

# 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](mailto:c.medina@berkeley.edu)

# Self-Care Tips

It's important to be mindful of what types of self-care works for you. Some forms of self-care you may practice may be focused on mental wellbeing, physical wellbeing, or social wellbeing.

See the Venn diagram below for ideas on how to engage types of self-care. For more mental health resources see [uhs.berkeley.edu/counseling/self-help](https://uhs.berkeley.edu/counseling/self-help)



UHS is committed to supporting you with your mental health needs at this time.

If you have questions or require additional resources, please contact Cynthia Medina, PhD, Licensed Psychologist in CAPS, at [c.medina@berkeley.edu](mailto:c.medina@berkeley.edu)