



Self-Care in College: Distance Learning Edition

Finding the Balance Between Home & School

Creating better habits for a better you



Some Hard Truths....

- **Distance Learning can be difficult for students!**

- The study found only 79% of students completed their online course, while 85% of students completed their face-to-face course. Meanwhile, 56% of students passed their online course, whereas 63% of students passed their face-to-face course. Overall, the study found that if a student were to take a course in person and then take the same course online, the student would be 11% less likely to finish and pass online.

<https://www.usatoday.com/story/college/2015/05/22/study-online-community-college-courses-found-to-be-ineffective/37403255/>

- **You're dealing with serious stuff!**

- **61%** of college students seeking counseling report issues with anxiety, depression, relationship problems, and academic performance. These dynamics are increased when coupled with limited access to services.

<https://www.apa.org/monitor/2017/09/numbers>

- **Schools are not fully prepared!**

- Due to the regulations set by industry governing boards Telehealth Counseling is relatively new and still working out logistics around providing effective care while maintaining client protections

https://www.apaservices.org/practice/ce/expert/telehealth-practice-psychology?_ga=2.31853625.660629124.1585307268-2007715213.1585307268

Are you
STRESSED???
Surviving vs.
Thriving

We get it! College life is TOUGH!

So much to manage and you may not feel prepared enough. What if I told you that a few small additions and/or adjustments in your daily habits can be the difference between SURVIVING and THRIVING, would you be interested?

Of course you are! You're HERE today!

Surviving= Just Getting By

Thriving= Growing, Learning, and Improving

Self-Care: What is it and Why is it Important?



- The **PRACTICE** of taking an active role in protecting one's own well-being and happiness, in particular during periods of stress.
 - Coping Skills
 - Stress Management
 - Time to refresh and/or regroup
 - Added in your routine to keep you motivated on goals (academic, career, life)
- No right or wrong way to practice Self-Care! Self-Care is based on what give you peace of mind and joy.

What is something that you do to relax or have fun?

Self-Care in College



- School Edition (Mind)

- Smiling
- Keeping a Schedule
- Brain Breaks
- Mindfulness/Positive Language and Imagery
- Meditation

- Home Edition (Body & Spirit)

- Water (Power of Hydration)
- Practicing Regular Eating Habits
- Keep a Snack Pantry
- Just MOVE!
- Transition Routines
- Treat Ya Self!



Self-Care: School Edition

Be the student you desire to be!

SMILE! It's Good for You!

Five Fun Facts about Smiling:

1. Smiling can boost your mood:
2. Smiling boosts your immune system:
3. Smiles are contagious:
4. Smiles relieve stress:
5. It's easier to smile than to frown:



Keeping a Schedule

- Helps with organization of school work and personal obligations
- Sets boundaries and expectations for yourself and others
 - Be realistic and maintainable
- Applicable Life Skills
 - Accountability
 - Responsibility
 - Work-Life Balance



Taking Breaks

- Activities that help wake up tired brains or give rest to overworked minds.
- Can be a fun game, restful or just something to help take your mind off your work briefly
 - Helps maintain motivation and stamina
- Brain needs time to process info completely; cramming doesn't allow for processing
- Reward system based on personal preferences, Be realistic! (25/5 system)
- Honor your system! Spend the time NOW for better long-term results



The Power of Positivity

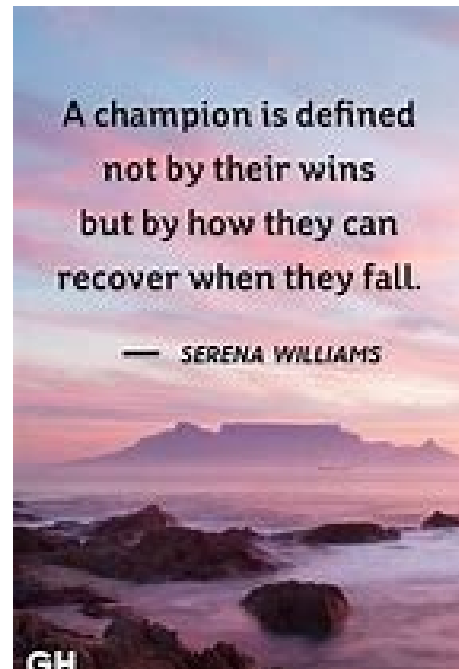
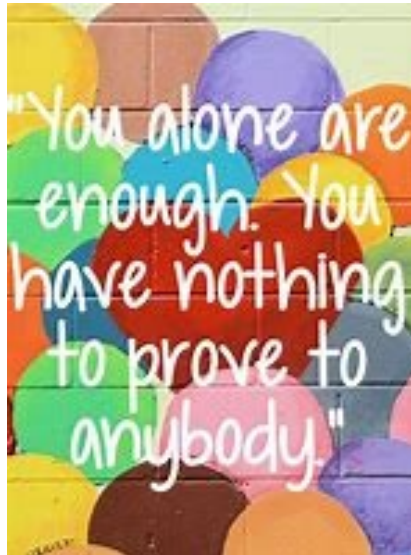
Mindfulness: “The Power of YET!”

