you can act on now.
"My hands are dirty from gardening, I need to wash them"; "I need to call my friend or she will think I have forgotten her birthday"
"I can't find my keys"; "I can't afford to pay this electricity bill"; "My boyfriend isn't speaking to me".
- 2. Hypothetical worries** are about things that do not currently exist, but which *might* happen in the future.
"What if I die?"; "What if everyone I know dies?"; "Maybe this worrying is making me crazy"

People who are bothered by worry often experience it as *uncontrollable*, time consuming, and sometimes believe that it is beneficial to engage in worry when it occurs. Experimenting with postponing your worries – deliberately setting aside some time in your day to do nothing but worry and limiting the time you spend worrying – is a helpful way of exploring your relationship with worry. Follow the steps below for *at least* one week.

Step 1: Preparation

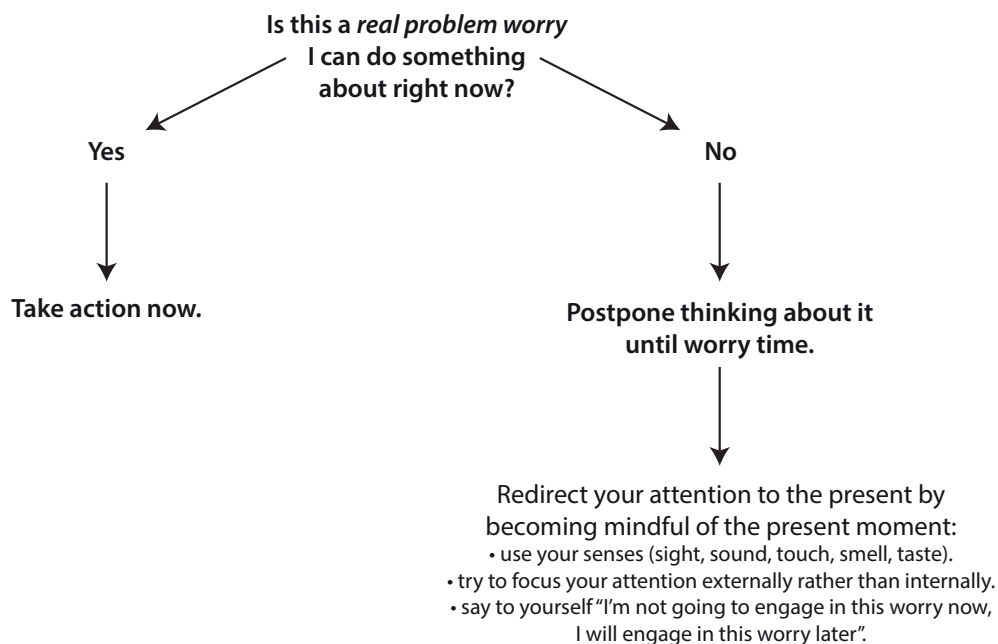
Decide **when** your worry time will be, and for **how long** it will be for.

- 'Worry time' is time you set aside every day for the specific purpose of worrying.
- What time of day do you think you will be in the best frame of mind to attend to your worries?
- When are you unlikely to be disturbed?
- If you are unsure, 15 to 30 minutes every day at 7:00pm is often a good starting point.



Step 2: Worry postponement

During the day, decide whether worries that surface are 'real problem' worries you can act on now, or whether they are hypothetical worries that need to be postponed.



Step 3: Worry time

Use your dedicated worry time for worrying. Consider writing down any of the hypothetical worries that you remember having had throughout the day. How concerning are they to you now? Are any of them the kinds of worries that can lead you to take practical actions?

- Try to use all of your allocated worry time, even if you do not feel that you have much to worry about, or even if worries do not seem as pressing at this time.
- Reflect upon your worries now – do they give you the same emotional 'kick' when you think about them now as they did when you first thought of them?
- Can any of your worries be converted into a practical problem to which you can look for a solution?

