COVID - 19
Self-Care Packet

Tips on how to manage stress and practice self-care while navigating Coronavirus concerns.

TEXAS A&M UNIVERSITY-SAN ANTONIO
Student Counseling & Wellness Services
**What is stress?**
A normal physical response to events that make you feel threatened or upset your balance in some way.

<table>
<thead>
<tr>
<th>Symptoms</th>
<th>Tips</th>
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<tbody>
<tr>
<td>Anxious or worrying thoughts</td>
<td>Avoid unnecessary stress</td>
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<tr>
<td>Procrastinating or neglecting</td>
<td>Alter the situation</td>
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<tr>
<td>responsibilities</td>
<td>Adapt to the stressor</td>
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<tr>
<td>Nervous habits (e.g. nail biting,</td>
<td>Accept the things you can not change</td>
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<tr>
<td>pacing)</td>
<td>Adopt a healthy lifestyle</td>
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<tr>
<td>Seeing only the negative</td>
<td>Getting a good night's sleep; do not take</td>
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<tr>
<td>Inability to concentrate</td>
<td>daytime naps</td>
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<td>Moodiness</td>
<td>Make time for fun and relaxation</td>
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<tr>
<td>Irritability or short temper</td>
<td>Take time to connect with yourself and others</td>
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<tr>
<td>Feeling overwhelmed/ burnt out</td>
<td>Doing something by yourself once a day that you find relaxing</td>
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<td>Sense of loneliness/isolation or</td>
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<td>general unhappiness</td>
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<td>Chest pain, rapid heartbeat</td>
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Recognizing Distress - A Self-Check List

- Increased anxiety, worry, fear, and feelings of being overwhelmed
- Depressive symptoms that persist and/or intensify
- Inability to focus or concentrate accompanied by decreased academic performance
- A feeling of hopelessness and/or a paralyzing fear about the future
- Sudden anger and disruptive behaviors or noticeable changes in personality
- Sleep difficulties
- Excessive Crying
- Isolating or withdrawing from others, fear of going into public situations
- Unhealthy coping (e.g., increased alcohol or drug use, engaging in risky/impulsive behaviors)

Psychological Health Tips

- Acknowledge reactions. Allow yourself time to reflect on what you are feeling and how you may be reacting to any fears and uncertainties of the future.

- Maintain your day-to-day normal activities and social outlets. Resist withdrawing and isolating yourself from the support and caring that others can provide.

- Seek accurate information from “The Center for Disease Control & Prevention” and limit exposure to social media and news reports that provide no new information.

- Pay attention to positive news instead of only focusing on negative and fear-producing reports.

- Follow the protection and prevention tips given by medical professionals such as national medical authorities and your own medical doctor.

- Practice calming rituals: Stay grounded in the present moment, which can help you maintain an internal sense of stability and balance when outside events feel threatening.

- Seek supports & use campus resources. Reach out to friends and family and learn about campus resources available. If you or someone you know has high distress that does not seem to be lessening, talk about it with others or visit Student Counseling & Wellness Services. Your campus community is here to help!

Avoid Stigmatizing or Generalizing

- Be aware of your behavior or attitude change towards others from another country.
- Avoid generalizing anyone who is sick as potentially having the Coronavirus.
- Examine any irrational or rigid thoughts that can exist when there is uncertainty.
Coping Skills

Below are some options for general coping. Remember to incorporate other coping skills that you have used or have previously found to be helpful.

Self Soothing

Breathing:
Take deep breaths from the diaphragm or stomach. Breathe in then, when you breathe out, very slowly release your breath out.

Exercise:
Change your focus, get your body moving.

Music:
Use a relaxing or lively tune or music that inspires you. Consider dancing.

Relax your body:
Progressive muscle relaxation. Download guided relaxation. Take a bath or shower. Do yoga.

Comfort Item:
Hold onto or wrap yourself in something comforting -- a blanket, jacket, scarf, stuffed animal -- anything that helps you feel more comfortable.

