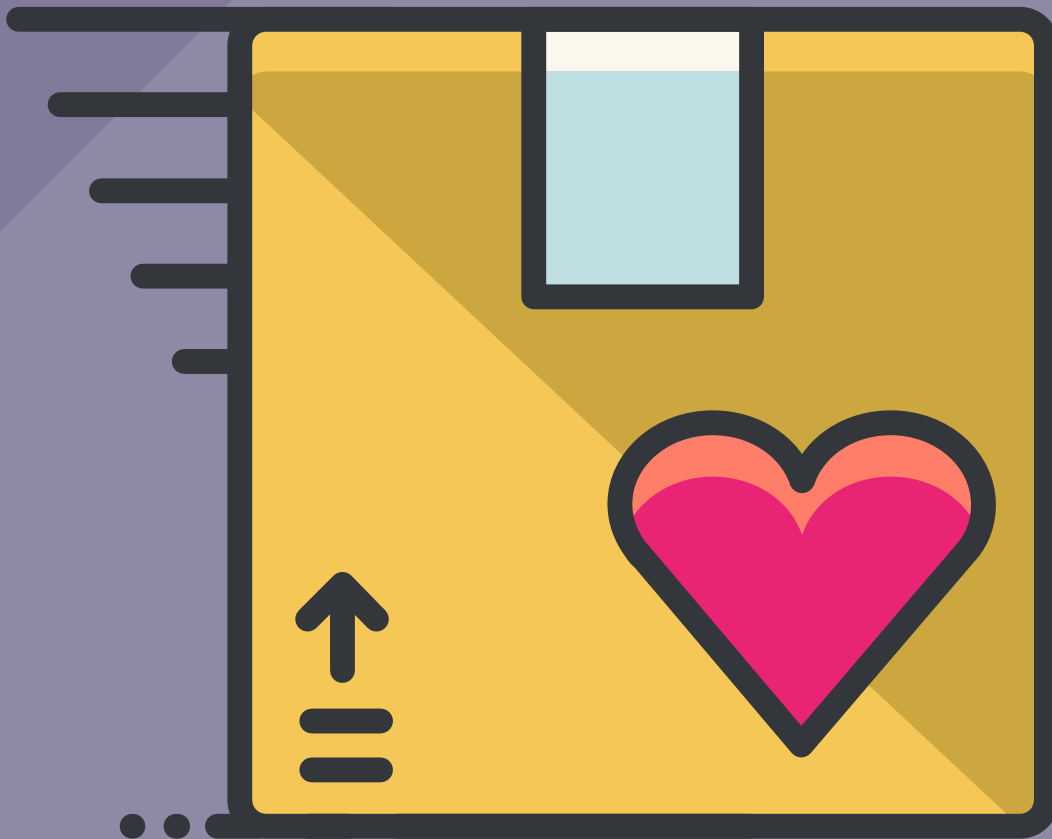


JMU COUNSELING CENTER PRESENTS

YOUR VIRTUAL CARE PACKAGE



***TO HELP YOU GET
THROUGH QUARANTINE
AND COVID-19***



Coping Tips for Your Social Health



Stay Connected! Think creatively about finding new ways to stay connected with friends and loved ones. Bored of FaceTime, Zoom, SnapChat or even MarcoPolo as a way to connect?



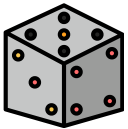
-Then try hosting a virtual NetflixParty so you can watch a show or movie at the same time as your friend or loved one. Connect with them on another device to see their reactions in real time!



-You can also use Discord as a platform to play and chat with friends at the same time.



-Plan virtual game nights, dance offs, or even dinner parties using Google Hangouts or Facetime and check out Jackbox party packs for different games you can play virtually.



-Create a virtual book club and send each other your favorite quotes or selfies capturing your various emotions at different passages.



-Write emails or snail mail to friends and loved ones.



Coping Tips for Your Social Health



Stay Connected continued

-JMU Student Organizations: Check out <https://beinvolved.jmu.edu/organizations> and contact an organization and see how they're connecting virtually still!

-Along the same lines, check out the JMU master calendar for free virtual events being hosted by JMU. One example of a recurring event is Tuesday Night Live with Dr. Tim Miller and his guests of that week. You can find the calendar of events here:

<https://ems.jmu.edu/MasterCalendar/>

-Check out "QuarantineChat", a platform where you can connect to others who are also experiencing quarantine -

<https://quarantinechat.com/>



Coping Tips for Your Physical Health



It's important to create and keep a schedule/daily routine!