Compassionate Thought Challenging Record

Situation Who were you with? What were you doing? Where were you? When did it happen?	Emotions & body sensations What did you feel? (Rate intensity 0–100%)	Automatic thought What went through your mind? (Thoughts, images, or memories)	Compassionate response What would a truly self-compassionate response be to your negative thought?
watching the news for the second hour in a row.	Feelings of anxiety and an increasing sensation of panic.	This is terrible. So many people could die. What's going to happen to me and my family?	<p>It's understandable that you're worried – it would be unusual not to be. What's the best thing that you can do for yourself to feel better right now? Maybe you could watch a comedy instead of the news, or get up and do something else.</p> <p>Try to respond to yourself with the compassionate qualities of wisdom, strength, warmth, kindness, and non-judgement</p> <ul style="list-style-type: none"> • What would my best friend say to me? • What would a truly compassionate being say to me? • What tone of voice would I need to be talked to in order to feel reassured?
If you had an image or memory, what did it mean to you?			

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Some final tips

- **Set a routine.** If you are spending more time at home it is important to continue with a regular routine. Maintain a regular time for waking up and going to bed, eating at regular times, and getting ready and dressed each morning. You could use a timetable to give structure to your day.
- **Stay mentally and physically active.** When you plan your daily timetable have a go at including activities that keep both your mind and body active. For example, you could try learning something new with an online course, or challenge yourself to learn a new language. It's also important to keep physically active. For example doing rigorous housework for 30 minutes, or an online exercise video.
- **Practice gratitude.** At times of uncertainty, developing a gratitude practice can help you to connect with moments of joy, aliveness, and pleasure. At the end of each day take time to reflect on what you are thankful for today. Try and be specific and notice new things each day, for example 'I am grateful that it was sunny at lunchtime so I could sit in the garden'. You could start a gratitude journal, or keep notes in a gratitude jar. Encourage other people in your home to get involved too.
- **Notice and limit worry triggers.** As the health situation develops it can feel like we need to constantly follow the news or check social media for updates. However, you might notice this also triggers your worry and anxiety. Try to notice what triggers your worry. For example, is it watching the news for more than 30 minutes? Checking social media every hour? Try to limit the time that you are exposed to worry triggers each day. You might choose to listen to the news at a set time each day, or you could limit the amount of time you spend on social media for news checking.
- **Rely on reputable news sources.** It can also help to be mindful of where you are obtaining news and information. Be careful to choose reputable sources. The World Health Organization provides excellent information here:
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

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California Surgeon General's Playbook: Stress Relief during COVID-19

IMPORTANCE OF STRESS MANAGEMENT DURING THIS TIME

The health and safety of our nearly 40 million Californians is the number-one priority for our state. This includes the physical and psychological well-being of all individuals. We are mindful that the public health policies and interventions necessary to slow the spread of COVID-19 are affecting all facets of society and our daily lives. These daily disruptions, coupled with the fear of not knowing what may come, are resulting in increased stress and anxiety for many.

Californians have come together to practice physical distancing to slow the spread of the novel coronavirus. While we take action to lessen the immediate impacts of COVID-19 on our communities and our health care systems, it is also important to minimize the secondary health effects of this pandemic. Widespread stress and anxiety regarding COVID-19, compounded by the economic distress due to lost wages, employment and financial assets; mass school closures; and necessary physical distancing measures can result in an increase of stress-related health conditions.

During this time, your body may be making more or less stress hormones than is healthy. This can lead to worsening of physical and/or mental health problems, such as diabetes, heart disease, anxiety, depression, smoking, or unhealthy use of alcohol or other drugs.

Stress can show up in our bodies, emotions and behavior in many different ways. For example in our bodies - changes to sleep patterns and appetite, headaches, stomach aches, or bowel changes, and spikes in blood pressure may all be signs of an overactive stress response. In our emotions and behavior - we may feel more irritable, experience mood changes, anxiety, depression, increased substance use, or anger. It's important to know that these changes aren't "just in your head". They may be signs of a biological reaction occurring in our brains and bodies due to the collective stress we are all under. If you have experienced significant adversity in the past, especially during the critical years of childhood, you may be at higher risk of experiencing health and behavioral problems during times of stress.

The good news is there are simple things you can do every day, at home, to protect your health. The following guide can help you manage your stress response. They may seem simple at first, but they are evidence-based and demonstrated to be effective. Safe, stable, and nurturing relationships can protect our brains and bodies from the harmful effects of stress and adversity. Healthy nutrition, regular exercise, restful sleep, practicing mindfulness, staying connected to our social supports, and getting mental health care can help decrease stress hormones and improve health.

