








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.





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

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

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