

Mines Counseling Center presents:

# Mines VIRTUAL SELF-CARE KIT 2.0

To support your growth and well-being



## Introduction

As a collective Mines Community, we continue to navigate this "new normal". Many of us may be experiencing a range of emotions, thoughts, and reactions associated with the state of the world and our own personal situations and stories.

Regardless of where you are and the distance between us, the Mines Counseling Center wants to remind you that care and support are only a step away. We are reaching out to offer a virtual point of connection combining basic wellness techniques, coping skills, and resources to support you along the way.

**We care about you and want to remind you that you are not alone.**



# THE BASICS



## Day Structure

Have you started to feel that you have less and less free time and too much structure or demands? Many of us find ourselves feeling overwhelmed - losing track of the days while also over-committing ourselves and running out of time.

As best as you can, maintaining a regular schedule and sticking to a regimen can help, because **the brain loves routine**. In fact, patterns of regular behavior have been found to reduce **symptoms of anxiety and ADHD, and conditions like insomnia**. So try sticking to a set waking time, set meal times, and set bedtimes.

## Sleep

Are you sleeping more than you did before COVID-19? Less since school started? Is your sleep schedule all over the board? If the answer to any of these questions is “yes,” you may benefit from these **sleep hygiene tips and resources!**

Be sure to also create a sleep hygiene routine and set an intention to turn-off devices an hour before bed!



## Screens

Be mindful of screen overuse. Impacts of chronic over-stimulation from screen include: sleep issues, physical symptoms, mood changes, executive functioning challenges, decreased academic/job performance, poor self-care, increased isolation and social disconnection.



Try shaping your environment, engaging in non-screen-based behaviors, and increasing your awareness and intentionality to screen use. Want to learn more? Go **HERE** for a 10-minute intro video!

Or check out more info **here**.

## Exercise

Aim for at least 30 minutes of moderate cardiovascular exercise 5 days per week AND 2-3 days per week of resistance training, working each major muscle group.

Mines Recreational Sports offers **Virtual Fitness Classes** every weekday and the weekly Rec Sports newsletter has workouts, outdoor activities, and challenges to keep you active. Subscribe to the newsletter **here**.



# THE SITUATION

## Are You at 'Surge Capacity'?



**Surge capacity**, according to Ann Masten, PhD at University of Minnesota, "is a **collection of adaptive systems** - mental and physical - that humans draw on for short-term survival in acutely stressful situations, such as natural disasters. But natural disasters occur over a short period, even if recovery is long. Pandemics are different- the disaster itself stretches out indefinitely."

**Surge capacity has limits.**

**Have you hit some of your own limits? How can you cope?**

- Accept that life is **different right now**
- Expect (a little) **less from yourself and replenish more**
- Recognize the different **aspects of grief**
- Experiment with **"both-and" thinking**
- Look for activities, new and old, that continue **to fulfill you**
- Focus on **maintaining and strengthening** important relationships
- Begin slowly building your **resilience bank account**



Source: <https://elemental.medium.com/your-surge-capacity-is-depleted-it-s-why-you-feel-awful-de285d542f4c>





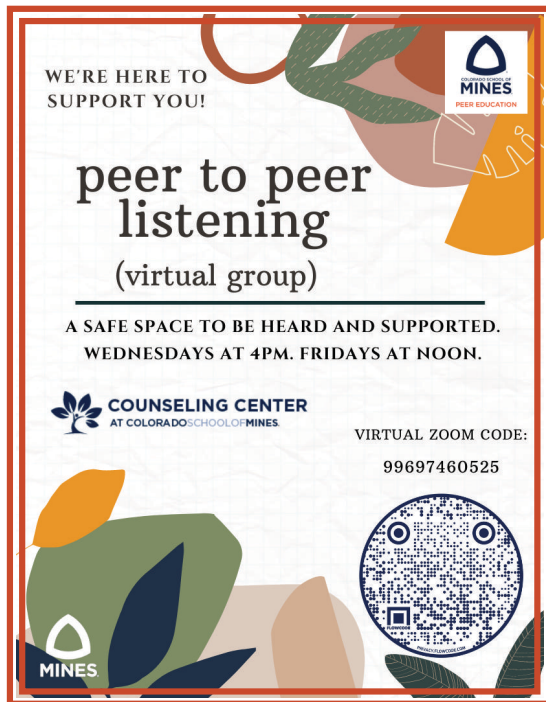
# CONNECTION in ISOLATION

## Have You Checked Out Peer-to-Peer Listening?

**It's a supportive virtual environment** led by students, for students!

Peer Listening encourages students to talk to each other about their well-being at Mines. Facilitated by Graduate Social Work Interns with the Counseling Center, Mines Peer Educators, and Active Minds @ Mines Leaders.

