

Self-Care during COVID-19

Caring for yourself in times of high stress

This workbook will help you take inventory of your current self-care needs and time commitments, as well as help you brainstorm new self-care strategies and create a self-care plan.

Keep watering yourself, you're growing.





Getting Started:

Use the following prompts to begin reflecting on what gives you joy, a sense of balance and meaning. Think of a day where you felt whole - where you ended the day satisfied but not exhausted.

What did that day look like? What did you do?

What were some elements that contributed to that feeling of wholeness?

What did you feel like? Describe how your mind and body felt throughout the day.

Areas of Well-Being



There are many factors that contribute to our sense of well-being and wholeness that can be supported by self-care.

This model, created by MHealthy & Student Life, identifies dimensions of well-being. Using this model can help reflect on which areas we regularly incorporate into self-care and which we overlook.

Put a checkmark next to the area(s) you tend to prioritize in self-care.

Circle the area(s) you tend to overlook.

Physical: Practicing healthy behaviors around physical activity, nutrition, sleep, substance use, preventive exams; managing chronic conditions.

Emotional & Mental: Thriving while fully experiencing the diverse range of human emotions, experiences, & vulnerabilities.

Environmental: Living in, working in & contributing to safe, healthy, & sustainable environments.

Financial: Developing knowledge & skills for managing financial decisions.

Occupational: Sustaining personal satisfaction & enrichment from one's work

Social: Developing a sense of connection & belonging, having a well-developed support system, & contributing to a healthy inclusive community.

Intellectual: Pursuing knowledge & skill development.

Spiritual: Expanding our sense of purpose & meaning in life.

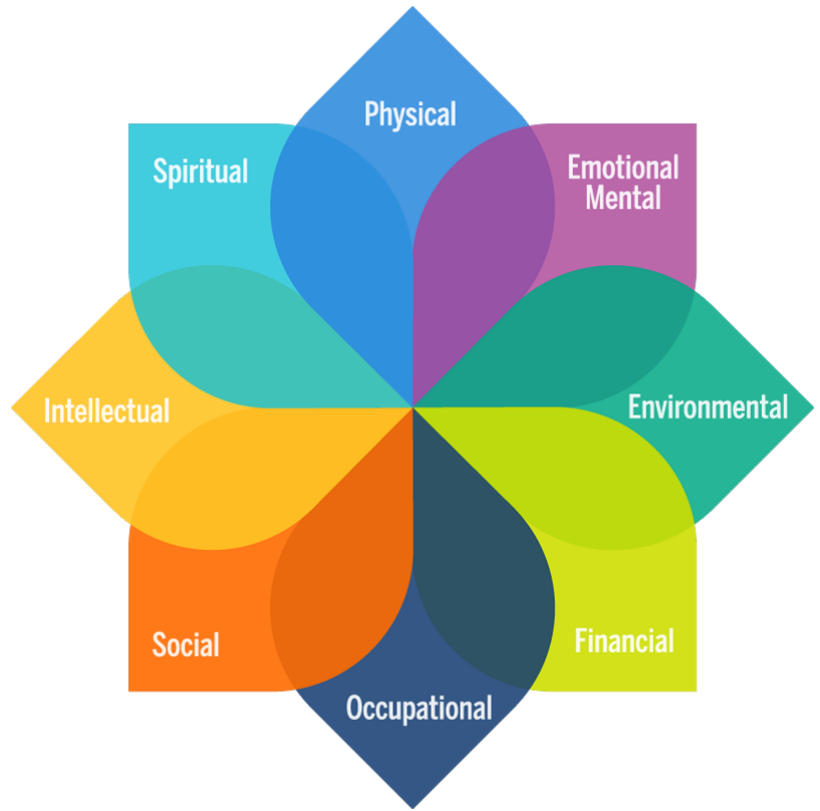
Technological Well-Being

We'd like to propose an addition to the well-being wheel, or at least a combination of a few dimensions.

Exacerbated by COVID-19, our lives revolve around and rely upon technology. How are you taking care of yourself in a world of technology?

At the intersection of physical and mental well-being, technology poses unique challenges to self-care.

What can you do to minimize the impact of technology on your well-being?



Zoom Burnout: it's real!

- Fatigue caused by lack of in-person social cues and hyperawareness that comes with having your own camera on.

As we discuss technological self-care, use the space below to take notes and write down one strategy you can use to manage your technological well-being.

Identifying Self-Care Strategies

Review the wellbeing wheel. Take a moment to jot down coping strategies that fit into each dimension of wellbeing.

Physical

Emotional/
Mental

Environmental

Financial

Work/
Occupational

Social

Intellectual

Where's your time going?

Use the following boxes to track how many hours you spend doing various tasks. Roughly estimate time spent on each task, so you can see where your time is going.

WORK

HOME

CAREGIVING RESPONSIBILITIES

CHORES

HOBBIES/VOLUNTEER



The Tricky Art of Balance

Self-care is all about balance; balancing obligations and priorities with your needs and expectations. Take a moment to reflect on how you find balance in your life.

What does balance look like to you?

How do you know if you are out of balance? What can get you back on track?

