



SELF-CARE DURING THE PANDEMIC

Gina Umosella, MSW Graduate Intern, Peer Mentor

OBJECTIVES

- *What is self-care?*
- *Why is self-care important?*
- *Facts about self-care*
- *How do I start?*
- *Getting started*



PREVALENCE

- Self-care has become more prevalent in our society, today. Mental health is becoming more and more talked about and taken as a serious matter due to the increasing amount of adolescents and adults who battle with mental health illnesses or conditions such as depression and anxiety.
- Self-care has become even **MORE** talked about during the past year due to the hard hit the world has taken from COVID-19.



WHAT IS SELF-CARE?

- Self-Care is what individuals do for themselves to establish and maintain health, and to prevent and deal with illness. Self-care is a broad term used regarding personal and general hygiene; nutrition and lifestyle; environmental factors (living conditions, social habits, etc.); socio-economic factors (income level, cultural beliefs; etc.); and self-medication.



TYPES OF SELF-CARE



PHYSICAL

Sleep
Stretching
Walking
Physical release
Healthy food
Yoga
Rest



EMOTIONAL

Stress management
Emotional maturity
Forgiveness
Compassion
Kindness



SOCIAL

Boundaries
Support systems
Positive social media
Communication
Time together
Ask for help



SPIRITUAL

Time alone
Meditation
Yoga
Connection
Nature
Journaling
Sacred space

WHY IS SELF-CARE IMPORTANT?

- Living in a society where we are expected to work long hours and be productive, self-care is often neglected.
- When self-care is neglected, we can find ourselves in a situation where we are “burnt out.” Going through this can lead to other negative aspects such as, depression, anxiety, etc.
- Self-care has been clinically proven to reduce or eliminate anxiety and depression, reduce stress, improve concentration, minimize frustration and anger, increase happiness, improve energy, and more!

