The background of the image is a dense, close-up photograph of green leaves, likely from a plant like a lily or similar, with long, pointed leaves and some small buds. The lighting is soft, creating a natural, textured green backdrop.

SELF-CARE IN A PANDEMIC: WHEN BINGE WATCHING JUST ISN'T ENOUGH

Ashlyn Simmons, LMSW | TBS SWD Counselor



Grounding and Orienting Exercise

Why Self Care?

01

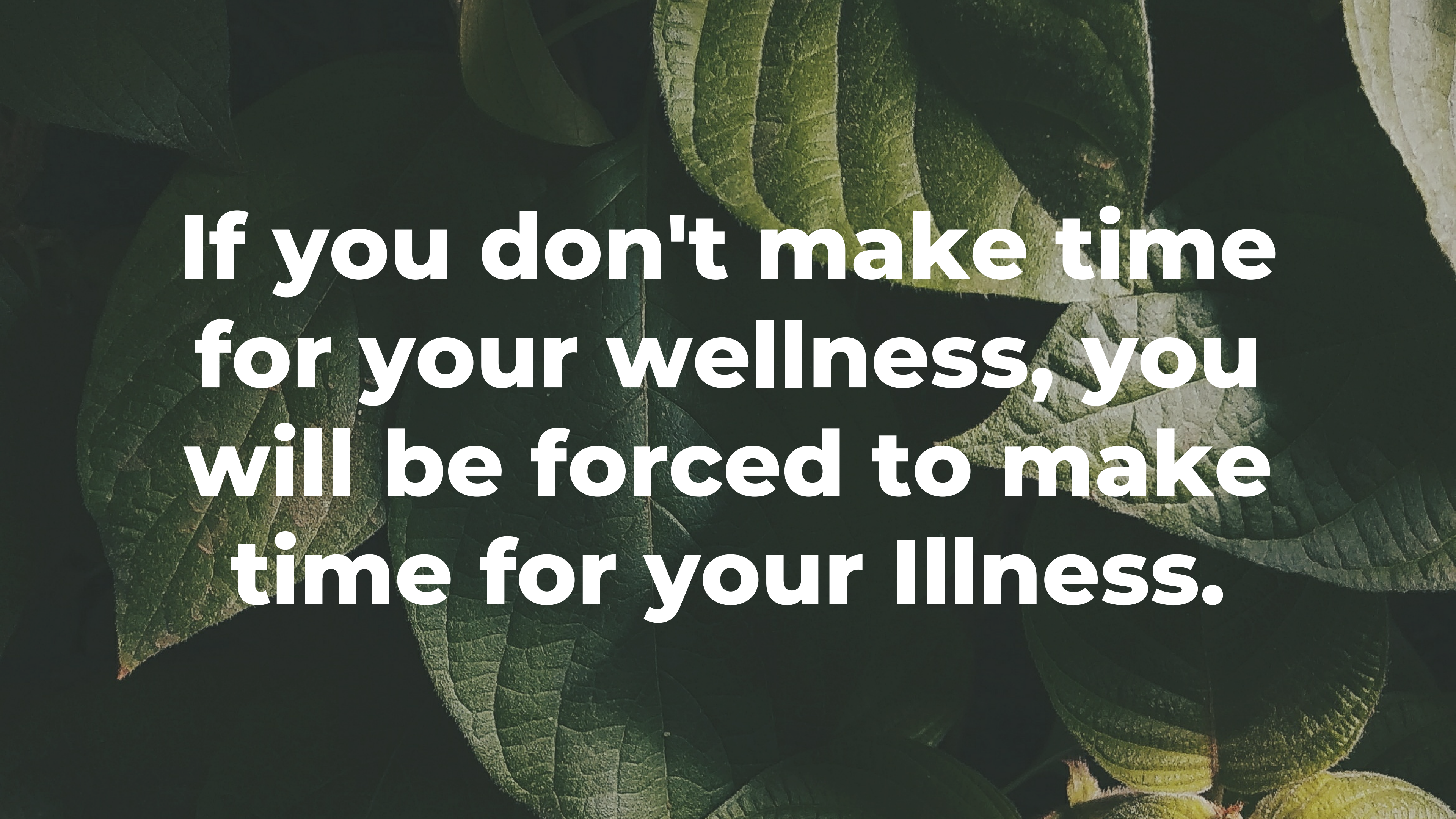
We are experiencing a collective, global trauma. When we feel out of control, unsafe, and have no idea when it will end... We exhibit "trauma responses."

