COMMIT TO SELF-CARE

How to Care for Yourself and Others Amid a Pandemic

COPING DURING COVID-19

STUDENTS

A

Commit to Self-Care

Normalizing typical reactions and emotions caused by the challenges and disruption to your typical student and personal routine due to COVID-19.

Think positively about your best effort, utilize remotely available university resources (e.g., office hours, the Writing Center, tutoring).

Avoid negative self-judgments and self-criticisms about your ability to academically succeed via remote teaching and virtual classrooms.

Consult with university faculty/staff for clarity about your academics and extracurriculars to alleviate your concerns and/or anxiety.

ACKNOWLEDGE YOUR FEELINGS

Know that having feelings such as isolation, loneliness, fear, uncertainty, sadness, vulnerability, anger, and difficulty concentrating are common during a pandemic like COVID-19.

Cope with the loss of camaraderie, dreams, expectations, and routines from this semester that have been affected by the pandemic, including abrupt changes in peer interactions, relationships, canceled on-campus classes, events, and programs.

Notice any mood changes, physical reactions, and negative thoughts. Accept your feelings and experiences around rather than pushing them away. Make sure your self-talk reflects encouragement that you would offer to those you care about.

Find someone safe and trusted to talk to. Seek professional counseling by calling the University Counseling Center’s emergency service at (662) 915-3784 or text “HELP” to crisis text line 741741 when your emotional distress is significantly affecting your daily functioning.

REJUVENATE YOUR SOUL

Incorporate mental wellness into your daily routine using free mental health apps that offer meditation, mindfulness, relaxation, and deep breathing exercises to tailor your thoughts and feelings.

Connect with others and schedule virtual collective-care activities (e.g., check-in, sharing playlists, workout sessions, hobby webinars) with your peers & student organizations. Validate their experience and make a pact to support each other throughout this challenging time.

Prioritize healthy habits that you have access to that replenish your mind, body, and spirit. Eat healthy and get adequate sleep. Identify activities that provide a sense of fulfillment and relief from distress.

Limit your consumption of news by choosing a small amount of content to gain information. Unplug from COVID-19 news coverage and related social media when necessary to maintain a healthy well-being and minimize your stress level.

EVOLVE & ADAPT TO CHANGES

Reflect on past hardships and cite what you have overcome. Harness your resilience, apply your grit, and focus on striving to thrive each day. Establish structure, predictability, and a sense of purpose with your new routines and what you value.

Be flexible and adaptable throughout this season of uncertainty as you move forward academically and with your extracurriculars. That fosters positive mental wellness and healthy coping.

Embrace a “new normal.” Accept the things you can’t change and focus on what you can control in this situation. Stay grounded by practicing mindfulness. Notice your sensory experiences in the moment and describe the sensations.

Problem-solve and set achievable goals given these new circumstances including strategies for academic success and planning towards educational/professional aspirations.

UNIVERSITY OF MISSISSIPPI
Division of University and Community Engagement