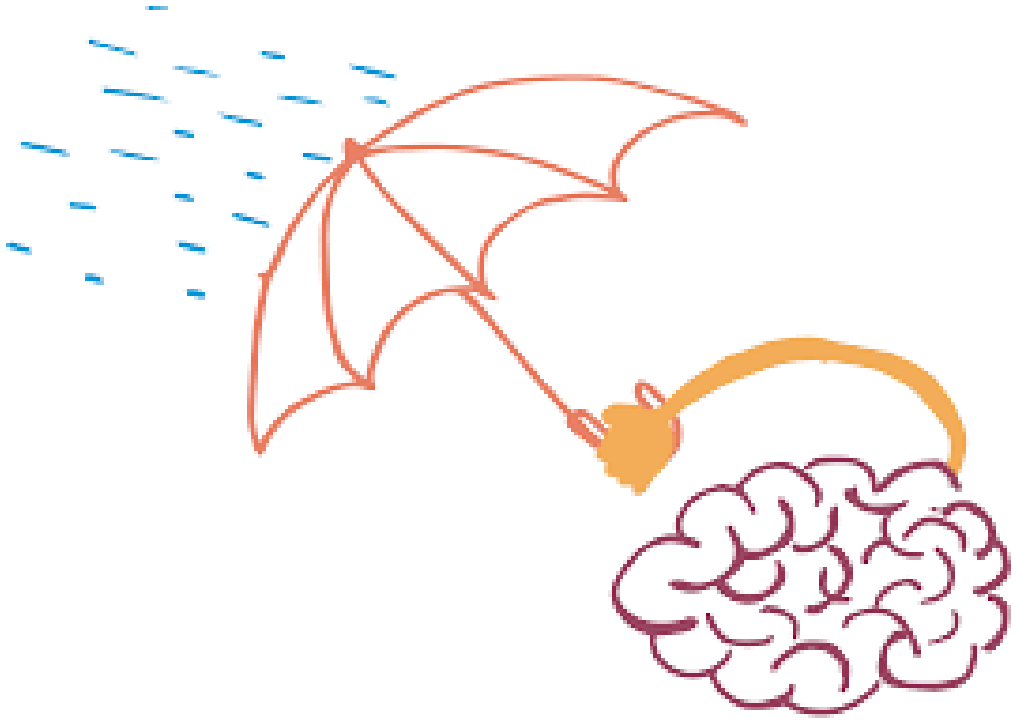
THRIVING during COVID-19 and Social Distancing

Center for Health Promotion is still offering digital appointments for Wellness Coaching as well as BASICS (substance use)!
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Adapted with permission
from Cornell Health October 2018

What does it mean to thrive?

- Having energy and positivity.
- Overall well-being throughout the many dimensions of who you are.
- Recognizing and nourishing the multiple facets of your identity.
- Building resiliency.



How does COVID-19 affect our ability to THRIVE?

- Normal routines are different or have disappeared altogether.
- Feelings of loneliness, fear, anxiety, and sadness may have increased.
- Substance use may increase or decrease.
- Experiencing grief for loved ones, or grief for missed experiences.

- ❖ All of this makes it more difficult to feel like areas of wellness are in balance.
- ❖ But, THRIVING is still possible!

As humans, we work to THRIVE across our development.



Normally we have organized structures to help us THRIVE, but what about right now?

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Deepen





Reflect







Engage









Practice

Resilience Pyramid

Adapted with permission from Cornell Health 2018

Sort each of the dimensions on the THRIVE Resiliency Pyramid into a category below.

Balanced You feel like items in this category are going well.	Slightly Unbalanced With some small changes these would feel balanced	Really Unbalanced You're not even really sure where to start with these or you feel as though these are throwing other areas off.

What areas do you notice are unbalanced for you? Pick one or two that you would like to think about making changes to.

Practice

- Regular self-care for body, mind, and spirit.
- What this looks like is different for everyone.
- On the next few slides, we'll share some resources that can help support you in self-care.



Substances can affect several aspects of wellness including sleep, appetite, and our relationships with others. Balancing how you use substances with your values and goals for college can be helpful.



Getting enough food and the right proportions of nutrients is essential for physical energy & clear thinking. Listen to your body and eat what works for you and makes you feel good.



Although it can be hard to get moving when you have a ton of stuff to do, the benefits of exercise are worth it! Endorphins released during exercise, help improve mood, daytime energy & sleep.



Getting good sleep is important for our physical and mental/emotional health. Sleep is a learned behavior meaning we can unlearn habits that don't work for us and learn how to get better sleep.



