



University of South Florida

COPING WITH COVID-19 Self-care Strategies while Studying Remotely

“As important as it is to have a plan for doing work, it is perhaps important to have a plan for rest, relaxation, self-care, and sleep.”

~ Akiroq Brost

- Be kind to yourself! Show yourself the same compassion you offer others you care about. How do you do this, and what difference does it make?
- Maintaining routines – sleep, meals, hydration, exercise, medical procedures/ medication regimen, etc. – provides a sense of normalcy. Maintaining good health helps reduce stress.
- Cleaning and decluttering create an orderly environment that promotes mental clarity.



- Staying present (i.e., attending to sights, sounds, tactile stimuli, etc.) provides a sense of self-efficacy. The present is all we have direct and immediate control over.
- Engaging in some form of physical activity, simply moving, fosters a healthy mind.
- Doing something you have put off doing may result in an unexpected sense of joy or accomplishment.
- Creating your personal list of positive, simple coping strategies to use when stressed – e.g., meditation, mindful breathing, exercise, expressive writing, connecting with social supports, etc., will leave you feeling prepared.



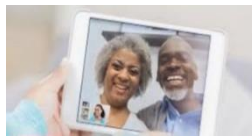
THE COUNSELING CENTER

University of South Florida • 4202 E. Fowler Ave., SVC 2124 • Tampa, FL 33620
(813) 974-2831 • FAX (813) 974-5089 • <http://www.usf.edu/counsel>



University of South Florida

- Developing healthy strategies to manage social conflict (e.g., clearly expressing your feelings, stating your wants/needs in specific behaviors rather than what you do not like/want).
- In efforts to return to “normal,” you may consider which parts of normal are worth keeping. This may be an opportunity for positive change and growth.
- Staying connected with family, friends, partner, co-workers, neighbors, etc. remotely looks different for everyone. Find what works for you!
- If you have limited mobility or cannot avoid coming into close contact with others, such as direct support providers, protect yourself (e.g., asking helpers if they are experiencing symptoms of COVID-19 or have been in contact with someone with COVID-19; asking helpers to wash their hands before touching you or your belongings and to frequently disinfect touched surfaces in your home).
- Planning what you will do if helpers get sick (e.g., creating a list of contacts for support; having multiple ways of communicating in the event of an emergency; keeping household supplies and groceries well-stocked) may prove vital.



1. How are you taking care of yourself while remote learning?
2. What new or creative positive coping strategies can you think of?

RESOURCES:

<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-disabilities.html>
<https://m.facebook.com/udemy/photos/a.112414502131956/2689221657784548/?type=3&source=54>
<https://healthyliving.azcentral.com/deep-breathing-chest-expansion-exercise-8347.html>
<https://hospitals.kvc.org/2020/03/28/how-grandparents-can-support-grandchildren-ease-coronavirus-concerns/>
<https://www.alamy.com/full-length-shot-of-a-woman-in-a-wheelchair-holding-a-basketball-isolated-on-white-background-image236595077.html>
http://media.istockphoto.com/vectors/flat-design-notepad-pen-and-color-sheets-of-paper-vector-id503324704?k=6&m=503324704&s=170667a&w=0&h=wdT9a8XN_GTyoTxVva_pPtZrBkP5UIVW9joFZB-7SHU=
http://3.bp.blogspot.com/-b_oKErv5g8/UrA-Lerkabi/AAAAAALP4/oDkDzEow8nM/s1600/music-notes-background-wallpaper.jpg
<https://101clipart.com/wp-content/uploads/04/Woman%20On%20Phone%20Clipart%2003.jpg>

THE COUNSELING CENTER

University of South Florida • 4202 E. Fowler Ave., SVC 2124 • Tampa, FL 33620
(813) 974-2831 • FAX (813) 974-5089 • <http://www.usf.edu/counsel>