02

Chronic stress can have serious, life-threatening physical, mental, and emotional side-effects.

03

We have to care for ourselves so that we can continue to care and serve others.



**If you don't make time
for your wellness, you
will be forced to make
time for your illness.**

PLEASE Master

P - Physical Illness (treat)

L - Listen to your body

E - Eat a balanced diet

A - Avoid mind/mood altering substances

S - Sleep (8-9 hours/night)

E - Exercise regularly

Master - Complete small, conquerable activities that help you feel productive, competent, and In-control



Self-Soothe Skills

Activities that provide a distraction and temporary relief from painful emotions and/or stressful situations - They do not solve the underlying stressors

Passive Soothing Skills give our mind a break and are not physically stimulating (Watching television, social media, etc...)

Active Soothing Skills give our mind a break and are also physically engaging (rubbing our arms, reading, etc...)



Self-Care

.Long-term activities that provide purpose and actively work toward improving mental health and wellbeing

Categories

- Physical
- Professional/Academic/TBS and KKPsi
- Psychological
- Personal
- Emotional
- Spiritual

Physical

01

Stay Active! Our bodies store and remember stress, specifically traumas.

02

Take care of basic physical health needs (consistent sleep routine, balanced diet, avoid or limit substances, healthy sex life, etc..)

03

Seek medical attention when needed (routine check ups, dental hygiene, prescriptions as necessary, etc..)

Academic and TBS/KKPsi

01

Set routines for study and work times - Remember to make time for lunch and play!

02

Designate study/work areas In your home. Keep them separate from your bed!

03

Invest in a planner and check In with It daily.

04

Set boundaries and say no when possible.

Psychological

01

Take breaks from the news, social media, and screens in general. Set timers to limit screen usage.

02

Do something Intellectually stimulating for fun (start a new hobby, read, learn a language, etc...)

03

Engage in routine self-reflection through therapy or guided journaling.

Personal

01

Create a monthly budget and stick to it to reduce stressful spending.

02

Get connected (get involved with social justice, go on dates, foster friendships, virtual hangouts, check in with family, etc...)

03

Create short and long-term goals for yourself that will inspire hope and excitement for the future.



Emotional

01

Cultivate self-compassion through positive self-talk and adaptive beliefs.

02

Accept your emotions for what they are. Emotions are not good nor bad; they provide information about ourselves.

03

Set aside appropriate times to feel and engage in emotions.

Spiritual

01

Get connected with a spiritual community or practice (yoga classes, church groups, community groups, etc...)

02

Volunteer for a cause that's meaningful to you and get Involved with social justice.

03

Go outside In nature and explore new places (walk, run, read, hike, fish, etc...)

A close-up photograph of several green leaves, likely from a plant like a banana or similar, with prominent veins. The leaves are arranged in a diagonal pattern, creating a sense of depth and texture. The background is a soft, out-of-focus light blue-grey. Overlaid on this background is a large, bold, white text quote.

**The mindset behind
the self-care task is
more important than
the task itself**



Reducing Shame

Shame thrives In Isolation

We can decrease shame through social connection and meaningful engagement with others.

Empathy vs. Sympathy

Brene Brown, LCSW

<https://www.youtube.com/watch?v=1Evwgu369Jw>



Your Self-Care Safety Plan

01

First line of defense.
Something you could do while sitting in class or a meeting.

02

Second line of defense.
Something small, and discreet that is physically engaging.

