

Self-care is important in challenging times. Try these tips.

The College Nurses from your Los Rios Health and Wellness Centers have some tips and resources for students, employees, and community members to help us take care of ourselves and others.

Tip # 1: Notice and accept how you feel. Emotions are there for a reason: trying to mobilize us to keep us safe or protect others. So, acknowledging one's reactions in a non-judgmental manner is always warranted (e.g., "I am having a lot of worrisome thoughts.")

Tip # 2: Do what's helpful, not harmful. What we DO in response to emotions should create a positive outcome for that particular situation. In this case, [following CDC guidelines](#) such as hand washing, not touching one's faces and engaging in physical distancing when warranted are helpful. Isolating emotionally from those you care about and allowing oneself to become hopeless is not.

Tip # 3: Take a break from worrying/planning. Sometimes our minds tell us "to do something," but some things are out of our control. When a particular worry pops up, ask yourself: "Can I control this right now?" and if the answer is no, try to do something to help you take a break from worrying. For example, if you are worried about what will happen after the semester, but there is nothing you can do about that right now, begin writing a gratitude journal instead. If you have a favorite mindfulness app or podcast, perhaps listen to that.

- Free guided meditations (via App Store or Google Play) are available in both English and Spanish by clicking here [University of California-Los Angeles, Guided Meditations](#)
- The CDC has useful information on managing stress and anxiety specific to COVID-19 which can be found here <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

Tip # 4: Engage in healthy coping. Share your concerns and how you are feeling with a trusted friend or family member in a healthy manner. Surround yourself with individuals who bring you some comfort and spread positivity. Avoid panic, it can be contagious.

- Take care of your body: exercise, dance, eat something healthy, sleep, avoid substance use.
- Celebrate your daily accomplishments, even small things: cleaning your room, sending an email to a friend/family member or to your professor, etc.
- Turn to hobbies that fit the circumstances: reading a book you have had on the shelf for a while, knitting, playing an instrument, photography, or coloring.

- Learn about the Six Dimensions of Wellness through the Los Rios' Health & Wellness Center's online magazine [Campus Well/Student Health 101](#)

Tip # 5: Avoid excessive exposure to media coverage of COVID-19.

Tip # 6: Trust your sources. If you are going to read about it, make sure that the information you are receiving is from a legitimate source, such as:

- [Centers For Disease Control \(CDC\) Coronavirus page](#)
- [California Department of Public Health COVID-19](#)
- [Sacramento County website](#)

If you are in crisis, you may reach out to one of the resources below

- **Suicide Hotline (Phone and Online Chat)**
National Suicide Prevention Lifeline
Call: 1-800-273-TALK (8255)
[Suicide Hotline online chat](#)
- **Suicide Hotline for LGBTQIA+ (Phone, Text, and Online Chat)**
Call: 1-866-488-7386
Text START to 678678
[LGBTQIA+ online chat](#)
- **Crisis Text Line (Text)**
Text COURAGE to 741741
[Free 24/7 support, at your fingertips](#)

Other helpful resources

- WEAVE Los Rios Confidential Advocate
WEAVE@losrios.edu
(916) 568-3011
- [Los Rios Employee Assistance Program \(EAP\)](#)
a free, confidential resource for employees, is also available for confidential counseling, wellness coaching, financial services, legal services, and help with finding childcare or eldercare.

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*Permission to share certain content was obtained from Jacqueline Pistorello, PhD, Licensed Psychologist @ UNR