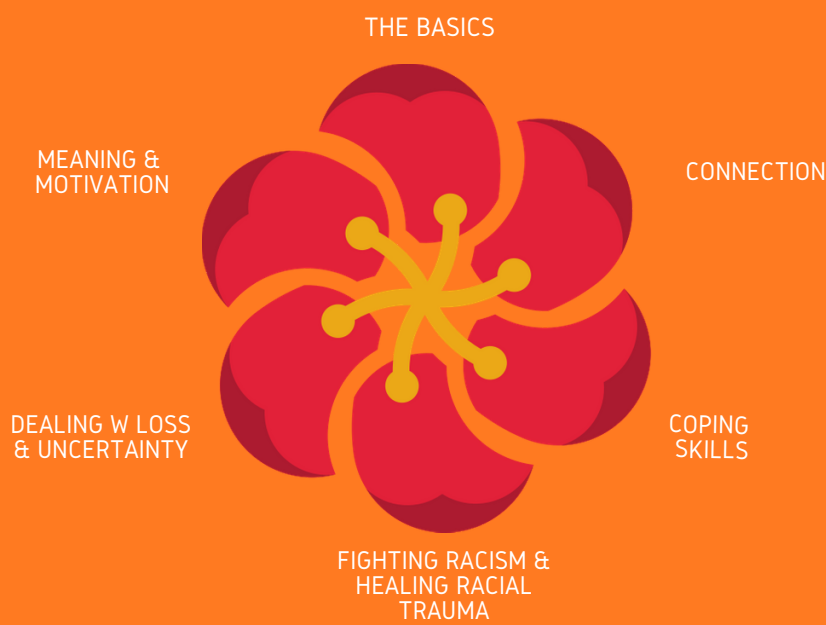


# CARE GUIDE

To support your healing, growth, and well-being



## INTRODUCTION

As human beings and as a collective SMC community, we are walking along a difficult, painful, and uncertain path. While we are on our individual journeys, together we travel through trials, transition, and triumph. Regardless of where you are and the distance between us, CAPS wants to remind you that care and support are only a step away. CAPS is reaching out to provide you a (virtual) point of connection combining basic wellness strategies, coping skills, strategies for fighting racism and healing from racial trauma, resources for dealing with loss, and tips to find meaning and motivation.

**BE WELL, GAELS!  
WE CARE ABOUT EACH AND EVERY ONE OF YOU.**

## THE BASICS



**DAY STRUCTURE:** Without the usual structure of classes and extracurriculars, it may seem like your days are all blending together! These apps can help you bring back a sense of rhythm through developing your own schedule and desirable habits.



**EATING AND NUTRITION:** For tips, guidelines, and health information, click [here](#)



**EXERCISE:** Click [here](#) to find a list of workout options you can do at home!



**SLEEP:** 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! Click [here](#).

## CONNECTION

### WHY CONNECT?

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



### WAYS TO BUILD CONNECTIONS:

- Join a movement that advances the rights of others
- Write a letter
- Pick up the phone and call
- Ask meaningful questions
- Answer questions with honesty
- Connect via video



### CONNECTING WITH SELF:

Connecting with others is important, but sometimes we need to recharge on our own or remove ourselves from unhealthy interactions. Here are some tips for connecting with yourself and protecting your boundaries.

- Limit social media use, particularly if you find yourself consuming content that impacts you negatively
- Write. Describe your thoughts and feelings. Keep a journal.
- Connect with your body through yoga, dance, and staying active.
- Practice self-compassion
- Do more of what you love and feel good at. Alternatively, try or learn something new.
- If you have little privacy and desire it, intentionally take advantage of any alone time (e.g., take a shower, sit in the car if you have access to one, take "fresh air breaks" outside, linger at an empty aisle at the store).

### SPIRITUAL CONNECTION:


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

- [Loving-kindness meditation](#)
- [Explore virtual religious spaces](#)



# COPING SKILLS FOR STRESS AND DIFFICULT EMOTIONS

## DISTRACTION:

 Sometimes we need distractions when we are feeling overwhelmed. Some ideas include: Games, books/magazines, TV, podcasts, puzzles, and cleaning. Check out these [Animal/Nature Live Cams](#).



## SELF-SOOTHING:

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



Sight

LOW LIGHTING  
SOOTHING CANDLES  
SLEEPING MASKS  
COLORING BOOKS



Touch

SOFT, CUDDLY THINGS  
MASSAGE  
HOT/COLD SHOWER  
HEATED/WEIGHTED  
BLANKET



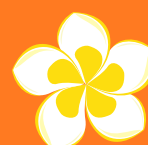
Sound

CALMING NOISE  
ASMR VIDEOS  
NATURE SOUNDS  
COLORING BOOKS  
GUIDED MEDITATIONS  
BINAURAL BEATS



Taste

STRONG FLAVORS  
WARM DRINKS  
EAT SLOWLY  
NOSTALGIC FLAVORS



Smell

AROMATHERAPY  
FRESH AIR  
MASSAGE  
CANDLES/INCENSE  
COMFORTING SMELLS



## 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. Walk around barefoot and pay close attention to how every step feels.

