

Self-Care Strategies

(Compiled by V. Quiñonez, PsyD)

- 1.) Maintain your normal routine and engage in healthy activities. It is important to maintain your regular routine and find ways to participate in activities that provide balance in your life. Try not to withdraw. Consider exercise as a way to induce feelings of well-being.
- 2.) Practice acceptance. Try self-soothing strategies like taking a walk, meditating, mindfulness exercises, listening to music, or whatever you find helpful. It is now time for you to take care of yourself.
- 3.) Practice reflection and pay attention to your early warning signs. Allow yourself some time to reflect on your reactions, your personal history, and ways that your values and well-being feel threatened. If you can watch your own reactions to stress, you can then address them. This might be a tightening of your throat, tension in your muscles, negative evaluations of the other person, or an impulse to act out.
- 4.) Model healthy communication and seek community. This is an opportunity to show that you can elevate conversations, take a higher path, and engage in positive conversation. Sharing experiences and ideas with others can be a way to strengthen positive community values and shared identities. By helping to do this, you may feel good about yourself! There are a number of groups on campus that you may want to consider joining if you have not yet joined. (Note: this is a time to create and/or solidify bonds, rather than to heighten anxiety by engaging in conflict.)
- 5.) Limit your intake of news and social media. If you feel distressed what is in the media, for the moment, limit your consumption of Facebook, Twitter and other social media sources that are likely to be full of distressing material.
- 6.) Be thankful. Jotting down 10 to 15 things you are grateful for – such as your health or your family – can help you maintain perspective. The list will remind you of the people and things that provide you with strength and support.