**\*\*You are not alone\*\***



**Did you know?** Peer support related to mental health has been found to:

- Increase a sense of hope & inspiration
- Increase empathy & acceptance
- Increase engagement in self-care & wellness
- Increase social support & functioning
- Increase self-esteem & confidence
- Increase sense of control & ability to bring about change in life
- Raised empowerment
- Increased sense that treatment is responsive & inclusive of needs
- Decreased psychotic symptoms
- Reduce hospital admission rates
- Decrease substance use & depression
- Increase community engagement

Source: SAMHSA. (2017). Value of peers, 2017. Retrieved from [https://www.samhsa.gov/sites/default/files/programs\\_campaigns/brss\\_tacs/value-of-peers-2017.pdf](https://www.samhsa.gov/sites/default/files/programs_campaigns/brss_tacs/value-of-peers-2017.pdf)

## Tips for Handling Stress in Isolation

- **Be social.** Try to push yourself to be social in new ways like having an online game night, joining a virtual support group or cultural event, or hanging out with friend outside.
- **Stay in a positive state of mind.** If you notice yourself putting too much energy dwelling on the negatives or possible worst case scenarios, be aware of this and try to refocus.
- **Create a routine** that works for you.
- **Schedule time for self-care** and commit to it.
- **Take care of your basic needs.** Be sure you're focusing on getting adequate sleep, staying hydrated, eating healthy, being active, and your hygiene.
- **Take breaks** from reading the news - it can be exhausting.
- **Find resources** to get support in your community - so you have them available if/when you need them.

Source: Center for Disease Control. (2020 July, 1). Coping with stress. Retrieved from <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>





# COPING SKILLS FOR MANAGING YOUR THOUGHTS AND EXAM STRESS

## Helping Your Mind

- **Distraction**  
Sometimes we need a break to focus on other things when we feel overwhelmed. Some ideas include: games, books, magazines, TV, podcasts, puzzles and cleaning.
- **Challenge your thoughts**  
Struggling with critical thoughts or hopeless worries? Try **this "Thought Defusion" technique**
- **Focus on the Positives**  
Check out what Mayo Clinic shares about positive thinking benefits and strategies **HERE**
- **Mindful Mondays & More:** Every Monday @ 3:00 - 3:30 p.m. and now offering three evening sessions every Thursday, Friday, and Sunday @ 8:00 - 8:30 p.m. All in MT.
- **Loving Kindness Meditation**
- **TAO**
- **You@Mines**

## Want to try new ideas or get helpful tips?

- Follow us **@WellnessatMines** for more skills and techniques on how to take care of your well-being.
- Check out our weekly Wellness Wednesday videos plus **Wellness Wednesday IGTV Archives**.

### DONT FORGET:

All Mines students will still have access to AHP Live Care for free online counseling with licensed counselors, visits with medical and psychiatric professionals as well!



Source: <https://foodtechstant.files.wordpress.com/2016/03/dealing-with-exam-stress-the-open-university.png>

ARTHUR LAKES LIBRARY  
COLORADOSCHOOLOFMINES

COUNSELING CENTER  
AT COLORADOSCHOOLOFMINES

## Mindful Mondays & More!

Mondays  
3-3:30 pm  
\*Mountain time

Thursdays,  
Fridays, &  
Sundays  
8-8:30 pm MT

Calm & quiet your mind.

