

SELF CARE FOR STUDENTS

We understand that there is a lot of anxiety, stressors and uncertainty during this unprecedented time. In order to support your emotional and mental health, we have selected these important thoughts around caring for yourself and your wellbeing during COVID 19:



1 Do not be hard on yourself for struggling with the effects of isolation, distancing and lockdown. We have never faced anything of this nature before and are slowly developing coping mechanisms with which to support and soothe ourselves.

2 Keep track of your schedule, work and academic engagement using a simple notebook planner or journal (reminder – there are notebook tips in the student orientation manual on myClass).

3 Do something every day that brings you comfort and enjoyment. Sustain your positive emotions for as long as possible.

4 Hydrate and nourish yourself as regularly and as healthily as possible.



5 Maintain as normal a resting and sleeping pattern as possible so that when we do resume general day to day activity, you are not struggling to break any lockdown incurred habits.

6 Take multiple breaks from all screens often each day. We are currently consuming much more media than in general, most of which we access via a phone, tablet, computer and television. Remember to give your eyes a needed break!

7 Researching anything COVID 19 related? Ensure that it is factual, accurate and supportive of the goals of the nation currently. This will go a long way to ensuring you are not consuming news that is harmful or inaccurate.



8 Reach out to your friends and family when you or they may need it – “... just because we are physically distancing, it does not mean we are socially disconnecting...”

Try to maintain some forms of physical activity and exercise. Whether you have a yard, or live in res, there is a form of activity for you. A quick Google search for Living Room workouts could be the perfect way to get you up and active.