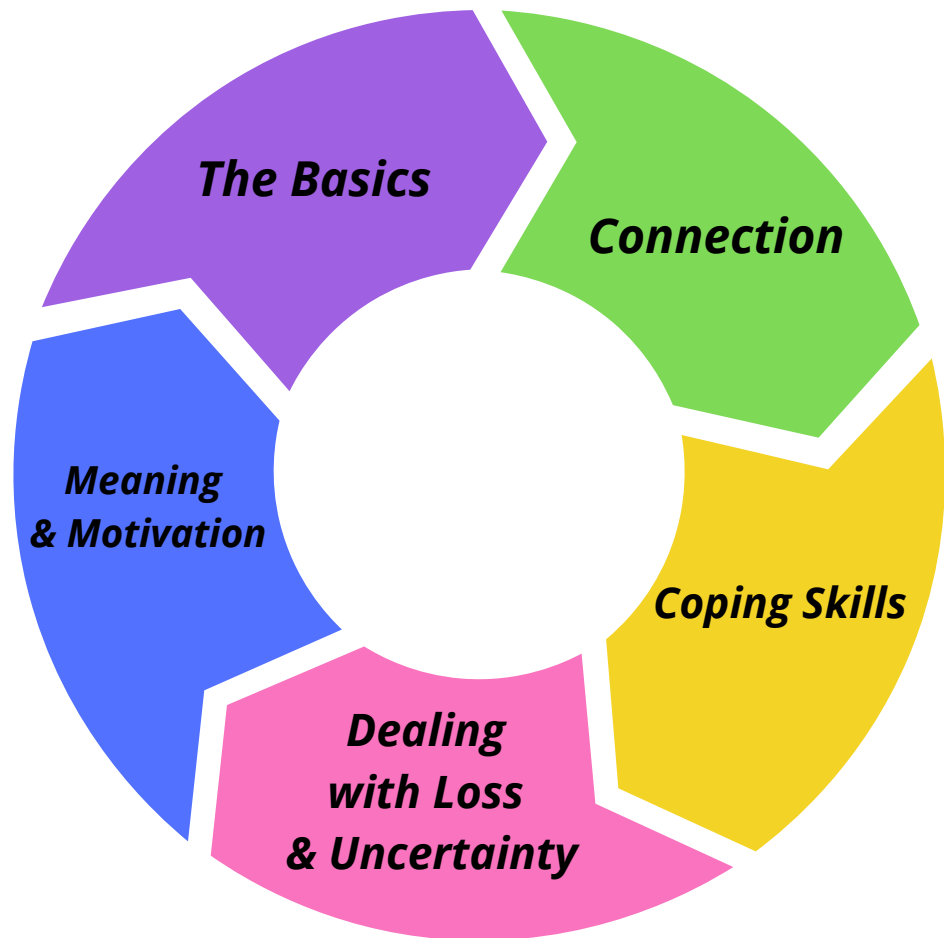


Loyola Counseling Center presents:

Self-Care Kit

To support your growth and well-being



Introduction

As a collective Loyola community, we are journeying an uncharted and seemingly uncertain path. While we have our individual steps, we collectively travel through transition, trials and triumph. Regardless of where you are and the distance between us, the Counseling Center wants to remind you that care and support are only a step away. We are reaching out to provide you a (virtual) point of connection combining basic wellness strategies, coping skills, resources for dealing with loss, and tips to find meaning and motivation along the way.

Take care and Be Well Greyhounds!

The Basics

Day Structure

Without the usual structure of classes, extracurriculars, and work, it may seem like your days are all blending together! These apps can help you bring back a sense of rhythm through developing your own schedule and desirable habits.



Sleep

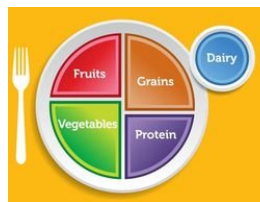
Is your sleep schedule irregular? Are you sleeping more than you want to be? Are you having trouble falling asleep? If the answer to any of these questions is "yes," you may benefit from these sleep tips and additional resources from the Counseling Center's [Getting Good Sleep](#) resource page.



Eating and Nutrition

For tips, guidelines, and health information, see [information from Loyola Dining](#) or the list of tips and advice about [nutrition during strength and conditioning training](#).

Click on the image for USDA eating tips when on a budget! Or, check out [The Pantry](#), a resource for food insecurity and financial need.



Exercise

Visit [Loyola Recreation and Wellness](#) or [Loyola Group Exercise](#) on Instagram to find workout options you can do at home!

[POPSUGAR Fitness](#) offers a variety of workouts, like HIIT, barre, cardio dance and more. [Yoga with Adriene](#) has a number of different yoga sessions.

