

PROVIDED BY THE DIVISION OF STUDENT AFFAIRS

Stress Management

Mental Health Tips for Handling our Current State



Breathe

Take a deep breath and sigh out (yes, make noise!) to release tension in your body.



Give yourself a hug

Wrap your arms around your shoulders and squeeze tightly. Seriously, it works!



Let it out

Spend a few minutes getting your thoughts and feelings on paper to clear your mind and make space for love and positivity.



Tell yourself you've got this

Have a go-to affirmation that you can tell yourself when you're struggling. Something like "I'm safe" or "I'm doing the best I can."



Set boundaries

For most, the fear, stress, and anxiety produced by the current state of affairs will be worse than any infection they get. So, pay attention to how the news you consume, the people you talk to, and the thoughts and feelings you have impact your sense of well-being. Set boundaries to protect your spirit. Repetitively hearing about the pandemic can be really upsetting.



Get moving

Take time away from your desk and electronics to stretch or perform some light exercise. Your muscles are probably as tense as you're feeling!



Love your space

Now's the time to tidy up (Marie Kondo, are you there?), pick those flowers from your garden and put them on your bedside table, and any other actions that will make you love the space you're in. Start small and aim to decrease clutter or unfinished house projects. It can make you feel accomplished and studies show an organized living space can lessen anxiety!



Unwind your mind

Make time to do activities that you enjoy.



Connect

Talk to people you trust about the anxiety you might be feeling. Or make time for some fun, light-hearted chatting. Social distancing does not equal social isolation!

Being Productive at Home



Task List

Set aside daily goals that need to be accomplished by the end of the day and make sure you check off each one. It can be easy to get distracted at home. Pro tip: Use your laundry as a timer to keep you on track.



Workstation

You don't need a full-on home office but try to dedicate a work "station" area for yourself...probably not on the couch in front of the TV with your favorite show on.



Structure

Act like you're going into school or the office. Set your alarm, make that pot of coffee, and get out of your cartoon PJ's.



Avoid "the gram"

Try logging out of all distracting social media sites on your phone and computer. That way it takes more effort to get distracted when you find yourself wandering over to those sites.



Connect

Use your technology to check in with your teams and professors! Let them know what progress you're making. Communicate any questions or concerns you have about your tasks.



"Train" your family

Now that you're working from home, your family might think you're free to chat, run errands, and do extra chores. Let them know that is not the case. Having a structured day can allow you to tell them that you're not to be interrupted in a certain time frame, but that you'd love to be with them before or afterwards.



PLEASE CONNECT WITH THE DIVISION OF STUDENT AFFAIRS IF YOU HAVE ANY QUESTIONS.

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