

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.





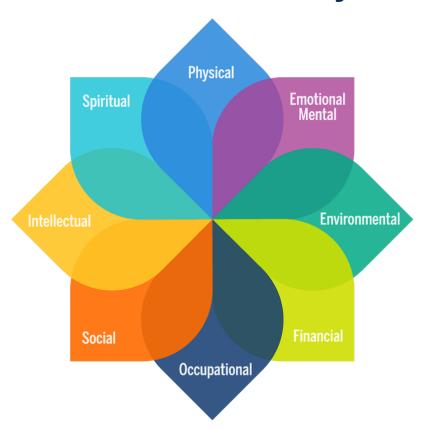
NOTES:

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 wellbeing. Using this model can help reflect on which areas we regularly incorporate into selfcare 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.

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

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

<u>Environmental:</u> Living in, working in & contributing to safe, healthy, & sustainable environments.

<u>Financial:</u> Developing knowledge & skills for managing financial decisions.

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

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

Intellectual: Pursuing knowledge & skill development.

<u>Spiritual:</u> Expanding our sense of purpose & meaning in life.



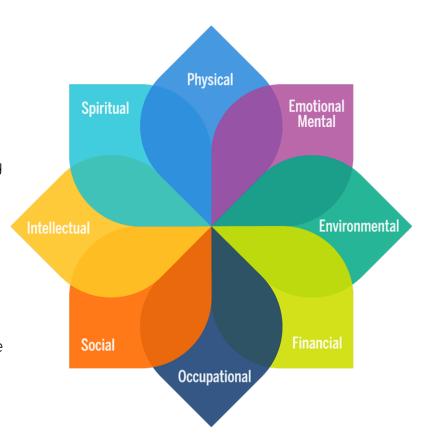
Technological Well-Being

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 a write down one strategy you can use to manage your technological well-b		



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	

Managing Time

Strategies and steps to build time in your schedule for self-care

Self-care is about valuing yourself and valuing your time.

By managing your time strategically, you can focus on what matters most to you.

Step 1:

• Take inventory of where your time is currently going.

Step 2:

• Break it up! You don't need to devote hours and hours to self-care. Small activities can be incorporated every day. Self-care should not be an additional burden.

Step 3:

• Build a routine or rituals.

Step 4:

• Know yourself. Are you someone who likes to set goals? Make lists? However you normally organize your tasks - include self-care.

Step 5:

•	saying no.

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	НОМЕ
CAREGIVING RESPONSIBILITI	IES CHORES
HOBBIES/VOLUNTEER	
TIODBIEG/ VOLONTEEK	
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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?	

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Building a Self-Care Plan

Self-care requires intentional acts. This page walks through a few steps for consideration and offers tips for building, evaluating, and maintaining a plan for self-care.

1. Take inventory of where you are.

a. Where is your time currently going?b. What is your current self-care routine?i. If you already have one, are there ways to revise it to function better?

2.Identify self-care strategies that work for you. a.Are there things you've always relied on? b.Are there strategies you'd like to try? 3.Make a plan for the week.

a.List what self-care strategies you will include each day and how long they will take.

4. Evaluate.

a. How did it go?i. Are there things you need to remove/add?

b.How do you feel?

5. Celebrate your successes!

6. Make a commitment to self-care.

Tips:

- Give yourself grace
 - It is 100% okay if you set a plan for the week and you don't complete it all, this informs how you plan the next week
- Don't let perfection get in the way of good
 - Similar to the first tip, be proud of your successes
 - Acknowledge progress
- Be wary of comparative suffering
 - You are entitled to feeling however you feel, avoid comparing your situation to others
- Intentional 'no's
 - Say no when you need to
- Ask for help when you need it
 - Lean into your support system
 - Seek professional help

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:



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
 - <u>UM HR</u>
- 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

<u>Intellectual:</u>

- 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

- <u>Sleep</u>
- 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

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

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 friendsNetflix Party
- Play video games

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)

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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
 - <u>University Psychological Clinic</u>
- 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
 - o 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