During this time of social distancing, some might find it easier to take a break from a substance. Or they may be forced to abstain due to a decrease in their supply. Others might find their use increasing.

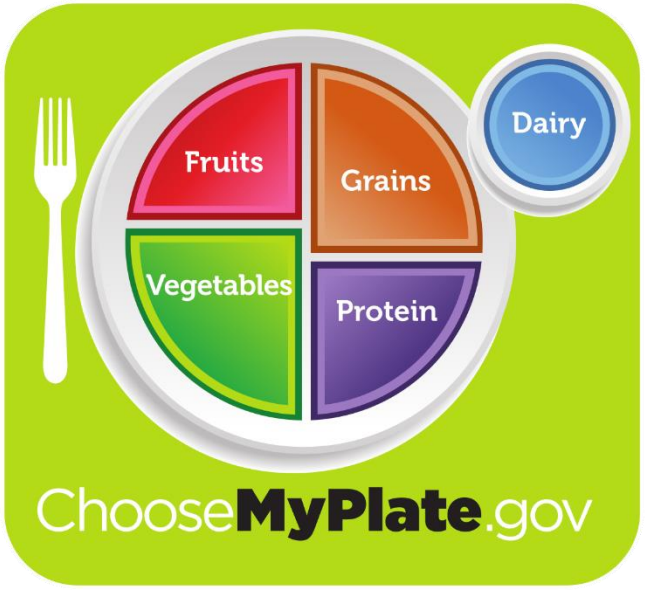
Resources that can help you reduce or quit use:

- **BASICS Program at IC** offering digital, confidential appointments. Email healthpromotion@ithaca.edu to make an appointment.
- Cannabis tolerance break (T-break guide)
- Rethinking Drinking Tools
- Vaping: Text “DitchJuul” to 88709



- Campus Well Recipes
- On Campus: Food pantry and dining services.
- Off Campus: Look for food pantries in your area if you are experiencing food insecurity.

My Plate Tip Sheet





- Campus Well Indoor and Outdoor Exercises
- Fitness Center Digital Resources

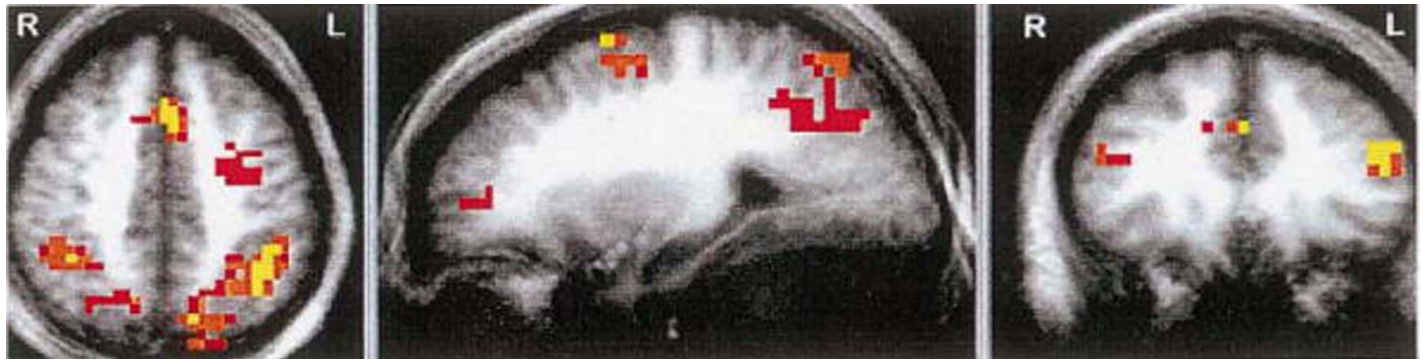
If you can get outside, take walks, hikes, whatever is available to you within social distancing guidelines.

If you cannot get outside, consider some of the indoor exercise resources from IC or Campus Well.