Imagery:
Look at and direct your attention towards picture or photograph of a beautiful and calming scene (i.e., beach, mountains).

Visualization:
Visualize a place you love, either that you have been at, or that you enjoy imagining yourself to be there. Describe it paying attention to using all five senses (e.g., the beach: what it looks like, how the sand feels, what it sounds like: wind and waves, salt water smell).
Dealing with your thoughts and assumptions

**Self-statements/Cognitive Coping:**
What can you say to yourself to help you feel better?
Examples include, “I’m safe now; he’s not here; it’s not my fault. I can get through this.”
You already survived your past.
Use your skills to identify the thoughts bothering you and see if you can identify an alternative true way to think about what is happening.

**Redirect Unhelpful Thoughts:**
Notice if you have a lot of self-critical or otherwise discouraging thoughts. Push these away and identify something positive you can do.

**What would your mentor say?**
Whom do you admire? What do you imagine they would say to encourage you?

**Reality Check:**
Is there something I need to do about this right now?
Is there something I could do about this right now?
Is there another way to think about this?

**Radical Acceptance**
Lifeline – is there someone else I can talk to about my options?
Focus on your Senses Right now
Identify something you see, something you hear, something you smell, something you touch. While doing this stay mindfully focused on just your senses in the moment. Describe what you are sensing.
Look at something specific. Smell something strong (scented lotion, candle, oil, spices). Touch different textures – not just with your hands – use your face, your feet, etc. Taste something minty or strong flavored, and/or brush your teeth.

Mindful Eating:
Examine food (e.g., a raisin), watch hand move towards your mouth, take a moment to smell it, how body reacting to smell (e.g., mouth watering), how is food positioned in mouth? Begin chewing slowly, what tastes experiencing? When you swallow, feel muscles contract as you push food to your stomach, be aware of sensations (Can eat with non-dominant hand to increase awkwardness and increase likelihood you’ll have to pay attention).

Mindful Walking:
Walk slowly and carefully feeling your feet connect at each point on the floor. Without controlling breath too much, you can try pairing walking and breathing so that 1 foot touches the ground at each in and out breath. See how many steps seem natural to take during each inhalation and exhalation. Direct all attention towards the sensations of walking: you feet and lower legs. Which part touches the ground first? Pay attention to how your weight shifts from one foot to the other. What are the feelings in your knees as they bend? What is the texture of the ground (hard, soft, cracks, stones)? What are differences in walking on different surfaces?

Your Ideas:
Document what you did and how you responded:

<table>
<thead>
<tr>
<th>Date/Time</th>
<th>Mood Initially</th>
<th>What I did to cope</th>
<th>Mood afterwards</th>
<th>Reflection/ Thought</th>
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CBT+
Can’t Sleep?

Download CBT - i Coach Today!

• The CBT-i Coach app will guide users through the process of learning about sleep, developing positive sleep routines, and improving their sleep environments. It provides a structured program that teaches strategies proven to improve sleep and help alleviate symptoms of insomnia.

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WELLNESS RESOURCE MOBILE APPS
Providing mobile and convenient mental health resources for individual assistance.

**MY3**
Stay connected to your network when you are in a time of crisis. With MY3, you define your network and your plan to stay safe. With MY3, you can be prepared to help yourself and reach out to others when you are feeling unsafe.

**Crisis Resources:**
- Crisis Text Line: Text START to 741-741
- Suicide Prevention Hotline: 1-800-273-8255

**MINDSHIFT**
Teaches mindful ways of thinking as well as methods to identify active steps that will help you manage your anxiety.

**WHAT'S UP?**
Fantastic app utilizing most effective therapy methods to help you manage depression, anxiety, anger, stress, and more! *in-app purchases

**MHU**
Helps people identify today's prevalent mental health disorders, and provides tools to guide individuals through a mental health crisis.

**HAPPIFY**
A single destination for effective, evidence-based solutions for better emotional health and well-being.
Designed for mindfulness

HEADSPACE
Used to reframe stress. Provides guided meditations and teaches fundamental techniques of mindfulness to manage moments of panic or anxiety.