Both are free options, and all you need is a computer and a place to start moving.

Connection

Five ways to build stronger connections

- 01 Write a letter
- 02 Pick up the phone and call
- 03 Ask meaningful questions
- 04 Answer questions with honesty
- 05 Connect via video

COMPASS

Robert Reffkin, Founder & CEO

Why Connect?

- To decrease loneliness, stress, depression, and anxiety
- To acknowledge collective trauma and experience solidarity
- To experiencing love and belonging
- To give and receive care and compassion

Connecting with Self

Connecting with others is important, but sometimes we need to recharge on our own or remove ourselves from unhealthy interactions. Here are some tips for connecting with yourself and protecting your personal boundaries.

1. Limit social media use, particularly if you find yourself consuming content that impacts you negatively.
2. Write. Describe your thoughts and feelings. Keep a gratitude journal.
3. Connect with your body through yoga, dance, and staying active.
4. Practice self-compassion (10 Self-Compassion Practices for COVID-19).
5. Do more of what you love and feel good at. Alternatively, try or learn something new.
6. If you have little privacy at home and desire it, intentionally take advantage of any alone time (e.g., take long showers, take "fresh air breaks" outside, linger at an empty aisle at the store).

Connecting Virtually

- Zoom dance party
- Netflix Party
- House Party App
- TikTok Challenges
- Virtual group workouts

- @loyolamaryland
- In, Out, & In
- Between Group by LGBTQ+ Services
- ALANA Services
- Online Resources for Parents
- Career Center

Spiritual Connection

Spirituality can be one way to connect with yourself, others, nature, or a higher power(s).



Loving-kindness meditation

Explore interfaith resources

Animal/Nature live cams!

Coping Skills

For stress and difficult emotions

Distraction

Sometimes we need a break to focus on other things when we are feeling overwhelmed. Some ideas include: Games, books/magazines, TV, podcasts, puzzles, and cleaning.



Challenge Your Thoughts

Struggling with critical thoughts or hopeless worries? Consider trying the "[Triple R Exercise](#)" or "[Thought Defusion](#)" techniques.

Top Meditation Apps by Downloads in the U.S. for 2018

sensortower.com

Overall Downloads

- 1 Calm
- 2 Headspace
- 3 Insight Timer
- 4 Aura
- 5 Simple Habit
- 6 Breethe
- 7 10% Happier
- 8 BetterMe
- 9 Pacifica
- 10 Abide

This Youtube channel offers introductory videos to mindfulness and guided meditations.



SELF-SOOTHING

Self-soothing is a quick and effective way to reduce the intensity of negative emotions.



Sight

Low lighting
Soothing colors
Sleeping masks
Coloring books
Pinterest Collages

Touch

Soft things
Cuddle things
Massage
Hot/cold shower
Heated/weighted blanket



Sound

Calming noise
ASMR videos
Nature sounds
Guided meditations
Binaural beats



Smell

Aromatherapy
Fresh air
Candles/incense
Comforting smells



Taste

Strong flavors
Warm drinks
Eat slowly
Nostalgic flavors



www.blessingmanifesting.com

Need some quarantine music?
Checkout [this Spotify playlist!](#)



Grounding



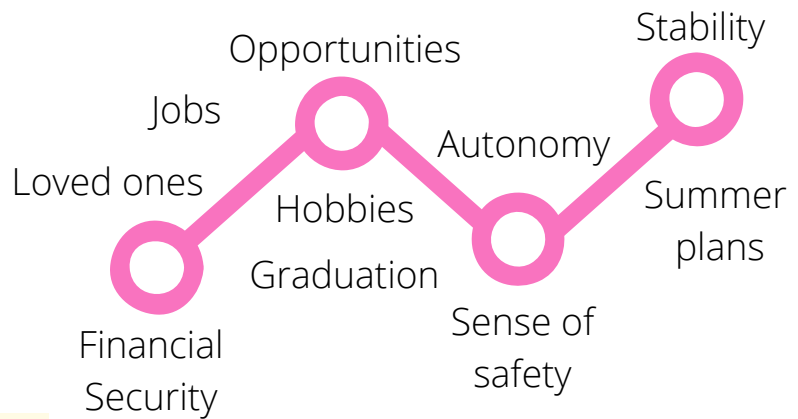
Grounding strategies can help us get in touch with our bodies and surroundings in the present moment. Pause what you are doing and pay attention to what you can see, hear, smell, and touch in your environment. Try a [mindful eating exercise](#) or walk around barefoot at home and pay close attention to how every step feels.

Dealing with Loss & Uncertainty

Given that COVID-19 affects all of our day-to-day lives, comfort can be found in knowing that we are all experiencing some level of loss and uncertainty. That said, we all may respond and handle it differently. We want you to know that there is no "one way" to grieve or one "right way" to feel.