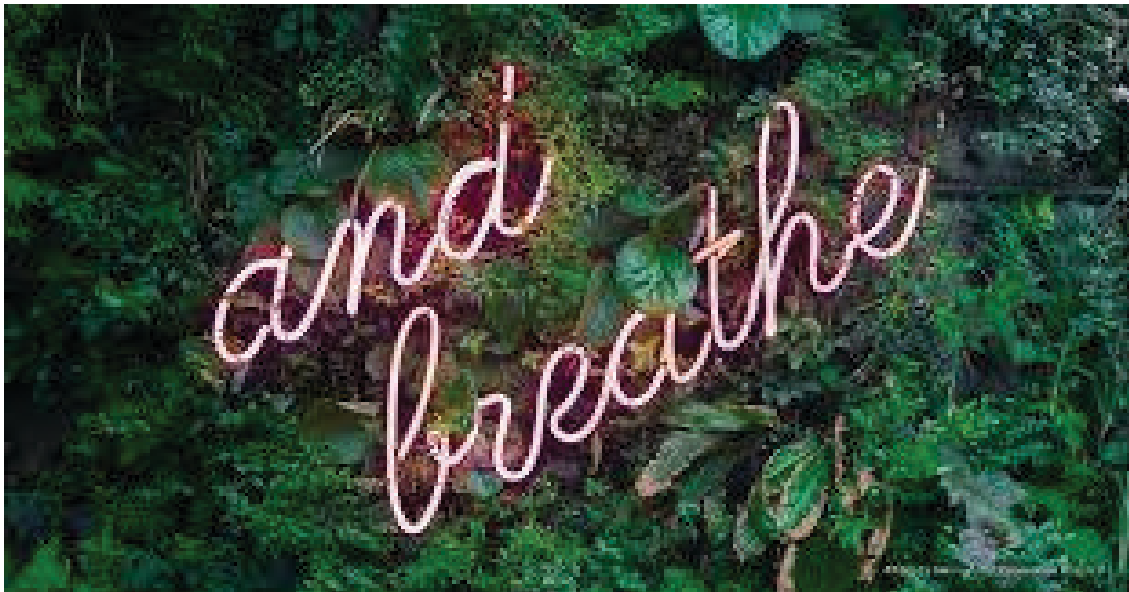
Virtual Drop-in guided meditation for students, faculty, & staff.

For more information visit:  
[mines.edu/meditation](https://mines.edu/meditation)

# SELF-CARE TIPS

To have a healthy mind and body, it is important to include self-care in our daily lives. Unfortunately, when we are stressed, self-care is usually the first thing we stop doing. Here are some ways you can practice self-care. And remember that self-care isn't selfish and that we can do this TOGETHER as Orediggers and members of our community.

- **Plan/schedule break times from your screen EVERY DAY - stretch and get some sunshine instead**
- **Take care of your physical self**
- **Spend time and talk with your supportive friends and family**
- **Think back on other times you've felt stressed and try what worked in the past.**
- **Use your resources for academic stress:**
  - **CASA for tutoring and academic coaching**
  - **Friends/peers for studying**
  - **Counseling Center Workshops for tips and strategies**
  - **SAIL for fun activities**



## Join Counseling Center Office Hours

What if you took advantage of something to help you get through and better understand and support YOURSELF? What if doing this helped you feel BETTER? It's like office hours for your mental health where you can talk about:

- Emotions & thoughts
- Relationships & families
- Joys & sorrows
- Identities & changes

## Here's What to Expect:

1. One-on-one brief consultation with a counselor
2. Ask a question, talk about a concern or something you're working on in your life, connect with someone who cares
3. Confidential
4. Many of us may feel hesitant to show up to something like this - that's OK. Let's work together. You are not alone.

## Counseling Center Office Hours (Fall 2020 Schedule):

**Mondays, Tuesdays, & Thursdays from 11:30 a.m. to 12:30 p.m.**

**Zoom link: [mines.zoom.us/j/754472654](https://mines.zoom.us/j/754472654)**





# MENTAL HEALTH RESOURCES



## MINES CLIMBS TOGETHER

COVID-19 resources, updates and news: [mines.edu/coronavirus](https://mines.edu/coronavirus)

## EVERY OREDIGGER

Every Oredigger page: [mines.edu/everyoredigger](https://mines.edu/everyoredigger) for regular campus updates



## COUNSELING CENTER AT COLORADOSCHOOLOFMINES.

Mines Counseling Center page: [mines.edu/counseling-center/](https://mines.edu/counseling-center/)  
*We are offering virtual and phone individual services to students this summer as well as virtual group support.*

## Questions or concerns about mental health?



The Jed Foundation

JED Foundation  
Mental Health Resource Center  
[jedfoundation.org/mental-health-resource-center](https://jedfoundation.org/mental-health-resource-center)



Active Minds  
[activeminds.org](https://activeminds.org)

## Need immediate support? Try one of these options:



National Suicide Prevention Lifeline  
**1-800-273-8255**



Colorado Crisis Services  
**1-844-493-8255 or text "TALK" to 38255**



Trans Lifeline  
**877-565-8860**



The Steve Fund  
**Text "STEVE" to 741741 if you are a person of color in need of support**



The Trevor Project, a hotline specifically for LGBTQ+ youth  
**1-866-488-7386**

If you are on campus, call Public Safety at **303-273-333** | For any other emergencies, **dial 9-1-1**

## More Mines resources are available:



[You@Mines](mailto:You@Mines)



**TAO Self-Help**

The **Mines CARE Team** is also here for you. Submit a CARE report form or email the CARE Team: [mines.edu/student-life/care/](https://mines.edu/student-life/care/)

\*Thank you to MSU CAPS for initial use of these materials.