Designed to manage anxiety

PACIFICA
Provides self-help tools to break unhealthy negative thought patterns. Tools include guided meditations, thought recording, as well as goal and health tracking.

*in-app purchases

Scan for suggestions on how to cope while you wait or follow the link for information about our office:
http://bit.ly/selfcare4me
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<tr>
<th>Service</th>
<th>Address</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td>24 Hour Crisis &amp; Substance Use Hotline (Bexar County &amp; San Antonio)</td>
<td>601 N. Frio</td>
<td>San Antonio, TX 78201</td>
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<tr>
<td>Center for Health Care Services</td>
<td>7911 Broadway</td>
<td>San Antonio, TX 78209</td>
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<tr>
<td>Family Violence Prevention Services</td>
<td>8026 Floyd Curl Dr.</td>
<td>San Antonio, TX 78229</td>
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<tr>
<td>Methodist Hospital</td>
<td>8550 Huebner Rd.</td>
<td>San Antonio, TX 78240</td>
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<tr>
<td>San Antonio Behavioral Health Hospital</td>
<td>7400 Barlite Blvd.</td>
<td>San Antonio, TX 78224</td>
</tr>
<tr>
<td>Southwest General Hospital</td>
<td>4606 Centerview Dr, #200</td>
<td>San Antonio, TX 78228</td>
</tr>
<tr>
<td>The Rape Crisis Center</td>
<td>2121 SW. 36th Street</td>
<td>San Antonio, TX 78237</td>
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TIPS FOR STAYING RESILIENT

BHI Researcher and mindfulness expert Christina Luberto, PhD, offers the following tips for staying resilient during the outbreak.

- Limit watching the news, set specific boundaries for yourself, e.g., only check the news once per day for 5 minutes.

- Only refer to legitimate news sources, e.g., not taking info from social media.

- Set boundaries with friends/family who may be sharing unhelpful info/spreading fear, e.g., asking people to please not share coronavirus info with you.

- Focusing on health behaviors as actually recommended by the CDC, e.g., washing hands for 20 seconds but resisting any anxieties to wash hands for longer periods.

- Observing the behaviors of friends/family who you believe are generally not very anxious and allowing them to model the types of choices you may want to be making (e.g., regarding travel plans).

- Using deep breathing/relaxation strategies to reduce anxiety or fears that may become overwhelming in the moment.

- Consider deriving comfort from the common humanity of the situation - that we are all in this together and there are many experts working hard to help.

- Use social support, stay connected with friends and family, have humorous and lighthearted discussions, talk about other things than coronavirus, etc. — this can be done by phone, video, etc. if needed to align with CDC guidelines (e.g., social distancing for the elderly, immunocompromised).
COVID-19 HOTLINE
210.207.5779

PRACTICAL COVID-19 PREVENTION TIPS

WASH YOUR HANDS OFTEN WITH SOAP & WATER FOR AT LEAST 20 SECONDS

AVOID TOUCHING EYES, NOSE & MOUTH WITH UNWASHED HANDS & AVOID CLOSE CONTACT WITH PEOPLE WHO ARE SICK

STAY HOME WHEN SICK / COVER COUGH & SNEEZE WITH TISSUE & THROW TISSUE AWAY

CLEAN & DISINFECT FREQUENTLY TOUCHED OBJECTS & SURFACES

ASK YOUR COVID-19 QUESTIONS

AVAILABLE IN ENGLISH & SPANISH

MONDAY TO FRIDAY
8 a.m. - 5 p.m.

MAYOR RON NIRENBERG
Bring Your Shopping Bag Back on Your Next Visit
Donations and Volunteers always needed!

Open to A&M-SA student, staff or faculty who needs supplemental food assistance.

GENERAL'S STORE
Serving the A&M-San Antonio Community

Wednesdays
2-6 p.m.

Thursdays
9 a.m. - 1 p.m.
& by appointment

TEXAS A&M UNIVERSITY - SAN ANTONIO
Mays Center for Experiential Learning and Community Engagement