

SELF-CARE DURING THE COVID PANDEMIC

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Since the onset of the COVID-19 pandemic, nearly everyone's lives and routines have been upended. Many students have physically moved, adapted to online learning and socializing, and made countless other adjustments.

During this time, it is extremely important for you to take care of yourself, physically, mentally, and emotionally. Both stress and coping look different for everyone; there is no one size-fits-all approach. Here is a list of effective strategies for taking care of yourself.

WAYS TO TAKE CARE OF YOURSELF

- **Seek professional emotional support if you need it.**
Students can access the RU-Camden Student Wellness Center at the following:
https://wellnesscenter.camden.rutgers.edu/making_an_appointment
- **Stay informed on the Pandemic, but not overwhelmed.**
Find a balance between overwhelming yourself with information and avoiding it completely, in order to be informed enough to make wise and safe choices.
- **Remain safe by practicing social distancing and following recommendations from the CDC.**
 1. Use face coverings
 2. avoid large gatherings and
 3. keep more than six feet from anyone who is not a member of your immediate household.

- **Stay connected. Social distancing does not require social isolation.**

1. Be creative about ways to connect with family / friends while following CDC guidelines.
2. Stream movies / games with friends and share meals (or beverages) or have club meetings online.
3. You can also do a regular phone or video call, just to talk, with no agenda.

- **Maintain a healthy and balanced diet, if possible.**

If you are experiencing food insecurity and living on or near campus, make use of the RU-C Raptor Pantry (latest pandemic hours here)

<https://healthservices.camden.rutgers.edu/>

- **Be physically active.**

Exercise is important to stay healthy, boost your mood, and take a break from daily stress.

- **Create a manageable routine.**

Having a routine can help you cope with change and uncertainty, maintain positive habits and reduce stress.

- **Take breaks from work and from screens.**

Breaks helps to recharge, lowers boredom, increases focus and retaining information.

- **Explore new ways to “get out of the house.”**

Watch a virtual concert or show. Find a local “safe” space to take a walk.

- **If you can, help others.**

Doing something for others gives you the opportunity to take a break, even if just temporarily, and feel good about yourself. If you are able, see what you can do in your community (again safely)

- **Try something new.**

Now is the time to find a new interest or hobby

- **Take time to decompress and de-stress.**

The need for balance and try to have fun