

STRATEGIES FOR MAINTAINING YOUR MENTAL HEALTH

GENERAL MENTAL HEALTH STRATEGIES

- **Check in with yourself.** Notice your emotional reactions and give yourself space to reflect on what you might need in that moment.
- **Take care of your body.** Prioritize healthy eating, sleeping, exercise, and avoid alcohol and illicit drug use.
- **Be intentional about screen time.** It's easy to get sucked into hours of mindless scrolling, binge watching, or overwhelming news coverage.
- **Reflect:** How do you best explore your thoughts and feelings? By talking with others, taking time for quiet reflection, through writing or journaling?

STAYING CONNECTED WITH OTHERS WHEN YOU'RE NOT ON CAMPUS

Although we are being asked to engage in physical distancing, the goal is not to isolate from all social support and connections.

- Schedule video chats or phone calls with friends, family, and other supports.
- Reach out to others via text, group chats, email, and social media.
- Share a virtual meal with your roommates/friends/partner.
- Sync a movie or TV show to watch with friends/family in separate locations.
 - Try the Netflix party extension (<https://www.netflixparty.com/>) or other shared streaming platforms (<https://www.tech21century.com/sites-like-rabbit/>)
- Find a common time for your org/group to meet remotely.

- Join a virtual study group to work with classmates – everyone is transitioning to remote learning for the time being and it will be an adjustment.
- **CAPS is here for you!** Continue to seek help as needed. Call or email for a consultation with a clinician **518-442-5800** or consultation@albany.edu.
- Reflect: Who makes up your support system during a typical week? Consider reaching out proactively to create time with these connections (advisor, professors, RA, classmates, roommates, friends, therapist, or organization/group).

STAYING BUSY DURING PHYSICAL DISTANCING/QUARANTINE

- Create a new daily routine
- Get moving – try out indoor exercise
- Reconnect with activities you enjoy but can't fit in during a typical semester
- Explore a new hobby – what have you always wanted to try?
- Connect with others (see some ideas above)
- Organize or reorganize your space to meet your needs right now (see below)

TRANSITIONING TO A NEW LIVING ENVIRONMENT

You may be spending the next several weeks in a new living space, which can bring up some challenges.

- Designate a space within your new living environment to best focus and complete remote work (see below for Wi-Fi resources).
- Take space for yourself (however you can) when feeling stressed out by shared living dynamics.
- Set some ground rules: Consider having a conversation with your family/roommates about how you will navigate your schedules in a shared space

- For those who may find themselves in a living situation that is invalidating to your identities or stressful, reach out for support (see above).

GENERAL COPING SKILLS

- Mindfulness
- Yoga
- Indoor exercise/stretching
- Listen to music
- Art/crafts
- Vision boards
- Deep breathing
- See our 50 Coping Skills handout for more ideas!

RELATED RESOURCES

- UAlbany library's digital/online resources: <https://library.albany.edu/>
- Free (mostly) platform with yoga and meditation: <https://www.doyogawithme.com/yoga-classes>
- Psychology and mental health podcasts: <https://www.goodtherapy.org/psychology-therapy-mental-health-podcasts.html>
- Free Spectrum broadband and Wi-Fi for 60 days to households with students (K-12 and college). To enroll call 1-844-488-8395.

