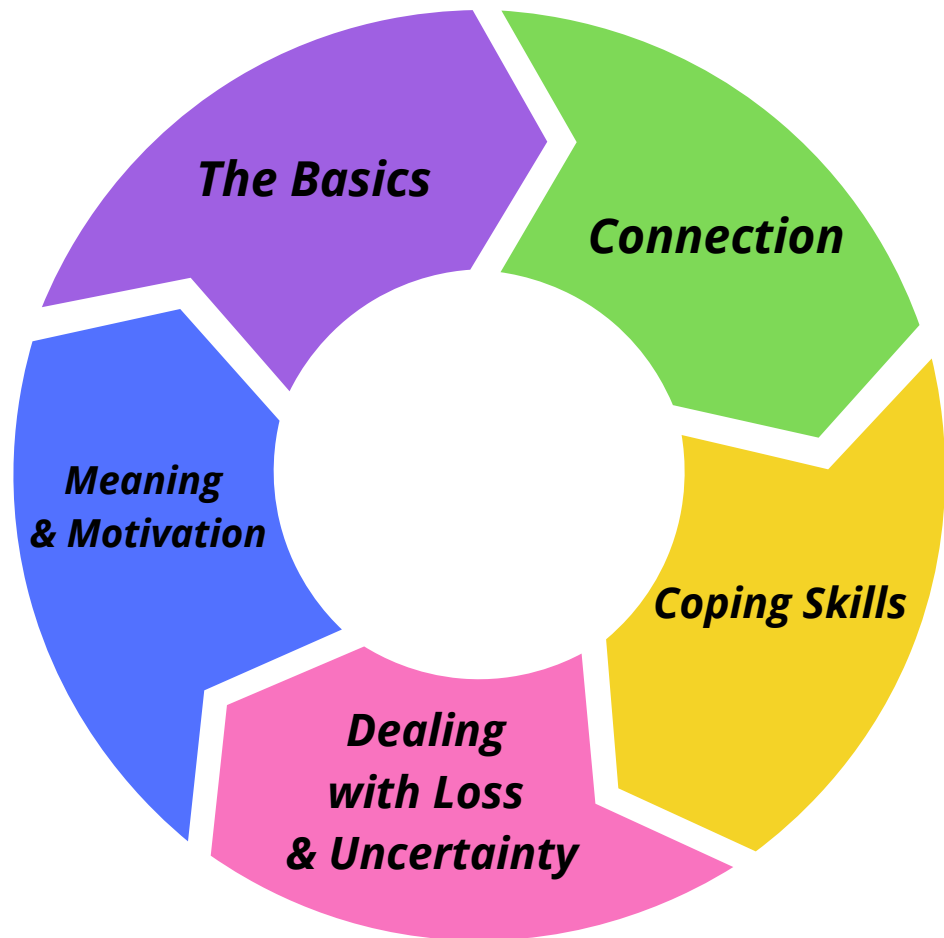


**MSU Counseling and Psychiatric Services (CAPS)  
presents:**

# **Virtual Care Kit**

**To support your growth and well-being**



## **Introduction**

As a collective MSU community, we are journeying an uncharted and seemingly uncertain path. While we have our individual steps, we collectively travel through transition, trials and triumph. Regardless of where you are and the distance between us, Counseling and Psychiatric Services (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, resources for dealing with loss, and tips to find meaning and motivation along the way.

**Take care and Be Well Spartans!**

# The Basics

## Day Structure

Due to social distancing precautions, your day may lack a lot of the structure, variety, and accountability that you're used to. These apps can help you maintain a sense of rhythm through developing your own schedule and desirable habits.



## Sleep

Is your sleep schedule irregular? 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!

[MSU Health Services Sleep Page](https://campusmindworks.org/help-yourself/self-care/sleep/)  
<https://campusmindworks.org/help-yourself/self-care/sleep/>



## Eating and Nutrition

For tips, guidelines, and health information from the **MSU Nutrition Program**, click [here](#). Virtual nutrition counseling is also available. Call 517.353.4660 to schedule.

Click on the image for USDA eating tips when on a budget! You can also check out the [MSU Food Bank](#).



## Exercise

Click [here](#) and go to **Resources & Links** to find a list of workout options you can do at home!

Brought to you by the **Spartanfit Fitness and Wellness Program!**

They also offer virtual wellness coaching.

**MSU Recreational Sports and Intramural Services** offers virtual fitness classes:

<http://recsports.msu.edu/fitness/groupex.html>

# Connection

## Five ways to build stronger connections

- 01 Write a letter
- 02 Pick up the phone and call
- 03 Ask meaningful questions
- 04 Answer questions with honesty
- 05 Connect via video

COMPASS

Robert Reffkin, Founder & CEO

## Why Connect?

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

## 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 personal boundaries.*

1. Limit social media use, particularly if you find yourself consuming content that impacts you negatively.
2. Write. Describe your thoughts and feelings. Keep a gratitude journal.
3. Connect with your body through yoga, dance, and staying active.
4. Practice self-compassion (10 Self-Compassion Practices for COVID-19).
5. Do more of what you love and feel good at. Alternatively, try or learn something new.
6. If you have little privacy at home and desire it, intentionally take advantage of any alone time (e.g., take long showers, sit in the car, take "fresh air breaks" outside, linger at an empty aisle at the store).

## Connecting Virtually

- Zoom dance party
- Netflix Party
- House Party App
- TikTok Challenges
- Virtual group workouts

### @MSU

- LGBT Resource Center
- OCAT Fridays
- Student Parent Resource Center
- Career Center

## Spiritual Connection

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



Loving-kindness meditation

Explore virtual religious spaces

Animal/Nature live cams!

