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
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
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 Self Care Plan?
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**: 1-855-654-6735  
**National Suicide Prevention Lifeline**: 1-800-273-8255  
**National Crisis Text Line**: text the word “BRAVE” to 741-741  
**Trevor Lifeline** (LGBTQ specific crisis line): 866-488-7386 or text “Trevor” to 1-202-304-1200  
**Veteran’s Crisis Line** (National Suicide Prevention Lifeline): 1-800-273-8255 or text 838255  
**Stockton University Police**: 609-652-4390 or 911  
**RAINN** (National Sexual Assault Hotline) 1-800-656-HOPE (4673) [https://rainn.org/about-national-sexual-assault-telephone-hotline](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**, 609-652-4722  
**The Women’s, Gender and Sexuality Center**, 609-626-3611