Take your time, build a program that works for you and be kind to yourself, as we all move through this challenge together.

Stress Busting At Home

STEP 1: AWARENESS – HOW IS STRESS SHOWING UP IN OUR OWN BODY

- First, we must all check-in with ourselves and recognize how stress shows up in our bodies. Changes to your sleep patterns or appetite, headaches or bowel changes, spikes in blood pressure or blood sugar are all signs of an overactive stress response.
- If you have a chronic illness or existing condition, you need to pay particular attention to your condition and ensure you are tracking any significant changes. Stress management is of utmost importance to help manage your condition.

- Stress can impact our health quite intensely. For example, if you have asthma you may find yourself reaching for the albuterol more often, if you're diabetic your blood sugars may be running high, if you're managing blood pressure fluctuations, they may be running high right now.

STEP 2: MAKE A PLAN FOR YOU

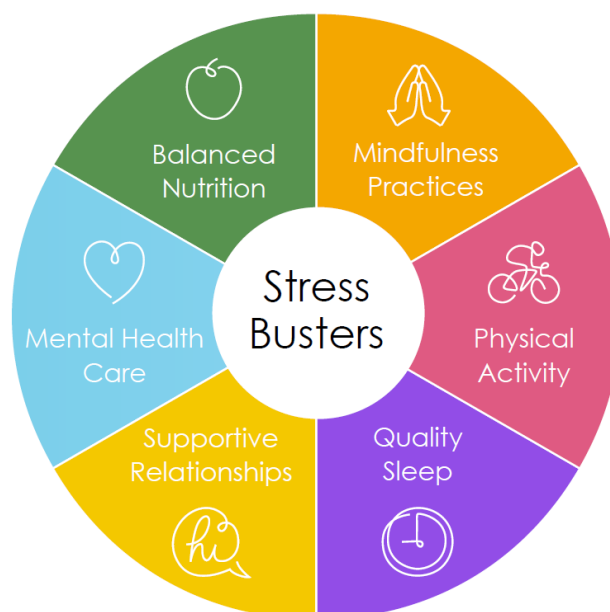
- Making a plan that works for you that is realistic about what you can/will do is important.
- Think about what usually works for you when you're feeling stressed and make a list.
- As you make your plan, make sure elements of the six categories of stress management to help regulate your stress response system are included. The six categories are:
 1. Supportive relationships – stay connected to our communities
 2. Exercise – 60 minutes a day (doesn't have to be all at once)
 3. Healthy Sleep – practice good sleep hygiene including going to bed and waking up at the same time each day, and ensuring that your place of sleep is cool, quiet and free of distractions. Avoid caffeine in the afternoon or evening.
 4. Nutrition
 5. Mental and Behavioral Health Support
 6. Mindfulness — like meditation or prayer
- Included in this playbook are "Self-Care Templates" that can help you start building your program.

STEP 3: WORK YOUR PROGRAM

- Make sure you're practicing your program every day and twice a day if you need to.
- Check in with yourself regularly to see how you're feeling – emotionally and physically. Ask yourself the questions – how does my chest feel, my stomach, my legs, my head, etc.
- Analyze your program. If you need to change things about it, go ahead and do so. Let your plan evolve to ensure it is working for you. If it's not, change specifics up, but ensure elements from the six categories remain.

The Six Stress-Busting Strategies

Safe, stable, and nurturing relationships can protect our brains and bodies from the harmful effects of stress and adversity. Healthy nutrition, regular exercise, restful sleep, practicing mindfulness, staying connected to our social supports, and getting mental health care can help decrease stress hormones and improve health.



1. SUPPORTIVE RELATIONSHIPS:

- a. Maintain your supportive relationships virtually or with those you are at home with. Turn off media and devices for high-quality time together making art, dancing, cooking or reading with loved ones. Remain in touch with mentors, friends, and family by phone or video chat, including schools and community- or faith-based organizations.