03

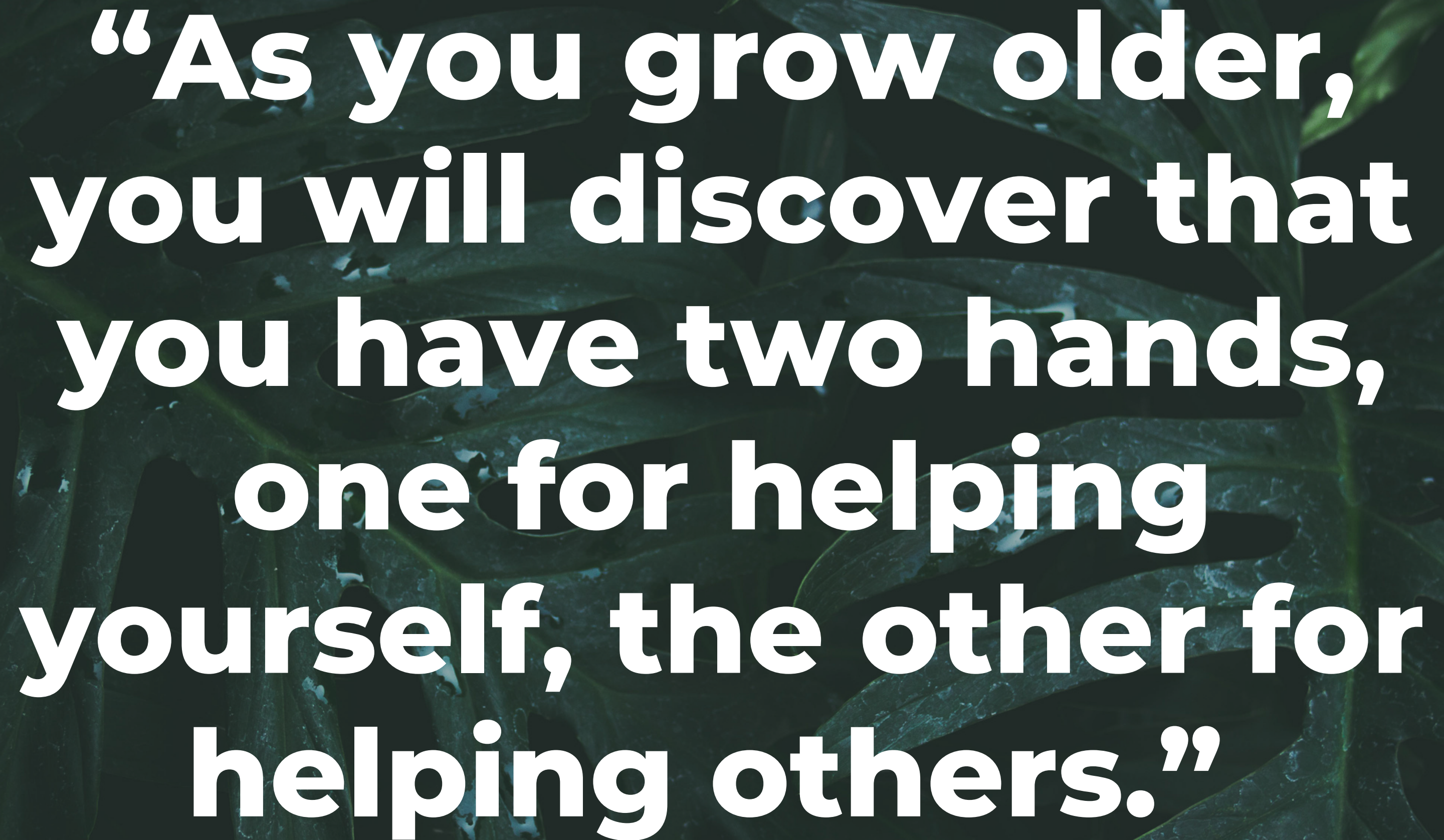
Third line of defense.
Remove stimulation.
#GTFO

04

Fourth line of defense.
Get your senses involved (sight, touch, smell, taste, sound)

05

Fifth line of defense.
Reach out for support. Call a trusted friend or family member.



**“As you grow older,
you will discover that
you have two hands,
one for helping
yourself, the other for
helping others.”**

Maya Angelou