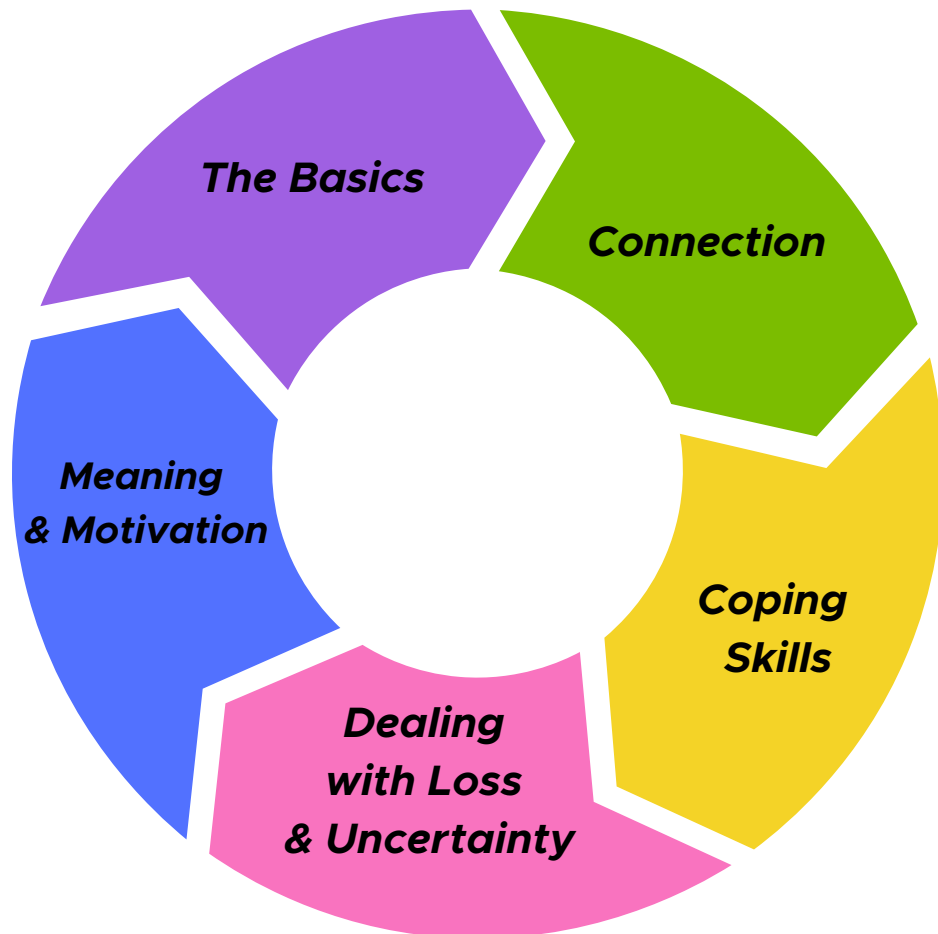




MSU CAPS presents:

Virtual Care Kit

To support your growth and well-being



Introduction

As a collective MSU community, we sometimes face uncharted paths and unprecedented challenges.

While we have our individual experiences, we all experience 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 near.

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

In an increasingly virtual world, your day may lack structure, variety, and accountability. These apps can help you maintain a sense of rhythm through developing your own schedule and desirable habits.



Eating and Nutrition

For tips, guidelines, and health information from **MSU Nutrition Services**, click [here](#). Free 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](#).



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 Campus Health Services Sleep Page](#)



[14 Things to Try for Better Sleep](#)



Movement

Click [here](#) to explore workouts, wellness coaching, and services provided by the:

SPARTANfit
FITNESS & WELLNESS PROGRAM

[Try these mindful movement tips for stress relief](#)

Connection

This page is dedicated to different forms of connection. No matter who you are or what you are studying, meaningful connection is an important part of mental health, growth, and fulfillment.



@MSU

- [Student Orgs](#)
- [Gender and Sexuality Campus Center](#)
- [OMEA](#)
- [Student Parent Resource Center](#)
- [CAPS Groups](#)

Click on the icon for free, anonymous, online peer support and wellness tools when you register with your MSU email.