- a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique.
- Change your mindset! With help ANYTHING is POSSIBLE!

Positive Language & Imagery

- Surround yourself with positivity!
- Use positive language
- Get rid of negative influences (people, routines, mindsets, etc.)





Meditation: More than an OM!

- Meditation simply means to listen!
- Goal is to quiet the mind enough to reconnect and refocus
- Take a mental journey without leaving
- No Skill Needed! Just sit, be still and focus on your breathing
- Apps are available to help guide practice



STOP, BREATHE & THINK
Mindfulness Challenge

Give yourself the support you need and deserve!





Hydration: The Ultimate Cure-All

- Water helps maximize physical performance
- Hydration increases energy levels and brain function
- Helps to prevent and treat headaches
- Relieves constipation and improves gut health
- Helps treat kidney stones and improves urinary health
- Prevents hangovers
- Helps with weight loss

Retrieved from <https://www.healthline.com/nutrition/7-health-benefits-of-water#section7>

Adapt Healthier Eating Habits

- You need nutrients to function: a hungry body/brain cannot function as well as a fed body/brain
- Don't skip meals! Maintain balanced blood sugar levels
- Make colorful plates- eating is more than food, it's an experience
- Keep snacks in your home pantry
If you are in need (on campus or off campus), please complete form below to receive a food package:

<https://docs.google.com/forms/d/e/1FAIpQLSe8E6YkBGY29ROXtzKqJ482rLS2TDBJJ6qY5ZSpHKtVVywOzA/viewform>

WCU Resource Pantry
Phone: 610-436-2378
Email: pantry@wcupa.edu



Just MOVE!

- Exercise can be ANYTHING and EVERYTHING!
 - Take a walk
 - Go to the Rec Center (Work out, Take a class, etc.)
 - Play Ball with Friends
 - Yoga/Stretch
 - Just do what feels good to you and allows you to exert any stress/pressure





- Self Care can take many forms outside of the traditional methods. Some include:
 - Retail Therapy
 - Pamper Therapy (Hair, Nails, Massage, etc.)
 - Art Therapy
 - Music Therapy
 - THE LIST IS ENDLESS

Do what make you happy as long as it doesn't cause you harm!

Remember.... We're here to help!

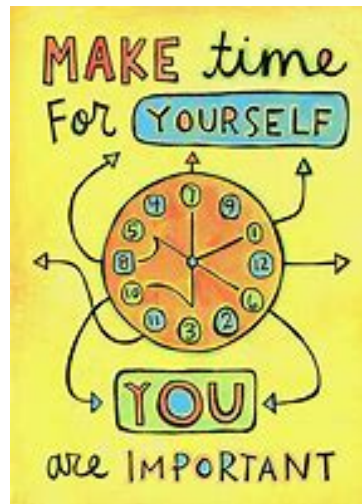
If you have further questions or want to meet with a success coach to plan your success...

- Use this QR code to access WC Online
 - Register for an account if you don't have one already.
 - Sign up for a meeting with a success coach.
- With further questions, please email successcoaching@wcupa.edu
- <https://www.wcupa.edu/universityCollege/achieve/>



Always take
care of yourself
first





Questions? Feedback?
Need Assistance?

Let us know, we're here to help!

successcoaching@wcupa.edu

Thank you for joining us! Don't forget to take care of YOU this semester.

Also, don't forget to take the survey. Thanks! 😊

https://wcupa.co1.qualtrics.com/jfe/form/SV_brQsR39x0efxvYV