2. EXERCISE DAILY:

- a. Engage in 60 minutes of physical activity every day. It doesn't have to be all at one time. Dance party in your bedroom, 35 jumping jacks here and there, 20 minute hula hooping contest, film a TikTok and share it out, power walk around the block twice, running, bedtime yoga, 10 pushups, do some double dutch jump rope, the list can go on and on. Bottom line – get your body moving and your heart rate up to burn off stress.
- b. Ask friends what resources they have been using or get online and search for at home work-out routines and see what comes up and what can work for you.

3. HEALTHY SLEEP:

- a. Get sufficient, high-quality sleep. This may be particularly hard right now, but things that help are going to sleep and waking up at the same time each day. Turn off electronics at least a half hour before bed. Drink some warm water or hot tea and read a book after you climb into bed. Avoid caffeine in the afternoon and evening. Ensure your place of sleep is cool, quiet and free of distractions and devices.

4. NUTRITION:

- a. This is not about losing weight. This is about ensuring you are getting proper nutrition to help combat stress. Keep regular mealtimes, so you aren't just snacking all day. Minimize refined carbohydrates, high fat, high sugar foods and reduce your alcohol intake.
- b. General rule of thumb includes 5-9 servings of fruits and vegetables per day and foods rich in omega-3-fatty acids, including fish, nuts and fiber.

5. MENTAL AND BEHAVIORAL HEALTH SUPPORT:

- a. Engage in mental health care. Schedule video or phone sessions for psychotherapy, psychiatric care and substance use disorder treatment when possible.
- b. Minimize consumption of news or other media content that feels upsetting.
- c. If you do not have a regular appointment or have not been in contact with a mental health professional previously, [here are some resources](#) to help you get started.

6. MINDFULNESS, MEDITATION, PRAYER:

- a. Practice mindfulness, such as meditation, yoga, or prayer for 20 minutes, two times a day. Apps like Headspace and Calm are easy, accessible ways to get started. Meditations can be found online, as well.
- b. Mindfulness can help strengthen the brain pathways that actively buffer the stress response, helping you regulate your stress response more easily.

THINGS TO LIMIT

- News – Make sure you give yourself a break from the 24 hour news cycle and news alerts. It really does make a difference for your physical and mental health.

- Substances – Because our bodies may be creating more stress hormones than usual, we are more susceptible to substance dependence. It's important to keep this top of mind and make sure you're actively regulating your substance intake.
- High-sugar/high-fat foods – An increase in the stress hormone cortisol triggers cravings for high-sugar and high-fat foods. Even if you've previously been a pretty healthy eater, you may find yourself reaching for potato chips, chocolate chip cookies, soda and other unhealthy snacks. Not only does stress increase our cravings for these types of foods, but stress hormones can also make our bodies more resistant to the hormone insulin, increasing our risk of type 2 diabetes, so try to keep the indulgence on these foods to a minimum.

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THINGS TO EMBRACE

- Each other – our supportive personal connections are scientifically demonstrated to help buffer the impacts of stress on our brains and bodies. Staying in touch with our loved ones and communities virtually, is truly healing. If you see your neighbors when you're outside, remember to continue physical distancing, but say hello and ask how they are. When you're at the grocery store – thank the people working there and engage in conversation. This isn't just important for morale, but staying emotionally connected to one another is biologically crucial for our health.
- Deep breaths – you don't have to be a yogi to know the power of a nice cleansing deep breath. Take them slowly, take them often. Deep breaths are also a great time to check in on our bodies and see where and how we are feeling.
- Stepping outside – while we have to practice physical distancing, being outside and finding green space — even if it's in your back yard— is incredibly helpful for our well-being. Enjoy feeling the sun on our face, listen to the birds singing and see the flowers blooming.
- Hydration – stay hydrated. Drink those 8-10 glasses of water a day.
- Play – Finding ways to play and laugh is super important for our mental and physical health. Turn off the news and watch a silly movie, or better yet, get creative and make a silly movie with members of your household. Call a friend and talk about the times you laughed the hardest, figure out what impressions you can do, pretend the floor is hot lava. These are serious times, but you can still be silly.
- Asking for help or a moment – open up the communication in your house about times when we need help. Whether you have a special code word or just the reminder to yourself. If you need a moment, communicate it and take the moment. If you are having a really hard time, feeling unsafe at home or thinking of harming yourself or someone else, that's, unfortunately, increasingly common right now. [Services and numbers you can call for support are here.](#)

SELF-CARE TEMPLATE FOR ADULTS

During this time your body may be making more or less stress hormones than is healthy. This can lead to physical and/or mental health problems, such as diabetes, heart disease, anxiety, smoking, or unhealthy use of alcohol or other drugs. Safe, stable, and nurturing relationships can protect our brains and bodies from the harmful effects of stress and adversity. The following tips can help you manage your stress response. Healthy nutrition, regular exercise, restful sleep, practicing mindfulness, building

social supports, and getting mental health care can help decrease stress hormones and improve health.