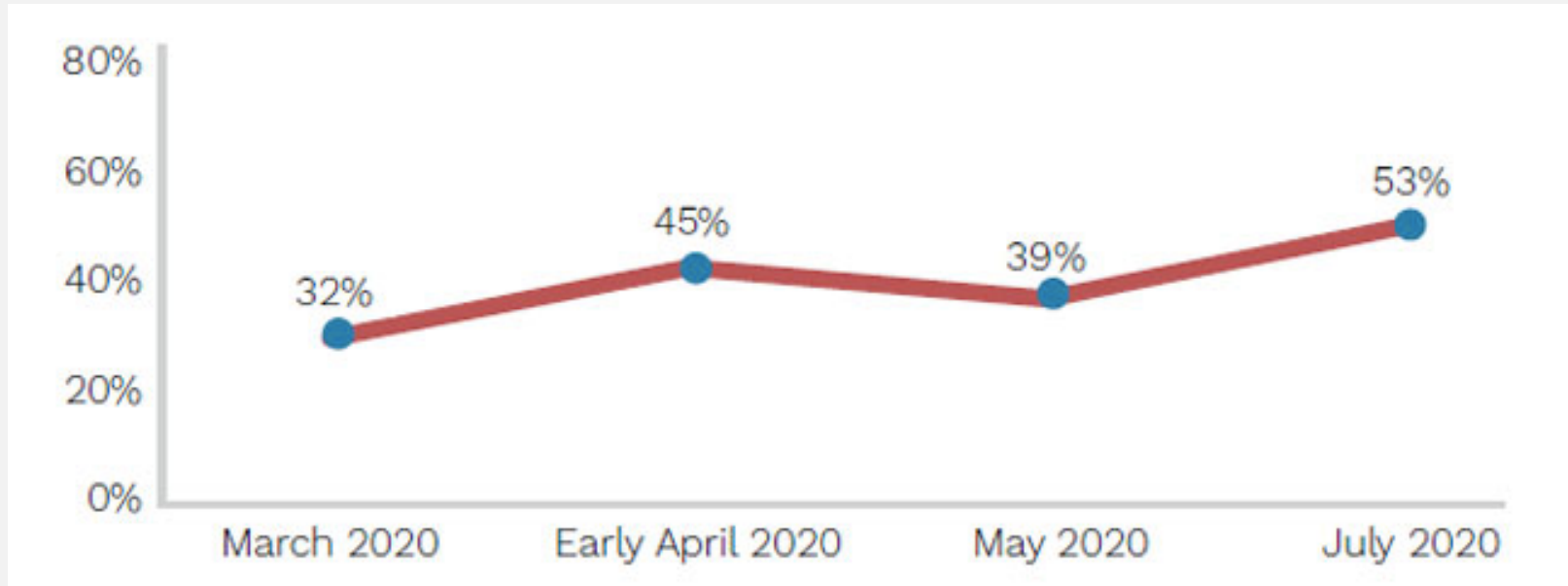


FACTS ABOUT SELF-CARE

- More energy and focus
- It is geared towards your own personal interest and what relaxes you
- Builds self-esteem
- Helps maintain relationships with yourself and others
- It is essential
- Your needs are valid and a priority



COVID-19 IMPACT ON SOCIETY



In a Kaiser Family Foundation Health Tracking Survey conducted in July, more than half of U.S. adults (53 percent) said worry and stress related to coronavirus has had a negative impact on their mental health, up from 39 percent in May (Patoine, 2020)

HOW DO I START?

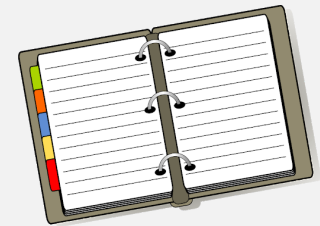


- Recognize that self-care is not selfish
- Think about what relaxes you, what makes you happy
- Start small!
- Find what makes you feel centered
- Brainstorm on how you can incorporate those things in your daily life
- Set goals for incorporating self-care behaviors
- Adjust and change as you go



GETTING STARTED

- Get a planner! Organizing your daily tasks can help you feel less overwhelmed
- Incorporate your self-care activity in your planner
- Download a self-care app on your smartphone (Calm, Headspace, Happify)
- Drink more water
- Fuel your body with nutritious meals
- Stretch
- Exercise (walk, yoga, weight lift)
- Nap
- Enjoy nature
- Cuddle with your pet





SELF-CARE IS ABOUT YOU!

- Self-care is anything that YOU find joy in.
- It is about balance.
- It is about making time for you.
- Don't feel guilty about self-care and remember that it is essential for your physical and mental health.





What's your
SelfCare Plan?

CONTACT INFORMATION

If you or someone you know is in a **crisis situation** and having thoughts of **death, dying and/or suicide**, contact the following resources **24 hours a day, 7 days a week**.

[NJ Hopeline](tel:1-855-654-6735): 1-855-654-6735

[National Suicide Prevention Lifeline](tel:1-800-273-8255): 1-800-273-8255

[National Crisis Text Line](tel:741-741): text the word “BRAVE” to 741-741

[Trevor Lifeline](tel:866-488-7386) (LGBTQ specific crisis line): 866-488-7386 or text “Trevor” to 1-202-304-1200

[Veteran’s Crisis Line](tel:1-800-273-8255) (National Suicide Prevention Lifeline): 1-800-273-8255 or text 838255

[Stockton University Police](tel:609-652-4390): 609-652-4390 or 911

RAINN (National Sexual Assault Hotline) 1-800-656-HOPE (4673) <https://rainn.org/about-national-sexual-assault-telephone-hotline>

Psychiatric Intervention Program (Atlantic County): 609-344-1118

[Residential Life](#): Resident Assistant or Complex Director will work with appropriate University units.

WGSC Hotline : 609-849-8472

For additional support during regular office hours, Stockton University has on-campus resources. In the event you are experiencing severe anxiety, depression, or any other issues that are impacting your overall wellness, contact the Wellness Center (J-204).

[Counseling Services](tel:609-652-4722), 609-652-4722

[The Women’s, Gender and Sexuality Center](tel:609-626-3611), 609-626-3611