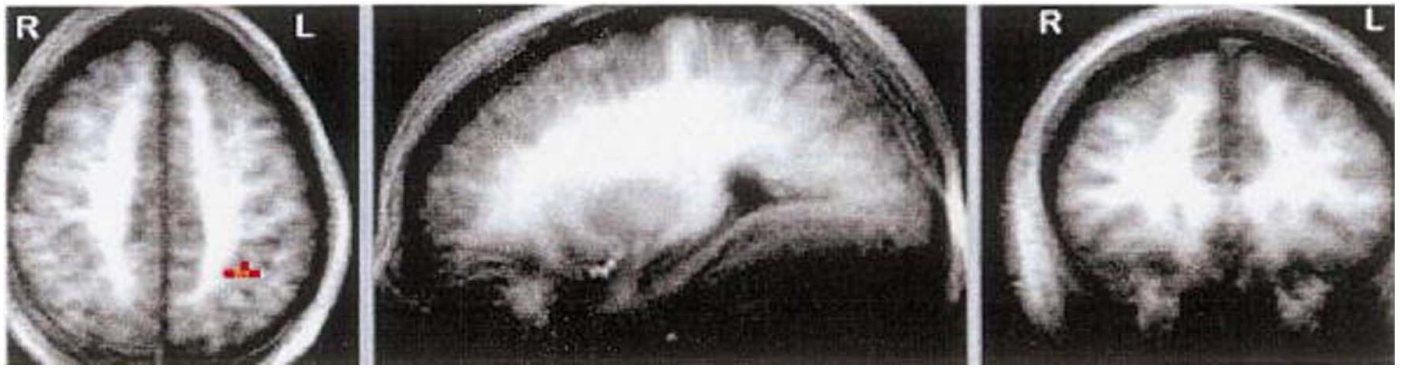


Why Sleep?.....

This is our brain with sleep.



…And this is our brain without sleep.



What do you notice about how sleep impacts you? Without sleep our brain still works, we can still tune into our Zoom class, but our brain isn't working the same way as when we get good sleep.

Source: Drummond, S. P. A., Brown, G. G.; Stricker, J. L.; Buxton, R. B., Wong, E. C.; & Gillin, J.C. (1999). Sleep deprivation-induced reduction in cortical functional response to serial subtraction. *NeuroReport*, *10*(18): 3745-3478.

Create a sleep haven



- **Cool**
  - Use a fan
  - Open a window
- **Dark**
  - Turn lights off
  - Close curtains/blinds
  - Use a sleep mask
- **Quiet**
  - Use earplugs
  - Turn on a white noise machine or a fan

- **Create a wind down routine** and give yourself 30-60 minutes of screen free time before bed.
- Use nighttime mode if you do use electronics.



Engage <u>Actively</u> with the Environment and People Around You



Connect with Nature

Research shows that spending just a few hours a week in nature can help:

- Cognition
- Concentration
- Reduce stress
- Social connections
- Sense of well-being



Connect with Others

- Join a club, team or organization.
- Connect with people with different interests to learn new skills and gain new ideas.
- It has been shown that people with more social capital (social supports) are more resilient.
- Use resources
  - Professional
  - Personal
  - Community



Have Fun and Play

Although attending to your school work and responsibilities is important, your well-being is dependent on taking breaks that allow you to have fun and feel happy.

Whether with others or by yourself, make time for activities you enjoy.



- If you can't get outside, try setting up your work station near a naturally sunny spot or near a window.
- Take breaks to look outside, open your window to allow fresh air in.
- Consider getting some plants to put in your space.

- Depending on where you are living, going outside may or may not be possible.
- New York State Parks have free admission right now and are asking people who visit the park to maintain social distancing guidelines.





- Be mindful of how you are interacting with social media. Are you feeling energized or drained after a social media session?
  - If the answer is that you feel worse after scrolling or you feel yourself comparing yourself to what others are posting, consider taking a break and reaching out to a person directly instead.
  - Calling, emailing, Zoom or Facetiming, or letter writing can all help you connect in a deeper way.

Many of the offices and resources that you interacted with while you were on campus, are still operating remotely so don't feel hesitant to reach out and let them know how you're doing.

Find virtual social programs, groups, and other opportunities to connect with friends at IC on the Engage web portal and the IC Events Calendar!



Take a break from school work to do hobbies that interest you. Playing video games with friends, playing an instrument, board games, art, cooking, etc. can relieve stress and get your mind off school work.



- Remember to build in play time into your schedule. This can be different for each person.
  - Do your work first then play.
  - Or, do something you enjoy to relax first, so you can focus better on your work.

Reflect: Be intentional.



A growth mindset allows us to change the way we approach learning and life. It allows us to accept and learn from our mistakes. This makes us more open to taking on new challenges and opportunities.



What is meant by “practice mindfulness?” It doesn’t have to include activities like yoga or meditation (although both can be helpful). Mindfulness means being present, and acting in a purposeful way in order to live life to the fullest.

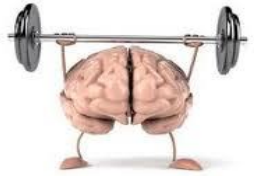
Reflect: Be intentional.