# Coping Skills

For stress and difficult emotions

## Distraction

Sometimes we need a break to focus on other things when we are feeling overwhelmed. Some ideas include: Games, books/magazines, TV, podcasts, puzzles, and cleaning.



## Challenge Your Thoughts

Struggling with critical thoughts or hopeless worries? Consider trying the "[Triple R Exercise](#)" or [Thought Defusion](#) techniques.

## Top Meditation Apps by Downloads in the U.S. for 2018

sensortower.com

### Overall Downloads

- 1 Calm
- 2 Headspace
- 3 Insight Timer
- 4 Aura
- 5 Simple Habit
- 6 Breethe
- 7 10% Happier
- 8 BetterMe
- 9 Pacifica
- 10 Abide

**This** Youtube channel offers introductory videos to mindfulness and guided meditations.

CAPS would like to acknowledge that mindfulness originated in Eastern spiritual traditions, namely Buddhism, and has since been popularized in Western countries in ways inconsistent with its original purpose.

## SELF-SOOTHING

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



### Sight

Low lighting  
Soothing colors  
Sleeping masks  
Coloring books  
Pinterest Collages

### Touch

Soft things  
Cuddle things  
Massage  
Hot/cold shower  
Heated/weighted blanket



### Sound

Calming noise  
ASMR videos  
Nature sounds  
Guided meditations  
Binaural beats

### Smell

Aromatherapy  
Fresh air  
Candles/incense  
Comforting smells



### Taste

Strong flavors  
Warm drinks  
Eat slowly  
Nostalgic flavors

[www.blessingmanifesting.com](http://www.blessingmanifesting.com)



Need some quarantine music? Check out **this Spotify playlist** made of songs submitted by CAPS staff!



## 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. Try a [mindful eating exercise](#) or walk around barefoot at home and pay close attention to how every step feels.

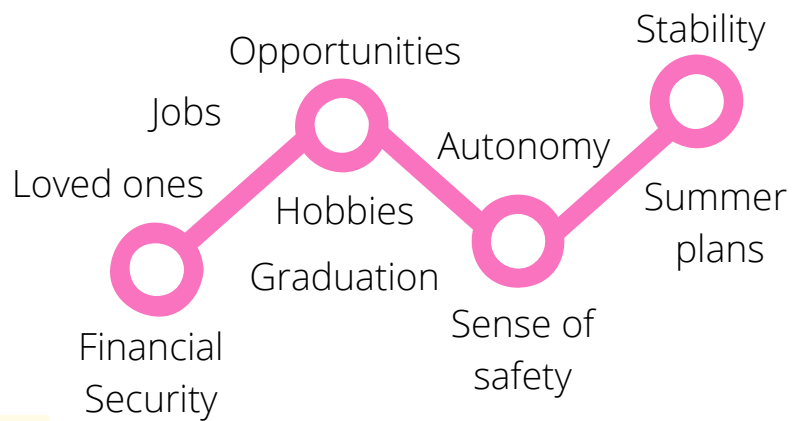
# Dealing with Loss & Uncertainty

Given that COVID-19 affects all of our day-to-day lives, comfort can be found in knowing that we are all experiencing some level of loss and uncertainty.

That said, we all may respond and handle it differently. We at CAPS want you to know that there is no "one way" to grieve or one "right way" to feel.



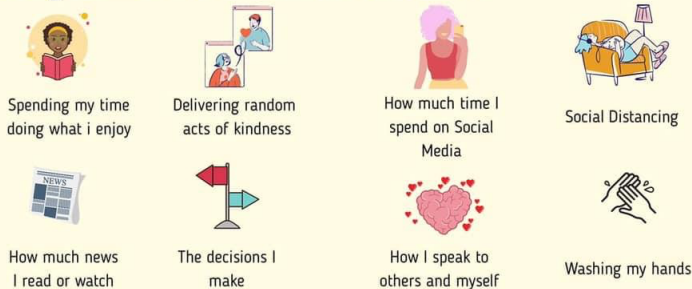
## Losses You May Be Experiencing



Consider practicing **self-compassion** as you work through losses and changing circumstances. Try some of these exercises compiled by Dr. Kristin Neff, a renowned researcher of self-compassion.

### Coronavirus

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

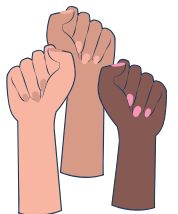


#### Things I can't control - I will let go of these



@VELA.THERAPY

**Activism, service, and generosity** are a few ways to promote one's sense of empowerment and contribution when we may be feeling helpless. **Here** are a few ideas.



At some point on your journey, you may find it helpful to consider the unique **opportunities for growth or possible "silver linings"** during this time. Consider documenting them in some way so that you can reflect on them later.



## Helpful Articles

[How to Cope with Bereavement During the COVID-19 Pandemic](#)

[Coping with Uncertainty During COVID-19](#)





# SPARTANfit

FITNESS & WELLNESS PROGRAM

## Weekly Goals



Date Started:

Date to be Achieved by:

Goal(s):

Comments:

Confidence Level:

Completed %:

# Additional Resources

Visit: **MSU Covid-19 Resources Page**

See **this** page to learn about what various **MSU offices** are offering right now.



Check out **this** **Michigan-based resource and information hub** for just about any need you can think of!

Visit: **Counseling and Psychiatric Services** Page

We are offering virtual individual and group services to students this summer.

Questions and concerns about mental health?

Check out the the **JED Foundation's Mental Health Resource Center**.

**Need immediate support?**

Try one of these options:

- **National Suicide Prevention Hotline:** 1-800-273-8255
- **Trans Lifeline:** 877-565-8860
- Text "**STEVE**" to **741741** if you are a **person of color in need of support**.
- **If you're in MI**, text "**Restore**" to **741741** to speak with a crisis counselor.