

Self-care *during* COVID-19

A fundamental concern we share right now is the perceived and actual loss of control over our daily lives and routine. We may be navigating new responsibilities around school, work, finances, and relationships. Nevertheless, we are still in control of our self-care and how we manage our physical, emotional, and mental well-being. Some examples of how to increase our feelings of control during the COVID-19 pandemic include:

EMBRACE HEALTHY HABITS such as regular exercise, a balanced diet, adequate rest, and staying busy with individual and shared activities. Avoid or limit alcohol, drugs, TV, and media consumption.

MAINTAIN HEALTHY RELATIONSHIPS. Be proactive about reaching out, along with making yourself available to others. Recognize and establish personal limits on how much you're able to give and receive.

KNOW THE COVID-19 FACTS. Follow CDC recommended guidelines such as staying home unless exercising outside or absolutely necessary (i.e., grocery shopping or essential medical visits), social distancing, frequently washing your hands for 20 seconds, keeping six feet apart from others, and wearing a mask while in public.

FOSTER RESILIENCE in order to adapt well in the face of adversity, trauma, and tragedy. You can overcome this period of challenge and change through creativity and flexibility. Seek comfort in what you can control, and release efforts to control the unknown or uncertain.

**BE UNDERSTANDING OF YOURSELF AND OTHERS.
EVERYONE IS DOING THEIR BEST.**

ASK YOURSELF THESE QUESTIONS EACH DAY:



- What am I grateful for today?
- Who am I checking-in on or connecting with today?
- What expectations of "normal" am I letting go of today?
- How am I moving my body today?
- What beauty am I either creating cultivating, or inviting in today?
- What will I accomplished today?
- What do I have to look forward to tomorrow?

**TAKE MOMENTS THROUGHOUT THE DAY
TO JUST TAKE A DEEP BREATH.**

NEED MORE HELP? *Call* CAPS

(434) 243-5150

CAPS remains available to all students for support, referral assistance, and crisis services. Additional resources include WahooWell Remote and UVA's Collegiate Recovery Program.