Included in this daily routine or schedule you make for yourself is blocking out time for classes, self-care activities, fun activities, meals, and good sleep!

It can be helpful to have different colors represent the different activities. Have fun in creating this schedule and turn it into an art project!

Eat regular meals: As much as possible, make your meal times an opportunity for mindfulness and self-care. Try not to eat while watching a movie or show as you may eat without tasting/enjoying your food.


If you have access to a kitchen, try new recipes. If you're someone who does not particularly enjoy cooking, then FaceTime or Zoom a friend or family member who does and cook together.

Have cooking challenges or take some free online cooking classes! A quick google search will provide you with a medley of different recipes, youtube videos, or blogs that can help inspire you.

If that's not an option, see if there are other ways to make meal times still a time to take a break and take care of yourself. This may be by making these moments a virtual date "lunch" or date "night".



Coping Tips for Your Physical Health



Practice Sleep Hygiene: Sleep is essential for good health, mental and emotional functioning, and personal safety. You should be trying to get 7-8 hours of sleep a night!

Here are some tips to improve or maintain good sleep:

1. Develop a bedtime routine that's around 30 minutes long. This can take on many forms such as washing your face and teeth, getting prepped for the next day, and/or reading a chapter of your favorite book. Whatever it is, the important part is doing this every night before bed time as it will become a cue to your mind and body, that it's now time for bed!
2. Be consistent with bed time and wake up times, this is true for weekends too!
3. Journal before bed to let go of any worries that accumulated throughout the day.
4. Try and make sure that your bedroom is quiet and dark and that the temperature is around 70F.
5. Avoid or limit any alcohol or caffeine in the evening.
6. Don't exercise within 2 hours of falling asleep.
7. Practice relaxation activities (e.g., deep breathing, yoga, meditation, progressive muscle relaxation, etc).
8. Take a hot shower or bath before bedtime.
9. Exercise regularly during the day (late afternoon but before dinner can be an optimal time).
10. Try to avoid doing other activities on your bed so that your bed is just for sleep or for sex.



Coping Tips for Your Physical Health



Sleep Tips Continued...

11. Avoid naps! If you do need a nap, make sure that it's not longer than 20 minutes.

If you find yourself tossing and turning and getting frustrated as time continues to tick on by, then get out of bed. Practice or engage in a relaxation activity (e.g., coloring, listening to soothing music, drinking decaffeinated tea or milk) for about 30 minutes until you're no longer tense and frustrated and then try and go to bed again.

The following apps can be helpful if you are someone who likes or needs white noise or additional support to help you fall asleep: Calm, Relaxing Melodies, Pzizz Sleep, Sleep Genius , Yoga for Insomnia, Relax & Sleep Well Hypnosis, Deep Sleep with Andrew Johnson...

Sweet Dreams.



Coping Tips for Your Physical Health



Stay physically active: UREC has several virtual pre-recorded workout classes that you can access at times that work for you! Just visit: <https://www.jmu.edu/recreation/activities/virtual-resources.shtml>

You can also search youtube for additional workout classes of your choosing, whether it's yoga, pilates, etc.

Find it hard to get motivated? Try making a playlist that gets you ready for moving or dancing. Or connect with a buddy virtually and do a workout together. One of you can host via zoom and share your screen so that both of you are doing the workout together!

Don't forget to STRETCH throughout the day!!!



Coping Tips for Your Emotional Health



Journaling: This is a great way to express yourself and start processing any and all emotions you're currently experiencing. Not good with words? Do a visual entry where you draw or do a collage! You can also record a journal entry.



Practice being mindful: Do a quick spotify or youtube search using "guided meditation", "relaxation exercises", "mindful breathing", "progressive muscle relaxation" and try out different ones. Practice your favorite ones!



Free Apps: Download one of these apps to get other tips on self-care or mindfulness practices: Headspace, GPS for the Soul, Breath Ball, Virtual Hopebox, Colorfly, Personal Zen, Calm, among many more...