Spiritual Connection



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

[Loving-kindness meditation](#)

[Religious Life at MSU](#)

[Animal/Nature live cams!](#)

Why Connect?

- To decrease loneliness, stress, depression, and anxiety
- To acknowledge collective experiences and build solidarity
- To experience 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 ([examples](#)).
5. Do more of what you love or excel 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).

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.



Read: [A Mindful Guide to Navigating Difficult Emotions](#)

Check out these [free meditation apps](#)



**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

During our annual [Fresh Check Day](#) event, we asked students what songs they listen to on rough days and created [this playlist](#). If music helps you decompress or boost your mood, check it out!



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

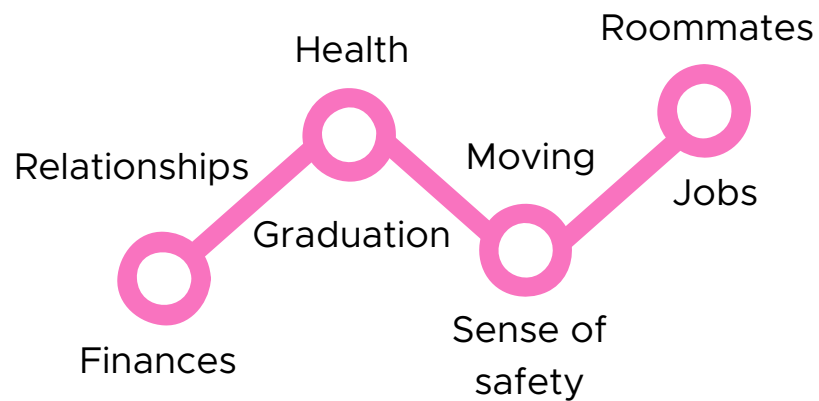
We all confront circumstances that are unexpected or outside of our control. These tips and reminders can help ground you and find a way through the unknown.

THINGS IN MY CONTROL

My thoughts & mindset
How I speak to myself
My ability to forgive
The content I consume
The energy I bring into a room
How I treat others
The company I keep
My response to situations
My daily routines & habits
How I spend my time

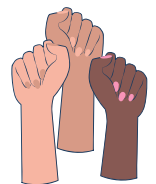
THE RISING CIRCLE.COM

Losses/Transitions You May Be Experiencing



Activism, service, and generosity

are a few ways to promote one's sense of empowerment and contribution when we may be feeling helpless.



Explore volunteering [here](#).

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.



Helpful Articles

[What is Ambiguous Loss?](#)

[10 Tips for Dealing with the Stress of Uncertainty](#)



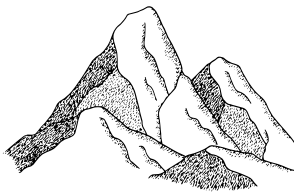
At some point on your journey, you may find it helpful to consider the unique **opportunities for growth or possible "silver linings"** during this time. Consider documenting them in some way so that you can reflect on them later.



Meaning & Motivation

Set Goals

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!**



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](#)

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.



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).

Learn about Vision Boards [here](#).

Wholeness

Think about what makes you feel whole, grounded, or like you. *It can be helpful to consider Maslow's Hierarchy of Needs.*



SPARTANfit

FITNESS & WELLNESS PROGRAM

Weekly Goals



Date Started:

Date to be Achieved by:

Goal(s): <input type="text"/>	
Comments: <input type="text"/>	
Confidence Level: <input type="text"/>	Completed %: <input type="text"/>

Additional Resources

Counseling and Psychiatric Services

Summary of services:

- Free individual, relationship, and group counseling
- Psychiatry services
- Referral coordination
- Crisis support
- Outreach (event collaboration, presentations, consultation)

Scan here to learn more about CAPS and/or schedule an appointment.



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

Questions and concerns about mental health?

Check out the

JED Foundation's Mental Health Resource Center



Need immediate support?

Try one of these options:

- **Suicide and Crisis Lifeline:** 988
- **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.