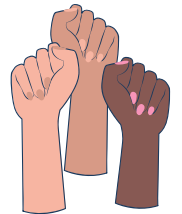
Losses You May Be Experiencing



Consider practicing **self-compassion** as you work through losses and changing circumstances. Try some of these exercises compiled by Dr. Kristin Neff, a renowned researcher of self-compassion.

Activism, service, and generosity

are a few ways to promote one's sense of empowerment and contribution when we may be feeling helpless. **Here** are a few ideas.



At some point on your journey, you may find it helpful to consider the unique **opportunities for growth or possible "silver linings"** during this time. Consider documenting them in some way so that you can reflect on them later.



Coronavirus

Things I can control - I will focus on these

 Spending my time doing what I enjoy	 Delivering random acts of kindness	 How much time I spend on Social Media	 Social Distancing
 How much news I read or watch	 The decisions I make	 How I speak to others and myself	 Washing my hands

Things I can't control - I will let go of these

 What others do	 How long this will last	 How others feel	 How others react
 Other People's thoughts and Ideas	 What the Government does	 Who becomes unwell or not	 What is available in the shops

@VELA.THERAPY

Helpful Articles

[How to Cope with Bereavement During the COVID-19 Pandemic](#)

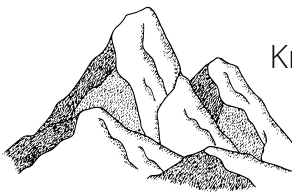
[Coping with Uncertainty During COVID-19](#)



Meaning & Motivation

Goal Setting

Sometimes when we are feeling stuck, we need something ahead of us to work toward. Goals can help us focus our energy and create a sense of purpose. When generating goals, think about **your needs, abilities, and values**. Setting **SMART Goals** is one way to achieve realistic goals within a specified time frame. See the next page for a SMART Goals worksheet!



Learn about Vision Boards here.



It can also be helpful to **think about potential obstacles you might face** while working towards your goals and plan for how to address them (e.g., if your phone is a big distraction, you can plan to keep your phone in another room or on silent while you are trying to work on a meditation goal).

Connect with your Values

Identifying what is important to us can be one way to foster motivation. Try one of the values card sorts below and then consider how you can express your values on a daily basis.

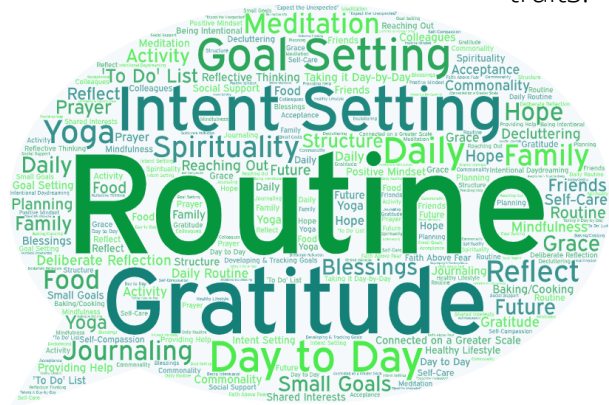
- [Online values card sort](#)
- [Printable version](#)

We asked CC staff how they are finding meaning and motivation during this time. Here are the responses in a word cloud!



Lean on your Strengths

Knowing your strengths can help you address problems more effectively and engage in activities that generate confidence and purpose. Try taking the [VIA Character Strengths Survey](#) to identify your strongest traits.



Wholeness

Think about what makes you feel whole, grounded, or like you. *It can be helpful to consider Maslow's Hierarchy of Needs.*



LOYOLA

STRESS & WELLNESS PROGRAM

SMART GOALS

Specific S G What do you want to do?	Measurable M O How will you know when you've reached it?	Achievable A A Is it in your power to accomplish it?	Realistic R L Can you realistically achieve it?	Timely T S When exactly do you want to accomplish it?
--	--	--	---	---

Date Started:

Date to be Achieved by:

Goal(s):

Comments:

Confidence Level:

Completed %:

Additional Resources

Visit: [Loyola Covid-19 Resources Page](#)

See department and office pages for specific updates about services and resources available.



Check out [this](#) **Maryland-based resource and information hub** for more information about the coronavirus.

Visit: [Counseling Center](#) Page

We are offering virtual individual and group services to students.

Questions and concerns about mental health? Check out the the [JED Foundation's Mental Health Resource Center](#)

Need immediate support?

Try one of these options:

- **National Suicide Prevention Hotline:** 1-800-273-8255
- **Trevor LifeLine:** 1-866-488-7386
- **Crisis Text Line:** Text "START" to 741-714
- **If you're in MD,** call 211 and press 1, or text your zipcode to 898-211 for Maryland's Helpline