

# STRESS KIT

Balance, balance, balance. As the COVID pandemic continues, it is more important than ever that you work toward finding balance in your life. Checking with yourself to make sure that you are tending to the 7 areas of wellness will help you do just that!





Stay informed about what is going on but know your limits! Monitor how you are feeling after you watch or read the news. Feeling preoccupied or upset by the news may be a signal to cut back on your news intake and social media consumption. Instead of scrolling throughout the day, consider scheduling a short block of time in the morning and one in the evening to catch up on the news.

Make sure you do take **'digital breaks'** and use that time to do something enjoyable that does not involve any screen time.

Finally, incorporate **self-soothing practices** into your daily routine. This can help you to reduce the intensity of negative emotions by engaging all of your senses in intentional, calming ways.

**Try the following:**

**SIGHT:**

**LOW LIGHT, SOOTHING COLORS, SLEEPING MASKS, COLORING BOOKS**

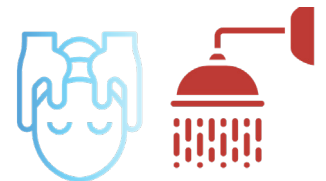


**CALMING NOISES, NATURE SOUNDS, GUIDED MEDITATIONS, BINAURAL BEATS**

**SOUND:**

**TOUCH:**

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



**AROMATHERAPY, FRESH AIR, COMFORTING SMELLS**

**SMELL:**

**TASTE:**

**STRONG FLAVORS, WARM DRINKS, NOSTALGIC FLAVORS**



If you are still struggling to self-soothe, check the CAPS Happiness Trap self-help video:

<https://www.wcu.edu/experience/health-and-wellness/caps/self-help.aspx> or take the check-up from the neck up at <https://screening.mentalhealthscreening.org/wcu>



Utilize the practices that are consistent with your spirituality. These practices can provide calmness while also emphasizing the connection you have with something bigger than yourself.

Prayer, meditation, and being in nature are some of the ways that students have practiced spirituality.



**IF YOU WISH TO EXPLORE MORE ABOUT MEDITATION, THESE ARE THE TOP APPS AVAILABLE FOR DOWNLOAD:**

 CALM

HEADSPACE 

 INSIGHT TIMER

AURA 

 SIMPLE HABIT

BREETHE 

 10% HAPPIER

BETTERME 

 PACIFICA

ABIDE 

 LIBERATE

**Check out CAPS' video on mindfulness:**

[wcu.edu/experience/health-and-wellness/caps/self-help.aspx](http://wcu.edu/experience/health-and-wellness/caps/self-help.aspx)



## EXERCISE.

Campus Recreation and Wellness ([wcu.edu/experience/campus-recreation/index.aspx](http://wcu.edu/experience/campus-recreation/index.aspx)) offers multiple opportunities for students to tend to their physical wellbeing.



## SLEEP.

We can't overemphasize the importance of sleep for your overall health. If you are having difficulty with your sleep, check out CAPS' sleep hygiene video: [wcu.edu/experience/health-and-wellness/caps/self-help.aspx](http://wcu.edu/experience/health-and-wellness/caps/self-help.aspx) for some tips.

## HEALTH.

Consider a check-up at Health Services. Not sure where to find the nutrients you need? Check out Campus dining menu options: <https://westerncarolina.campusdish.com/LocationsAndMenus>

# CATAMOUNTS CARE

All of us, working together, can prevent the spread of COVID-19 and protect our campus community.



### Face coverings are required

Those not wearing face coverings may be asked to leave a classroom, workplace or public event.



### Regularly wash your hands

Scrub your hands with soap for 20 seconds, rinse and dry. No soap and water? Use hand sanitizer and rub for 20 seconds.



### Clean and disinfect

Use EPA-registered disinfectant on frequently touched surfaces, objects, shared work space and equipment after each use.



### Practice physical distancing

Keep your distance from others, avoid large gatherings and wear a face covering in a public or classroom setting.



### Feeling sick? Stay home

If you have COVID-19 symptoms such as fever, cough or shortness of breath or know you have been exposed to the virus, stay home and call your health care provider to seek medical guidance.



### Practice good self-care

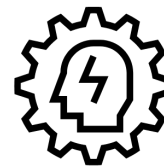
Care for your physical and mental health. Stay connected with your family and friends.



This is an important time to remain **CONNECTED**.

## CONNECTION ALLOWS YOU:

- TO DECREASE LONELINESS, STRESS, DEPRESSION, AND ANXIETY
- TO EXPERIENCE SOLIDARITY
- TO EXPERIENCE LOVE AND BELONGING
- TO RECEIVE AND GIVE CARE AND COMPASSION.