## HEALING RACIAL TRAUMA

CAPS joins the rest of the SMC community in expressing our grief, sorrow and compassion to all those who have been impacted by the race- based tragedies that have been occurring across our nation. These tragedies reflect a longstanding and entrenched history of structural and systemic injustice that we condemn and are dedicated to addressing. While these tragedies can be traumatizing for all of us, we recognize that they are especially injurious to members of our Black and African-American community. In the aftermath of experiencing or witnessing trauma, it is normal to experience a range of feelings and emotions, such as shock, fear, sadness, anger, and helplessness. As a mental health service, CAPS is committed to affirming and providing care for all of our students who have been directly or vicariously impacted by trauma. We encourage you to contact our office if you would like support with coping and healing. In the meantime, here are some resources that you might find helpful:

- [Self Care Tips for Black People Struggling from This Very Painful Week](#)
- [Emotionally Restorative Self-Care For People of Color](#)
- [Black Lives Matter Meditation for Healing Racial Trauma](#)
- [For white people who want to develop a Courageous Presence with Racism](#)



## DEALING WITH LOSS & UNCERTAINTY

COVID-19 has created great loss and uncertainty, and it has disproportionately affected minoritized racial and ethnic groups. At the level of the individual, each of us is affected differently, and we respond in our unique ways. These strategies might help:

### CORONAVIRUS:

Things I can control -- I will focus on these: :

- Spending my time doing what I enjoy
- Delivering random acts of kindness
- Limiting how much time I spend on Social Media
- Social distancing
- Regulating how much news I read or watch
- Being mindful of the decisions that I make
- Paying attention to how I speak to others and myself
- Washing my hands



Things I cannot control -- I will let go of these:

- What others do
- How long this will last
- How others feel
- How others react
- Other people's thoughts and ideas
- What the government does
- Who becomes unwell or not
- What's available in the stores



## LOSSES YOU MAY BE EXPERIENCING:

- Loved ones
- Safety
- Jobs
- Opportunities
- Hobbies
- Graduation
- Autonomy
- Plans
- Stability



## MEANING & MOTIVATION

It's easy to feel stymied as we are faced with the COVID-19 pandemic, which limits our activities. It's hard to feel motivated when you can't go farther than your living room! Collectively and to varying degrees and in a manner of different ways, we are also feeling the longstanding pandemic of racism. After you've practiced some self care and centered yourself, here are some tips for staying motivated and finding meaning during this time.

## ACTIVISM, SERVICE & GENEROSITY:

Here are a few ways to promote one's sense of empowerment and contribution:

### BLACK LIVES MATTER



## GOAL SETTING:



Sometimes when we are feeling stuck, we need something ahead of us to work toward. Goals can help us focus our energy and create a sense of purpose. When generating goals, think about your needs, abilities, and values.

It can also be helpful to think about potential obstacles you might face while working towards your goals and plan for how to address them (e.g., if your phone is a big distraction, you can plan to keep your phone in another room or on silent while you are trying to work on a meditation goal).



### 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.



### WHOLENESS:

Think about what makes you feel whole, grounded, or like **you**.

### LEARN ABOUT VISION BOARDS [HERE](#):



### CONNECT WITH YOUR VALUES:

Identifying what is important to us can be one way to foster motivation. Try [this value card sort](#) and then consider how you can express your values on a daily basis.



## ADDITIONAL RESOURCES

[SAINT MARY'S COLLEGE CAPS](#)

[STEVE FUND- ACHIEVING EQUITY IN MENTAL HEALTH](#)

[THE ULIFELINE SUPPORTS YOUR EMOTIONAL HEALTH AND IMPROVE YOUR MOOD BY TAKING SOME SIMPLE ACTIONS](#)

[PSYCH CENTRAL](#) is a helpful resource covering a variety of mental health and wellness topics

[7 CUPS CONNECTS YOU TO CARING LISTENERS ONLINE FOR FREE EMOTIONAL SUPPORT](#)

[EMOTIONAL SUPPORT TALK AND CHAT RESOURCES](#)  
California peer run mental health warm line  
1-855-845-7415 (24hrs)



WE HOPE YOU CAN FIND MOMENTS OF JOY DURING THIS DIFFICULT TIME.