Fixed Mindset

- Believes abilities are set in stone; you've got it or your don't.
  - "I'm not any good at writing."
- If abilities and talents are in-born, why work hard, why try?
  - "I'll never be as smart as they are."
- Must be perfect; fear of mistakes or failure.
  - "This research paper is never going to be good enough; I should just give up now."



Growth Mindset- a short video!

- Believes abilities are malleable and can grow with effort and perseverance.
  - "This is going to take time & effort." or "If I get some feedback, I can make this better."
- Willing to try new things even when unsure of the outcome.
- Learns from successes and failures.
  - "I'm going to figure out what they do, and try it."

You can silence your inner critic/inner gremlin and switch to growth mindset!



- Separate the fixed mindset thought or the inner critic from yourself.
  - Be aware of why the inner critic is saying what it is saying.
    - Talk back to it, argue with it, reframe the thought.
      - Visualize getting rid of your inner gremlin



5 Steps to silence your inner critic:

1. Give your inner critic a name. Create distance. There is a difference between **you** and your inner critic.
2. Get real about what your inner critic is meant to do. You can't make it go away, but you can change how you respond.
3. Listen to your self-talk. Tune into what messages you're getting. It doesn't mean the way they are being said is correct.
4. Check, challenge, and reframe the messages. Argue back!
5. Show yourself compassion. Talk to yourself as if you are talking to a friend.

True or False?

"We are often nicer to people we don't even like than to ourselves."

TRUE

Reflect: Be intentional.



- This strategy helps us pay attention to the present moment so we don't get stuck thinking about the past or worrying about the future.
- It allows us to become less reactive to stress and everything that's going on in our lives.
- Practice breathing techniques that help you relax and focus.

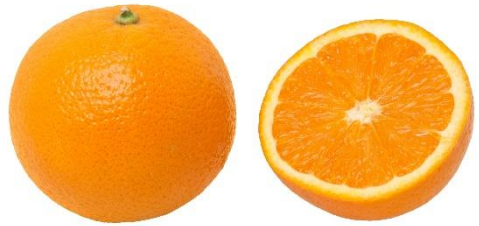


Bubbles! Blowing bubbles can help you do belly breathing with helps with managing stress and also lifts mood. Its hard to blow bubbles if you're not doing good, deep breaths. Bubble kits can be found online pretty cheap!



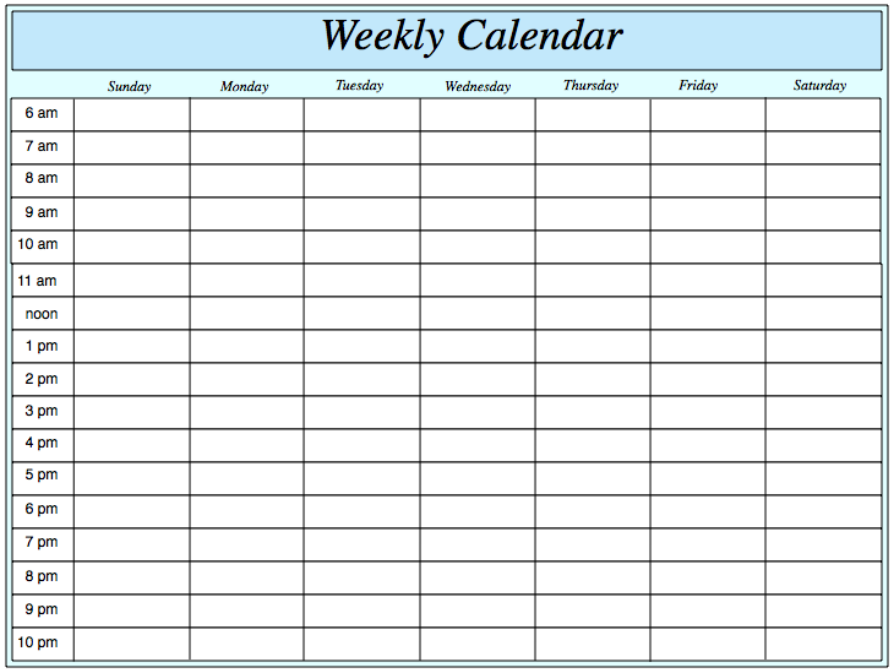
Square or box breathing in 4 counts, out 4 counts, try next increasing to the same each breathe, 5, 6, 8

Practice "mindful eating." Pay attention to color, taste, texture, smells, etc. Use all your senses to experience your meal rather than wolfing it down to get to your next task.