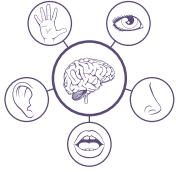


Create a TAO account: TAO is a free online platform that has great resources, including ways to manage anxiety, depressed moods, or learn mindfulness skills.

<https://www.jmu.edu/counselingctr/services/TAO.shtml>



Coping Tips for Your Emotional Health



Practice Grounding Skills: Grounding skills can be particularly helpful when experiencing high anxiety or distress. This practice can help you come back to the here and now by using your 5 senses.



1. Name 5 things you can see
2. Name 4 things you can feel/touch
3. Name 3 things you can hear
4. Name 1-2 things you can taste
5. Name 1-2 things you can smell



Make playlists for different moods: Music can impact how we feel and can also energize us to want to get moving. Need to cheer yourself up? Make a playlist full of songs that immediately make you smile and want to dance. Need a good cry? (Because crying is normal and sometimes helpful as a way to release emotional tension) Get that spotify to play those tearjerking ballads and get the tissues out.

Don't know where to start? Check out the JMU Counseling Center spotify "Tune in Tuesday" Playlist for fun, hopeful songs.



Coping Tips for Your Emotional Health



Go on virtual nature hikes:

<https://www.travelandleisure.com/trip-ideas/national-parks/virtual-national-parks-tours>



Go to virtual festivals:

-Harrisonburg International Festival (9/12-9/20)

<https://harrisonburg-international-festival.org/>



Go on virtual museum tours:

<https://www.virtualiteach.com/post/2017/08/20/10-amazing-virtual-museum-tours>

<https://hyperallergic.com/547919/2500-virtual-museum-tours-google-arts-culture/>



Go to virtual concerts:

<https://www.npr.org/series/tiny-desk-concerts/>

<https://www.rollingstone.com/t/in-my-room/>

<https://www.broadwayworld.com/topic/LIVING-ROOM-CONCERTS>

<https://www.92y.org/archives>

This is NOT a complete list! There are many, many more options but this is just to get you all started...



Coping Tips for Your Emotional Health



Enroll in Yale's free course "The Science of Well-Being" - This class offers a series of activities that are designed to increase your own happiness and build your sense of productivity!

<https://www.coursera.org/learn/the-science-of-well-being>



Color, paint, be creative! You can create your own original art OR get connected to *Color Our Collections* Campaign. This campaign compiles free adult coloring books as well as coloring pages for download. You can check out the collection here:

<http://library.nyam.org/colorourcollections/>

Another link for additional free coloring pages can be found here:

<https://www.justcolor.net/>



Create a (Virtual) Vision board: A vision board is comprised of a collection of images that you select that shows your wishes, dreams, or goals and can also include inspirational words, quotes, and images.

- Create this as a collage by cutting out of magazines, printing images from online
- Create this via Pinterest
- Create this via PicMonkey
- Create this via O Dream Board
- Create this via Canva

You can read this article for tips!

<https://www.amazer.me/online-vision-board-the-best-virtual-vision-board-makers/>



Coping Tips for Your Emotional Health



JMU Counseling Center:

We are here for you.

Even during quarantine, you can get connected to our services (e.g., individual, group, specialized treatment program, crisis support).

To reach the JMU Counseling Center, call 540-568-6552.

**If you are experiencing a mental health emergency,
24/7 crisis support is available.**

After-hours, or on weekends,
call (540-568-6552), and select "option 1"
to connect to the after-hrs crisis line.

**Bottom line, you are not alone and we want to support you
in staying connected and doing well.**

Visit our website for more information on services & resources:

<https://www.jmu.edu/counselingctr>

And, follow us for more tips around self-care, mental health, resiliency,
and updates on the CC's therapy dogs.



jmucc_canines



JMU Counseling Center

Interested in creating your own 14 day self-care calendar?

Use the next two pages to incorporate ideas from this care package into your daily routine.



Self-Care Routine



I've got this!

Maintaining my mental health, by caring for my:

- **PHYSICAL HEALTH** - regularly sleep, shower, drink water, eat, stretch, engage in physical activity ...
- **EMOTIONAL HEALTH** - engage in meaningful, reflective, calming, and enjoyable activities ...
- **SOCIAL HEALTH** - connect with others - call, video-chat, game, write, join virtual events, reach out ...

	1	2	3	4	5	6	7
PHYSICAL							
EMOTIONAL							
SOCIAL							

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