Connecting in the middle of a pandemic is hard! Here are some great ways to build stronger connections during the pandemic... or really, at any time:



- ANSWER QUESTIONS HONESTLY. IF YOU AREN'T DOING WELL, SAY THAT!



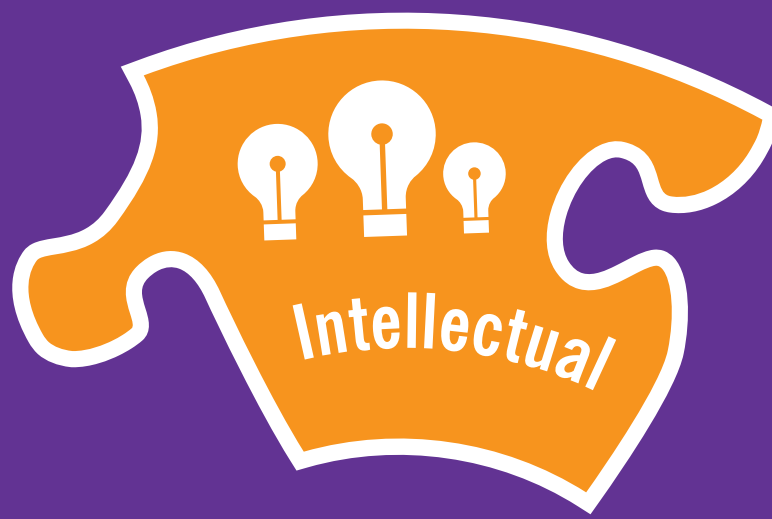
- WRITE A LETTER
- CALL (DON'T TEXT!) SOMEONE
- ASK MEANINGFUL QUESTIONS

We have heard of very creative ways to connect virtually. Zoom dance parties, the House Party app , virtual group workouts, CAPS support groups:

[wcu.edu/experience/health-and-wellness/caps/index.aspx](https://wcu.edu/experience/health-and-wellness/caps/index.aspx)

## TRY THESE OUT!

Check the 25Live calendar for campus events, join an Intramural or Club Sport at Campus Recreation and Wellness: [myrec.wcu.edu](https://myrec.wcu.edu), get involved with Residential Living, or attend a group at Counseling and Psychological Services.



Need help with your classes? Check out WCU Tutoring Services:

<https://www.wcu.edu/learn/academic-success/tutoring-services/index.aspx>

If tutoring isn't helping, consider reaching out to your professor. Attend office hours or send them a brief, professional email. For example:

*Hello,*

*I'm a student in your \_\_\_\_ class. I am having a stressful semester and I'm wondering if we can meet to talk about how I might catch up in class.*

*Thanks so much,*

## STAY WELL WHILE STUDYING!

The Pomodoro technique encourages students to study for 25 minutes, take a 5-minute wellness break, and then repeat four times. Check out the CRW YouTube playlist for some guided videos for a 5-minute wellness break!

Watch the videos Pomodoro Wellness Breaks on YouTube at

<https://tinyurl.com/hfrwut46>

An infographic titled "POMODORO TECHNIQUE" in white text on a purple background. The central content is enclosed in a white rounded rectangle with a purple border. It shows a cycle: "Study for 25 minutes" with an icon of a person at a desk and a clock; a downward arrow; "Take a Wellness Break for 5 minutes" with an icon of a water bottle; another downward arrow; and "Repeat" with a circular refresh icon. At the bottom, there is a red button that says "Scan here for wellness technique videos!" with an arrow pointing to a QR code. Below the QR code, there is a small icon of a person with a laptop. A small note at the bottom reads: "For your Wellness Break, hydration is key! Make sure to drink 8 ounces of water during this break."



Identifying what is important to us can be one way to foster motivation and connection. Try a values card sort ([think2perform.com/our-approach/values/new](https://think2perform.com/our-approach/values/new)) and then consider how you can express your values on a daily basis.

Another important way to address problems is to lean on your strengths. These are important characteristics to help you be successful after your time at WCU. Try taking the VIA Character Strengths Survey to identify your strongest traits: [viacharacter.org/](https://viacharacter.org/)

Career Center resource information:

<https://www.wcu.edu/learn/academic-enrichment/ccpd/index.aspx>





It can be challenging to stay motivated right now. But doing something – some action, no matter how small – can lessen some of the uncertainty.

Activism, service and generosity can help you feel more connected to your environment. Finding a sense of empowerment and contribution can help you to overcome a sense of helplessness.

You can also find a cause you believe in by joining a club or organization at [engage.wcu.edu](https://engage.wcu.edu).