Think about the day you described - what contributed to a sense of balance or wholeness?

Weekly Self-Care Plan

Use this chart to list some self-care strategies you want to try.
Review any notes you took on Page 6, and reflect on the Wellness Wheel categories.

Box 1: Plan self-care activities by day

Box 2: List your top self-care activities and notes.

MON	
TUES	
WEDS	
THURS	
FRIDAY	
SAT	
SUN	
My favorite practices are:	



Wrapping Up:

Use the following prompts to reflect on what we discussed today and think about your plan moving forward.

Two main takeaways from the Self-Care program are:

What can you incorporate in your daily routine?

Next steps:

Self-Care Ideas

Refer to this list when you need some self-care inspiration.

Occupational:

- Attend online trainings/courses/workshops
 - Coursera
 - [UM HR](#)
- Network
 - LinkedIn
 - Connect with your Alumni Association
- Explore your career path
- Organize your study habits
- Explore certificate opportunities
- Learn a new skill
- Learn a new study strategy
- Use the pomodoro method - 25 minutes of work, 5 minute break

Intellectual:

- Do a crossword puzzle
- Or Sudoku
- Read a book
- Listen to an audiobook
- Listen to a podcast
- Work on a puzzle
- Practice a new skill
- Do something creative
 - Write a short play
 - Follow a Bob Ross tutorial
 - Color in a coloring book
 - Build something

Emotional/Mental

- Write a love letter to yourself
- Ask for help when you need it
- Listen to your favorite song/band
- Journal
- Recite positive mantras or affirmations
- List 5 things you're grateful for
- Blast your favorite song with the windows down
- Play with your kids or pets
- Turn off your phone
- Take 5 minutes away from the computer each hour

Spiritual (if applicable)

- Pray
- Practice your religion
- Attend a virtual religious gathering
- Recite affirmations
- Meditate
 - Follow a loving kindness meditation
- Practice mindfulness
 - CEW+ Mindfulness Sits
- Read a sacred text
- Read poetry
- Sit still and just be
- Walk in nature

Self-Care Ideas

Refer to this list when you need some self-care inspiration.

Physical

- Sleep
- Take a power nap
- Go for a short walk
- A long walk
- Exercise
- Play a game
- Sports
- Yoga
- Stretch
- Breathe
 - Take 5 deep breaths
- Get a massage
- Give yourself a hug
- Do a YouTube workout video
- Nutrition
 - Visit a food pantry
 - Prepare a healthy meal
 - Cook something you love
 - Watch a cooking video
 - Meal prep

Social

- Call someone you care about
- Write a postcard
- Find a penpal
- Host a Zoom game night
 - Kahoot!
 - Trivia
- Have a physically distanced walk or yard/park sit
- Watch a movie with friends
 - Netflix Party
- Play video games

Environmental

- Light a candle
- Create a separate space for relaxation
- Open the windows
- Declutter one area of your space
- Diffuse essential oils
- Change the bedsheets
- Organize one area of your home
- Set up a separate office space (if you can)
- Go for a walk
- Plant a garden

Financial

- Visit a food pantry
- Make a budget
- Track your expenses
- Make a financial plan
- Create financial goals
- Attend a finance workshop
 - [Finance for Everyone UM Online Course \(free for faculty, staff and students\)](#)
 - UM Credit Union (costs may apply)

Resources:

- CEW+ Resources
 - [Mindfulness Sits, Recordings & Upcoming Programs](#)
 - [30 Days of Self-Care](#)
 - [Online Learning Resources](#)
- Mental Health Resources
 - [PsychologyToday - Tool to Find a Therapist](#)
 - [Stress & Mental Health](#)
 - [University Psychological Clinic](#)
- UMich Student Resources:
 - Counseling and Psychological Services (CAPS)
 - <https://caps.umich.edu/> | 734-764-8312
 - [Student Ombuds](#)
 - [Wolverine Wellness](#)
 - [Wellbeing](#)
- UMich Faculty/Staff
 - [Faculty and Staff Counseling and Consultation \(FASCCO\)](#) | 734-936-8660
 - [MHealthy](#)
 - [Work/Life Resources](#)
 - [Staff Ombuds](#)
 - [Faculty Ombuds](#)
 - [Michigan Medicine Office of Counseling and Workplace Resilience](#)

Resources continued:

- BIPOC-Specific Resources
 - [UM School of Social Work Healing and Self-Care](#)
 - [National Museum of African American History and Culture](#)
- LGBTQIA+ Specific Resources
 - [The Spectrum Center](#)
- [Interactive Self-Care Guide](#) - For days when you feel down
- [Coping with Uncertainty](#)
- Phone Apps
 - [Headspace - Meditation and mindfulness](#)
 - [Calm - Help with sleep](#)
 - [Offtime - Sets screen time boundaries \(you can't break\)](#)
 - [Shine - Designed for women, will send motivational messages based on your goals](#)
- [Mindfulness Apps - A list of apps for mindfulness](#)
- [Self-Care Idea Lists](#)
- [The Good Therapy - 134 Activities for Self-Care](#)
- [Self-Compassion with Dr. Kristin Neff](#)