**COVID-19 SELF-CARE**

During this time, it is essential to take care of your mental, emotional, and physical wellbeing. We all react in different ways when faced with stressful situations, so take some time to do what feels best for yourself. Social distancing can cause increased feelings of loneliness, stress, and worry. Here are some helpful [tips for social distancing, quarantine, and isolation](https://store.samhsa.gov/system/files/sma14-4894.pdf). These are some suggestions to help you take care of yourself during this time. Please know these are suggestions and you are free to modify as needed:

* Take a break from watching or reading the news or emails. It’s good to stay informed and you can do so in small amounts of time. This includes limiting time on social media
* If you feel overwhelmed here are a few suggestions:
  + Deep breathing: You can take slow inhales and exhales and slowly count as you breathe in and out
  + Pay attention to your 5 senses: name 1 thing you can see, feel, hear, smell, taste
  + Take a moment to shift from the things that cause you to feel overwhelmed: Some options include body movement (light exercise, yoga), listening to music, calling a loved one
* Go out in nature (in a safe way) for a short walk, or exercise.
* Stay connected (in a safe way) with friends, family, loved ones.
* Try a [body scan](https://www.mindful.org/beginners-body-scan-meditation/)
* Seek out [counseling](https://www.counseling.org/aca-community/learn-about-counseling/what-is-counseling) to help you manage your levels of anxiety, stress, or other concerns.

Here are some other helpful resources:

[Keep Your Mind Grounded](https://www.mhanational.org/sites/default/files/B2S%202018%20Worksheet%20-%20Keep%20Your%20Mind%20Grounded.pdf)

[Stress and Coping](https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Fcoping.html)

[What Self-Care is and What it Isn’t](https://psychcentral.com/blog/what-self-care-is-and-what-it-isnt-2/)

[Stress Management](https://www.mayoclinic.org/healthy-lifestyle/stress-management/basics/stress-basics/hlv-20049495)

Please know that our [University Counseling Center](https://www.marquette.edu/counseling/) will provide mental health services primarily by phone for students.