Be Mindful of Time Management:

	MON	TUE	WED	THU	FRI
AUG 20		Classes Start!			
AUG 27					
SEPT 3	Labor Day!			CS 1112 Project 1	FWS Paper 1
SEPT 10					
SEPT 17				CS 1112 Project 2	
SEPT 24		MATH 1910 Prelim 1	PHYS 1112 Prelim 1		FWS Paper 2
OCT 1				CS 1112 Project 3	
OCT 8	Fall	Break		CS 1112 Prelim 1	
OCT 15					FWS Paper 3
OCT 22		MATH 1910 Prelim 2		CS 1112 Project 4	
OCT 29			PHYS 1112 Prelim 2		
NOV 5	CS 1112 Project 5			CS 1112 Prelim 2	FWS Paper 4
NOV 12					
NOV 19		MATH 1910 Prelim 3		Thanksgiving	Break
NOV 26				CS 1112 Project 6	
DEC 3	STUDY	PERIOD		MATH 1910 FINAL	
DEC 10	CS 1112 FINAL		PHYS 1112 FINAL	FWS FINAL PAPER	



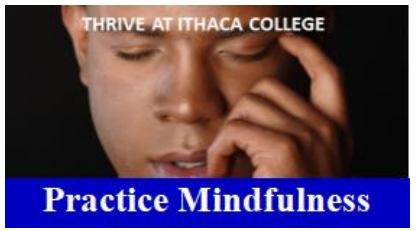
Weekly Calendar

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 am							
7 am							
8 am							
9 am							
10 am							
11 am							
noon							
1 pm							
2 pm							
3 pm							
4 pm							
5 pm							
6 pm							
7 pm							
8 pm							
9 pm							
10 pm							

Daily To-Do Lists

1. Make a new list every day.
2. Prioritize items on the list.
3. Break big projects into smaller tasks.

Item	Priority
Chemistry problem set	High
Complete outline for FYWS paper	High
Schedule a meeting with Advisor	Medium
Clean my room	Low
Schedule something fun with a friend	Medium
Laundry	High



Spending time online:

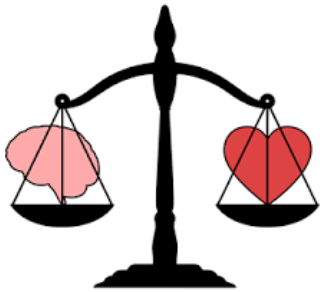
Now that classes, meetings, programming, etc. has moved to the virtual and digital realm, it can be hard to balance time online and time offline.

- If we aren't careful, we can get sucked into the digital time warp. (Have you ever thought you'd spend five more minutes on social media, then you look at the clock and it's been 2 hours???



Another short video!

What is the internet doing to our brains?



Check your balance:

- Is your school work getting done?
- Is your use affecting your sleep or your relationships?
- How do you feel after you're online? Happy, sad, frustrated, sad?
- Track how many hours you are using social media and other apps.
  - Is it where you thought it would be?
  - Are you comfortable with that number?

Deepen: Find your Purpose and Be your best self.





- Get to know yourself by spending some time in private contemplation.
- Explore and share your values, strengths, interests, and talents.
- Practice gratitude.
- Try new things.
- Realize there isn't one perfect solution for your life.
- Contact Career Services, talk to mentors and peers about your options.
- Volunteer/give back to your community if you're able.
- Purpose isn't only found in career! Your purpose can include family, spiritual life, hobbies, and other values.

Goal Setting



- Set small steps and reevaluate once you hit your goal.
- Pick one or even two areas to set goals in, don't try to tackle all your goals at once.
- Use measurable outcomes so you can tell if you are meeting your goals and keep track of your successes.
- It can be even more difficult to make changes in a time of uncertainty, change and stress! Try not to get down on yourself if you don't meet your goal right away. Remember the Growth Mindset!
- Consider Wellness Coaching to reach your wellness goals. We offer appointments digitally during this time. Email healthpromotion@ithaca.edu for an appointment.

Digital Resources

Staying Healthy in Mind, Body, and Soul During Social Distancing, a collection of digital resources from Ithaca College as well as national websites, digital apps, and more.



THRIVE Wellness Coaching Zoom Sessions
healthpromotion@ithaca.edu



BASICS (balancing substance use) Zoom Sessions
healthpromotion@ithaca.edu

Taking good care of yourself is especially important during this challenging time!

For support with finding additional information, or to talk through your wellness concerns, please don't hesitate to contact us at healthpromotion@ithaca.edu.

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