

SELF-CARE GUIDE

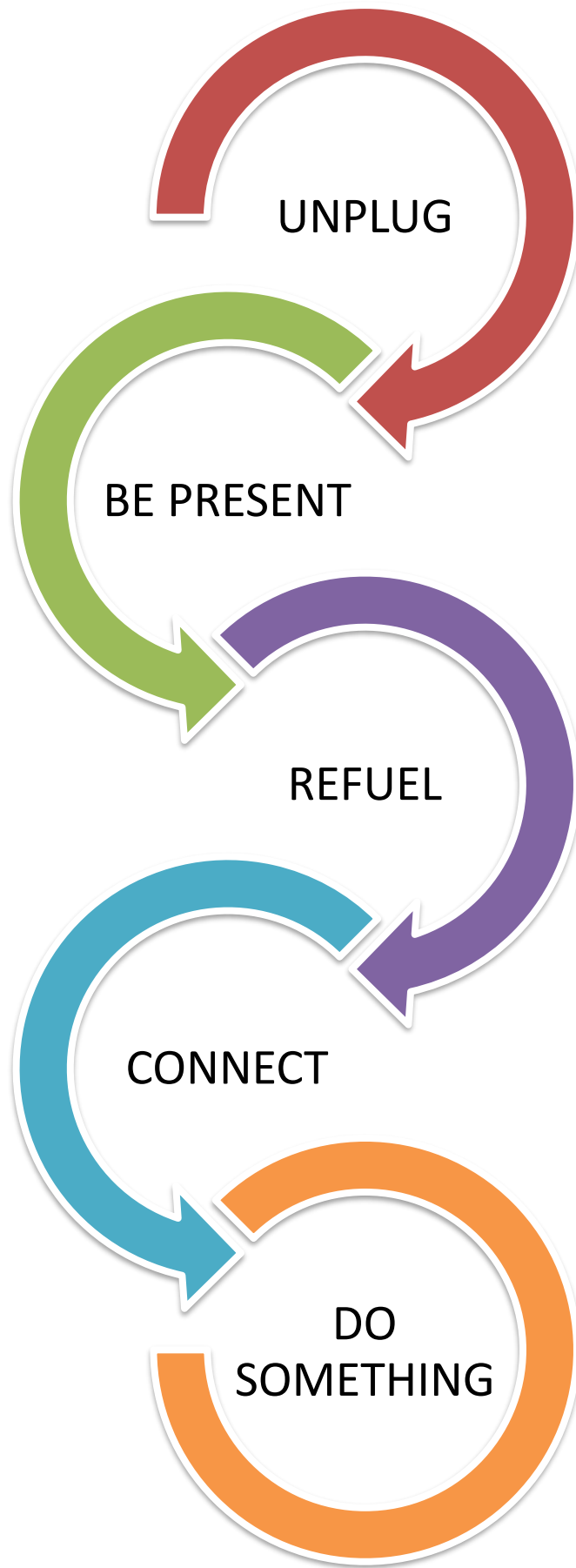
COPING WITH POLITICAL STRESS

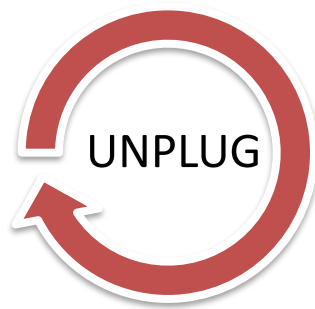


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Stay informed, but know your limits:

Monitor how you feel after news consumption. Feeling preoccupied or even upset by national events may be a sign to cut back on your news intake and limit social media discussions.



Consider scheduling a short block of time in the morning and one in the evening to catch up on news without checking for every new update during the day.



During “digital breaks,” take time to focus on something enjoyable, such as a hobby, exercising, being in nature or spending time with family and friends.

Check out [this video](#) for some more tips for “unplugging” during a stressful election time.





Consider practicing **self-compassion** as you work through challenging or uncertain times. Try some of [these](#) exercises compiled by Dr. Kristin Neff, a renowned researcher of self-compassion.

Grab your phone and your earbuds and head outside for a guided [mindful walk](#) to de-stress.

SELF-SOOTHING

Self-soothing is a quick and effective way to reduce the intensity of negative emotions.



Sight

- Low lighting
- Soothing colors
- Sleeping masks
- Coloring books
- Pinterest Collages

Touch

- Soft things
- Cuddle things
- Massage
- Hot/cold shower
- Heated/weighted blanket



Sound

- Calming noise
- ASMR videos
- Nature sounds
- Guided meditations
- Binaural beats

Smell

- Aromatherapy
- Fresh air
- Candles/incense
- Comforting smells



Taste



- Strong flavors
- Warm drinks
- Eat slowly
- Nostalgic flavors

www.blessingmanifesting.com

Top Meditation Apps by Downloads in the U.S. for 2018

sensortower.com

Overall Downloads

- 1 Calm
- 2 Headspace
- 3 Insight Timer
- 4 Aura
- 5 Simple Habit
- 6 Breathe
- 7 10% Happier
- 8 BetterMe
- 9 Pacifica
- 10 Abide



[This](#) Youtube channel offers introductory videos to mindfulness and guided meditations.

CAPS would like to acknowledge that mindfulness originated in Eastern spiritual traditions, namely Buddhism, and has since been popularized in Western countries in ways inconsistent with its original purpose.

