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!
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/

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
Limit social media use, particularly if you find yourself consuming content that impacts you negatively. Write. Describe your thoughts and feelings. Keep a gratitude journal. Connect with your body through yoga, dance, and staying active. Practice self-compassion (10 Self-Compassion Practices for COVID-19). Do more of what you love and feel good at. Alternatively, try or learn something new. 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).

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.
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).

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!
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.

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

<table>
<thead>
<tr>
<th>Overall Downloads</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
<th>9</th>
<th>10</th>
</tr>
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<tbody>
<tr>
<td>App</td>
<td>Calm</td>
<td>Headspace</td>
<td>Insight Timer</td>
<td>Aura</td>
<td>Simple Habit</td>
<td>Breathe</td>
<td>10% Happier</td>
<td>Me</td>
<td>BetterMe</td>
<td>Pacifica</td>
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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/insense
  - Comforting smells

- **Taste**
  - Strong flavors
  - Warm drinks
  - Eat slowly
  - Nostalgic flavors

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.

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.

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.

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
Meaning & Motivation

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. Setting SMART Goals is one way to achieve realistic goals within a specified time frame. See the next page for a SMART Goals worksheet provided by the Spartanfit Fitness and Wellness Program!

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).

Connect with your Values
Identifying what is important to us can be one way to foster motivation. Try one of the values card sorts below and then consider how you can express your values on a daily basis.

- Online values card sort
- Printable version

Learn about Vision Boards here.

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.
It can be helpful to consider Maslow’s Hierarchy of Needs.

We asked CAPS staff how they are finding meaning and motivation during this time. Here are the responses in a word cloud!
SPARTANfit
FITNESS & WELLNESS PROGRAM

Weekly Goals

Specific | Measurable | Achievable | Realistic | Timely
---|---|---|---|---
What do you want to do? | How will you know when you've reached it? | Is it in your power to accomplish it? | Can you realistically achieve it? | When exactly do you want to accomplish it?

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.

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.

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