SELF CARE GUIDE

Taking care of your mind, body and spirit during challenging times

Developed by: Tara Niedermeier, M. Ed, School Counselor
As we navigate challenging times, it is important to check in with our individual selves, to understand what thoughts and emotions come up for us. It is natural to feel and experience stress. Here are some tools to help you identify what stress and anxiety looks like for you, how to relieve this stress, and how to seek out support.
Know the Signs of Stress

You may notice some of these signs in yourself and others

**Behavior**
- An increase or decrease in energy levels
- An increase in irritability
- Trouble sleeping or relaxing
- Worrying excessively
- Wanting to be alone
- Blaming others for everything
- Difficulty giving or accepting help

**Body**
- Stomachaches or irritable stomach
- Having headaches or other body pain
- Losing your appetite or eating too much
- Sweating or having chills
- Tremors or muscle twitches
- Being easily startled

**Emotions**
- Being anxious or fearful
- Feeling depressed
- Feeling guilty
- Feeling angry
- Feeling heroic, euphoric, or invulnerable
- Not caring about anything
- Overwhelmed by sadness

**Mind**
- Having trouble remembering things
- Feeling confused
- Having trouble thinking clearly
- Having difficulty making decisions

"Coping with Stress During Infectious Disease Outbreaks", Substance Abuse and Mental Health Service Administration (SAMHSA), 2014
BEHAVIOR
- Keep things in perspective
- Set limits on how much time you spend reading or watching the news about the outbreak
- Get the facts—find people and resources you can depend on for accurate information

BODY
- Eat healthy foods and drink water
- Avoid caffeine
- Get enough sleep and rest
- Get physical exercise
- Relax your body by doing things that work for you—take deep breaths, stretch, meditate, pray, wash your face and hands, engage in your favorite hobbies

EMOTIONS
- Talk about your feelings to loved ones
- Know that feelings of stress, guilt, depression, and anger are common
- Connect with others who may be experiencing similar stressors
- Remind yourself of the positive things in your lives
- Take time to renew your spirit through prayer, meditation, or helping others as you can

MIND
- Pace yourself between activities—do something fun after a difficult task
- Take a "brain break"—read something fun, listen to music, take a bath or talk to family
- Limit your screen time

"Coping with Stress During Infectious Disease Outbreaks", Substance Abuse and Mental Health Service Administration (SAMHSA), 2014
KNOW WHEN TO ASK FOR HELP

Take steps to ask for help--It’s OK!

IDENTIFY

- You may experience significant distress when you learn about infectious disease outbreaks.
- Review the signs of stress and identify if you are feeling physical symptoms of the disease or if it might be something more related to your mental health.

DECIDE

- Once you identify what is happening for you, decide what kind of help you need or want to get.
- In either case, contacting your Primary Care Provider can be a good first step toward treatment.

SUPPORT

- Below are resources that may be helpful in your time of need:
  - Emergency Resources:
    - SAMSHA Hotline: 1-800-662-HELP
    - Oahu Crisis Line: 1-800-832-3100
  - Non-Emergency Resource (during school hours):
    - School Counselor (Ms. N): 1-626-671-1668 (Google Voice Number)
    - TEAMS message and email
I CANNOT CONTROL
(So, I can LET GO of these things.)

I CAN CONTROL
(So, I will focus on these things.)

IF OTHERS FOLLOW THE RULES OF SOCIAL DISTANCING
THE AMOUNT OF TOILET PAPER AT THE STORE
THE ACTIONS OF OTHERS
HOW LONG THIS WILL LAST
HOW OTHERS REACT
PREDICTING WHAT WILL HAPPEN
OTHER PEOPLE’S MOTIVES

MY POSITIVE ATTITUDE
TURNING OFF THE NEWS
LIMITING MY SOCIAL MEDIA
MY KINDNESS & GRACE

MY OWN SOCIAL DISTANCING
FINDING FUN THINGS TO DO AT HOME
MY FOLLOW CDC RECOMMENDATIONS
HOW I FOLLOW THE NEWS

Clipart: Carrie Stephens Art
TheCounselingTeacher.com
You have already shown such resilience--distance and online learning is new for all of us; you have shown up ready to learn. Be patient with yourself. It can be challenging to understand this new way of learning, while being away from your classmates and peers. One thing that can be helpful is structuring your days and time.
Daily Routines Help Set the Scene

Keeping a Daily Routine can help manage stress
Map out your day

You can use the following template to create your daily schedule. I’ve also created a sample schedule to get you started!
Helpful tips when organizing your day:

- Order your "To Do" list by priority
- Set manageable goals for each day
- Color-coding can help!
- Map things out hour-by-hour
Ms. N’s example:

- Make sure to build in time for fun--away from screens!
- Figure out what daily plan works best for your brain!
Taking care of your mind, body and emotions is just as important as your academics right now...
Self Care Tips and Ideas

Physical
- Walk around your yard or apartment building—keeping 6 ft. away from others
- Clean and re-organize your room
- Do a YouTube workout video
- Take a bath

Mental
- Read a non-school book or article
- Learn a new skill
- Do a DIY project
- Turn your phone OFF

Emotional
- Meditate or pray
- Practice Yoga
- Talk with a friend
- Journal
- Write down a list of things you are grateful for
For Parents

You have already shown incredible resilience! We know you are navigating unchartered territory--working from home, monitoring and supporting your child’s education through distance learning, and practicing spatial distancing within your families and communities. We see and acknowledge how hard you are working and appreciate your collaboration. Know that there is no perfect right now--you are enough and are doing enough!

Below are some helpful resources, both for your child and for you, as we navigate this "new normal" together.
Resources

My Kid’s School is Closed, So Now What?

The link above is a helpful blog from "Confident Parents, Confident Kids", this site includes information on setting up routines and how to manage anxiety that may come up as a family as you navigate distance learning and spatial distancing.

Educational and Mental Well-Being Resources

This link provides list of educational and emotional support resources from Columbia University. The educational resources are broken down by child’s developmental age, so you can individualize options based on your child’s needs. There is also an emotional support section for you, as parents.
For Faculty and Staff

You have already demonstrated such resilience—adjusting your plans to adapt to online learning and to support students’ academic growth. You have supported students, daily, since the first day of school and through this new learning environment. Challenges may present themselves as we move forward and you may be asked to provide support to students and others in new ways. Remember, you have the skills and abilities innately within you to provide that support.
Mental Health First Aid-How to support someone during COVID-19

Remember your Mental Health First Aid training from the beginning of the school year. Review your manual to refresh your skills. Above is a quick overview of the supportive steps that you can take in the light of our current time.

The Power and Importance of Flexible Thinking

Flexible thinking and adaptation is important now, more than ever. Finding new ways to do and teach things, along with adapting your plans, is essential in the midst of challenging times. The link above provides insights and ideas of how to adjust.
Ms. Niedermeier is here for you!

**Appointments:**
You can sign up for an appointment during regular school hours using the following link:

**Sign Up**

**Let Ms. N know how you would like to meet, either phone or TEAMS virtual session.**

**Contact me:**

Google Voice Phone: 1-626-611-1468

TEAMS message: Tara Niedermeier

Email: tara.niedermeier@maryknolls.edu

myMaryknoll: Tara Niedermeier

**Note: these are only monitored during regular school hours**

**Emergencies:**
If you need emergency assistance or it is outside of school hours, please contact 911 or the following Crisis Helplines:

Oahu Crisis Line: 1-800-832-3100 or text ALOHA to 741741

SAMSHA Help Line: 1-800-662-HELP
Remember, as we navigate this together:

You are SPARTAN STRONG!