Listen to nature and [soothing Tibetan singing bowls](#)



Grounding

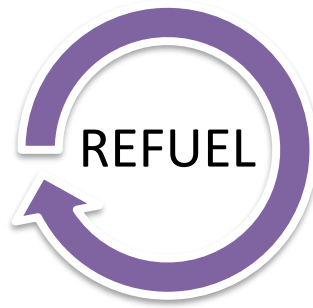
Grounding strategies can help us get in touch with our bodies and surroundings in the present moment. Pause what you are doing and pay attention to what you can see, hear, smell, and touch in your environment.

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Balance

A national election during COVID? Focusing on your well-being is more important than ever! Trying to keep a balance in most areas of your life will help you roll through challenging days more smoothly and keep you on the road to wellness!



Sleep

Is your sleep schedule irregular? Are you sleeping more than you want to be? Are you having [trouble falling asleep](#)? If the answer to any of these questions is "yes," you may benefit from these sleep hygiene tips and resources!

<https://www.sleepfoundation.org/articles/sleep-hygiene>



Eating and Nutrition

For tips, guidelines, and health information, this is a [great resource](#)! You can also check out the University of Arkansas [Jane B. Gearhart Full Circle Food Pantry](#).



Exercise

UREC offers a TON of FREE virtual group fitness classes for students!

See the calendar here: <https://urec.uark.edu/fitness/group-fitness/class-schedule/>

Popsugar offers [more resources](#) for healthy habits!



Five ways to build stronger connections

- 01 Write a letter
- 02 Pick up the phone and call
- 03 Ask meaningful questions
- 04 Answer questions with honesty
- 05 Connect via video

COMPASS

Robert Reffkin, Founder & CEO

Why Connect?

- ◆ To decrease loneliness, stress, depression, and anxiety
- ◆ To acknowledge collective trauma and experience solidarity
- ◆ To experiencing love and belonging
- ◆ To give and receive care and compassion

Connecting...

Zoom fatigue is real, but sometimes it's our only option. So how do we connect without MORE stress? Try these tips:

- Establish “no screen” blocks of time in your day – times when you don't have classes, meetings, etc. (See “UNPLUG” above)
- While turning off your camera during class can be a relief, make sure you don't do it all the time. Leaving your camera on, even if you can only see your instructor and one other brave student, can help you feel connected and more focused on content.
- Avoid multi-tasking. Even though it can be tempting to use more than one device at a time or check emails and respond to texts while Zooming, focusing on the content of the meeting will actually give your brain a break! And we all need a bit more peace and focus right now!

Connecting Virtually

- Zoom dance Party
- [Netflix Party](#)
- [House Party](#) App
- TikTok Challenges Virtual group workouts
- [Amazing support groups](#) for EVERYONE and all topics!
- Virtual book clubs
- Virtual karaoke on Google Hangouts

Spiritual Connection

Spirituality can be one way to connect with yourself, others, nature, or a higher power(s).



[Loving-kindness meditation](#)

Find local or online spiritual communities

[Animal/Nature live cams!](#)

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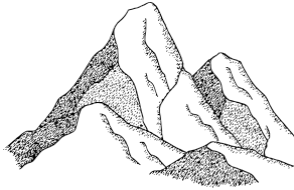
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It can be challenging to stay motivated when everything around us seems chaotic and scary. But doing something – some action, no matter how small – can lessen some of the uncertainty.

What you do doesn't need to be political – taking a step to stand up for or stand in for a person or a cause or the environment means *we're not powerless*. Check out the ideas on this page!



Learn
about
Vision
Boards
[here.](#)

[Activism, service and generosity](#) are a few ways to promote a sense of empowerment and contribution when we may be feeling helpless. Want to have a voice in local or national politics? [Check this out](#) for ideas! Simply want to support a cause that you care about? You can volunteer [locally](#) or for a chapter of a national organization. [Start here!](#)

Connect with your Values

Identifying what is important to us can be one way to foster motivation. Try one of the values card sorts below and then consider how you can express your values on a daily basis.

- ◆ [Online values card sort](#)
- ◆ [Printable version](#)

Lean on your STRENGTHS

Knowing your strengths can help you address problems more effectively and engage in activities that generate confidence and purpose. Try taking the [VIA Character Strengths Survey](#) to identify your strongest traits.



[STUDENT ORGANIZATIONS at the University of Arkansas!](#)

Wholeness

Think about what makes you feel whole, grounded, or like *you*. *It can be helpful to consider Maslow's Hierarchy of Needs.*



Image from simplepsychology.org

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Additional Resources



Let's Talk offers brief, informal & confidential consultations. Consultations are **FREE** & no appointment is needed

Available Weekdays: Call CAPS at (479) 575-5276 for hours and details



Visit

<https://wellness.uark.edu/>

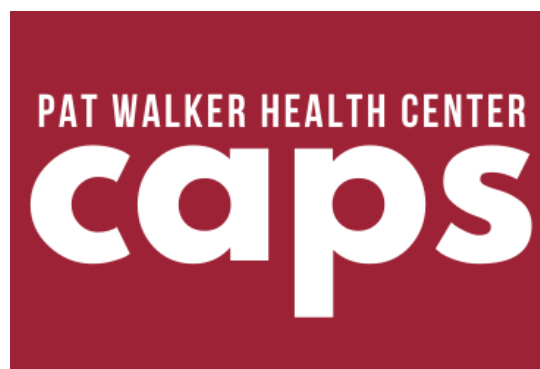
For additional resources



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And remember to visit <https://health.uark.edu/mental-health/index.php> to find out about our current services and a list of campus resources help you stay connected and well!