Here are some goals you can set to support your health. *[Check the goals that you are choosing for yourself or write in others that will work for you in each category!]*

☐ **Self-Care Planning.** I've set a goal of...

- ☐ Building my stress busting routine
- ☐ Limiting screen/news time to less than ___ hours per day
- ☐ Making a plan for what to do when I'm feeling stressed out, angry, or overwhelmed
- ☐ Planning with my partner, friends, or family to get support when I need it
- ☐ Identifying my strengths and learning more about building resilience
- ☐ Calling **211** if I need help meeting basic needs such as food and shelter
- ☐ Create your own goal: _____

☐ **Supportive relationships.** I've set a goal of...

- ☐ Spending more high-quality time together with loved ones, such as:
 - ☐ Having regular meals together with my household or virtually with those outside my household.
 - ☐ Having regular "no electronics" time for us to talk and connect with each other
- ☐ Making time to call or video chat with friends and family to maintain a healthy support system for myself
- ☐ Connecting regularly with members of my community to build social connections
- ☐ Asking for help if I feel physically or emotionally unsafe in my relationships
 - ☐ The National Domestic Violence hotline is **800-799-SAFE (7233)**
 - ☐ The National Sexual Assault hotline is **800-656-HOPE (4673)**
 - ☐ To reach a crisis text line, **text HOME** to **741-741**
- ☐ Create your own goal: _____

☐ **Exercise.** I've set a goal of...

- ☐ Limiting screen time to less than ____ hours per day
- ☐ Walking at least 30 minutes every day
- ☐ Finding a type of exercise that I enjoy and doing it regularly
- ☐ Create your own goal: _____

☐ **Nutrition.** I've set a goal of...

- ☐ Eating a healthy breakfast daily (with protein, whole grains, and/or fruit)
- ☐ Drinking water instead of juice or soda
- ☐ Limiting my alcohol consumption
- ☐ Limiting high sugar and/or high fat foods
- ☐ Eating at least 5 vegetables and/or fruits every day
- ☐ Choosing whole wheat bread and brown rice instead of white bread or rice
- ☐ Create your own goal: _____

☐ **Sleep.** I've set a goal of...

- ☐ Being consistent about going to bed at the same time every night
- ☐ Creating a cool, calm, and quiet place for sleep, and a relaxing bedtime routine
- ☐ Using mindfulness or other stress reduction tools if worry is keeping me up at night
- ☐ Turning off electronic devices at least 30 minutes before bed
- ☐ Create your own goal: _____

☐ **Mindfulness.** I've set a goal of...

- ☐ Taking moments throughout the day to notice how I'm feeling, both physically and emotionally
- ☐ Practicing mindful breathing or other calming technique(s) during stressful situations
- ☐ Writing a list of five or more things I am grateful for each day
- ☐ Creating a regular routine of prayer, meditation, and/or yoga
- ☐ Downloading a mindfulness app and doing a mindfulness practice 20 minutes per day
- ☐ Create your own goal: _____

☐ **Mental health.** I've set a goal of...

- ☐ Learning more about mental health and/or substance use services (e.g., counseling, groups, medications,)
- ☐ Identifying a local mental health professional or support group.
- ☐ Scheduling an appointment with a mental health professional
- ☐ If I am feeling like I am in crisis, I will get help
 - ☐ The National Suicide Prevention Lifeline is **800-273-TALK (8255)**
 - ☐ To reach a crisis text line, **text HOME to 741-741**
 - ☐ SAMHSA Disaster Distress Line **800-985-5990**
- ☐ Create your own goal: _____

For more information on resources related to COVID-19, please visit [COVID19.CA.GOV](https://www.covid19.ca.gov).