

VIRTUAL CARE KIT

unplug | be present | connect
refuel | do something | seek out

NAVIGATING YOUR WELL-BEING DURING STRESSFUL TIMES



Connect with us:
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www.wcupa.edu/wellness
[@wcuwellnesspromotion](https://www.instagram.com/wcuwellnesspromotion)
WCU Office of Wellness Promotion
WCU_Wellness

UNPLUG



STAY INFORMED WHILE IDENTIFYING YOUR LIMITS

Determine time blocks when you will view the news to avoid checking continuously.

Check in with your feelings before and after your news intake. Do your feelings change?

Take breaks from social media. Spend time doing other things you enjoy such as puzzles, coloring and reading.

Zoom fatigue is real. Establish no screen blocks of time in your day when you don't have class.

RESOURCES:

[Zoom Exhaustion is Real. Six Ways to Find Balance and Stay Connected](#)

[The Facebook Effect: How is Social Media Impacting Your Stress Level](#)

[Press Pause](#)

BE PRESENT

CONSIDER PRACTICING MINDFULNESS AND SELF-COMPASSION

Are you aware of what you are sensing and feeling without judgement?

Are you easily distracted? Try to avoid multitasking in order to focus on the task at hand.

Pay attention to what you can see, hear, smell and touch.

Are you kind and understanding with yourself?

Lean on your strengths when working through uncertainty.

Connect with your values - identifying what is important to us can help foster motivation.

RESOURCES:

[VIA Character Strengths](#)

[Values Card Sort](#)

[10 Self-Compassion Practices for COVID-19](#)

[Meditation & Relaxation Apps Reviewed](#)

[WCU Center for Contemplative Studies](#)

CONNECT



Connecting with others helps to decrease feelings of loneliness, stress and isolation. We connect to experience love and belonging, to give and receive compassion, and to acknowledge collective trauma and solidarity.

While our physical connections might be limited during this time, consider building stronger connections through:

- writing a letter
- talking on the phone
- actively listening to others
- asking meaningful questions
- answering questions with honesty

RESOURCES:

[WeCU](#)

[RamConnect](#)

[20 of the best online activities to keep you connected while you're away from family and friends](#)



REFUEL - SLEEP

Consistently getting *adequate sleep is important in managing stressful situations. Consider your sleep hygiene including:

- keeping a consistent sleep schedule
- avoiding electronics use before bedtime and keeping devices out of your sleep environment if possible
- consider your sleep environment - is the temperature comfortable, are lights dim and noise limited?
- limiting caffeine and nicotine use before bedtime

*adequate sleep for most individuals includes 7-9 hours of sleep, falling asleep within 10-15 minutes of lying down and waking feeling rested.

RESOURCES:

[Sleep Diary](#)

[Relaxation Exercises to Help You Fall Asleep](#)

[10 Minute Deep Sleep Release](#)

REFUEL - NUTRITION



Do you find yourself rushed or stressed in making decisions about what to eat? There is a strong connection between what you fuel your body with and stress levels.

Try some of these strategies:

- choose a balanced diet of protein, fat, carbs, fiber, vitamins, and minerals
- eat regularly throughout the day to keep your blood sugar stable which can impact stress levels
- stock up on healthy snacks such as carrots, almonds, and apples
- prepare more of your own meals
- add more fruits and vegetables
- moderation is important: try not to think of foods as off limits

RESOURCES:

[WCU Resource Pantry](#)

[Cooking At Home](#)

[Mindful Eating](#)



REFUEL - MOVEMENT

Our mind and body are connected; feelings impact our movement and our movement impacts our feelings.

Regular movement can help reduce stressful, anxious and depressed feelings and enhance our overall quality of life.

Meditative movements focusing on breathing and a calm state of mind lead towards relaxation.

Exercise increases endorphins - our natural mood boosters.

Movement can build community and connection with other individuals. Getting outdoors helps us to connect with nature.

RESOURCES:

[WCU Campus Recreation](#)

[WCU Outdoor Adventure Pursuits](#)

[Mindful Walking](#)

DO SOMETHING



It can be a challenge to keep motivation during times of uncertainty. Doing something can help manage your uncertainty.

Be aware and thankful for good things in your life and take time to share appreciation of others.

Use your voice to support change - whether you consider it big or small.

Use your skills and abilities to help others.

Document your journey to reflect on what you are experiencing.

Consider your vision for the future.

RESOURCES:

[Center for Community Engagement and Social Impact](#)

[Gratitude Journaling](#)

[Creating a Vision Board](#)

SEEK OUT

You are not alone. WCU has numerous resources to support you.

Not sure where to start?

Check out [Rammy's Resource Navigator](#) & [Student Support](#)

Division of Student Affairs's [WeCU](#) resource page

The [Counseling Center](#) continues to offer remote support

Office of Wellness Promotion [services](#), including Wellness

Coaching

The [Rams Guide to Success](#)

In need of immediate support?

National Suicide Prevention Hotline: 1-800-273-8255

Crisis Text Line: 741-741

Text STEVE to 741-741 if you are a person of color looking for support

Trans Lifeline: 1-800-273-8255

Sources of Care Kit Content

Credit to Michigan State University and Penn State Harrisburg Counseling Centers Virtual and Stress Care Kits

www.sleepfoundation.org

www.helpguide.org/articles/healthy-eating/healthy-eating.htm

www.eatright.org