INCLUDES:

Study Tips

Exercise and Fitness

Coping with Holiday Stress

Connect

Be Present

Unplug

Additional Resources
Study Tips

Use College Resources

- Utilize Office Hours: Professors can answer questions and discuss grades
- Book a workstation at the Library* check Covid-19 guidelines
- Ask the campus writing center for assistance

Stay Organized

- Create a schedule: Plan out time for studying, work, eating, exercise, and sleep

Online Tips

- DESIGNATE A STUDY SPOT: At home, distractions can be everywhere. It’s important to find and designate a spot to yourself. Whether it is the desk in your room or the kitchen counter, make sure your spot will help you focus and stay motivated.
- BE COMFY: Try to be ready for the day. Put some time into your morning routine. This means freshening up, changing out of your PJs, working, out, or making a cup of coffee.
- ENGAGE IN DISCUSSION: Being involved in a group discussion or asking questions helps to be engaged in the content. This will make it easier down the road when it’s time for a test or exam too!
Study Tips

Additional Tips

- **Set deadlines** - Create deadlines to make sure that you do not leave all of your work for the last minute.
- **Work during peak hours** - Try to pay attention to when you are able to be most productive and then plan to do homework at that time.
- **Prioritize** - Start with the item on your to-do list that is most important or due first!
- Try this [Success Guide Template](#)
- **Check out these apps**, which can help with productivity:
  - [Be Focused](#)
  - [Focus Zen](#)
**Exercise & Fitness**

**ONLINE RESOURCES & TIPS**

- [Guide to Physical Activity](#) by NIH
- [Benefits of Physical Activity](#) by CDC

**VIRTUAL FITNESS**

Check out [Free Yoga Classes](#) (all types)

Check out [BollyWood Zumba Classes](#)

Popsugar offers more resources for healthy habits!

**EATING AND NUTRITION**

For tips, guidelines, and health information, this is a great resource!

And here is a helpful link about nutrition and stress!

You can also check out the UDC [Food Pantry](#) (available next year)

**SLEEP**

Is your sleep schedule irregular? Are you sleeping more than you want to be? Are you having trouble falling asleep? If the answer to any of these questions is "yes," you may benefit from these sleep hygiene tips and resources!

[https://www.sleepfoundation.org/articles/sleep-hygiene](https://www.sleepfoundation.org/articles/sleep-hygiene)
Coping with Holiday Stress

**Acknowledge your feelings.** If you can't be with loved ones, realize that it's normal to feel sadness and grief. You can't force yourself to be happy just because it's the holiday season.

**Reach out.** If you feel lonely or isolated, seek out community virtual groups or events, or reach out to a friend or family member.

**Be realistic.** The holidays don't have to be perfect or just like last year. Even though your holiday plans may look different this year, you can find ways to celebrate such as sharing pictures or video calls.

**Set aside differences.** Try to accept family members and friends as they are, even if they don't live up to all of your expectations. Set aside grievances until a better time for discussion, and understand that it's likely they're feeling the effects of holiday stress, too.

**Stick to a budget.** Before you do your gift shopping, decide how much money you can afford to spend, and try alternatives such as starting a family gift exchange.

**Learn to say no.** Saying yes when you should say no can leave you feeling resentful and overwhelmed. People will understand if you can't participate in every activity.

**Don't abandon healthy habits.** Don't let the holidays become a free-for-all. Healthy meals and exercise can help elevate mood and reduce stress.

**Take a breather.** Make some time for yourself. Spending just 15 minutes alone or doing an activity you enjoy, may refresh you enough to handle everything you need to do.

**Seek professional help if you need it.** Despite your best efforts, you may find yourself feeling persistently sad or anxious, physically unwell, unable to sleep, irritable and hopeless, and unable to face daily activities. If these feelings last for a while, talk to your doctor or a mental health professional. Information about mental health services is listed in Additional Resources.

The above information is from the Mayo Clinic. Full Article is available [here](https://www.mayoclinic.org).

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**Alone for the holidays?**

**Here's how to find joy in the solitude**
Why Connect?

- To decrease loneliness, stress, depression, and anxiety
- To acknowledge collective trauma and experience solidarity
- To experiencing love and belonging
- To give and receive care and compassion

Conclusion

Connecting Virtually

- Zoom dance party
- Netflix Party
- House Party app
- TikTok Challenges
- Virtual group workouts

Spiritual Connection

Spirituality can be one way to connect with yourself, others, nature, or a higher power(s).

- Loving-kindness meditation
- Find local or online spiritual communities
- Check out this meditation app
- Animal/Nature live cams!

Five ways to build stronger connections

1. Write a letter
2. Pick up the phone and call
3. Ask meaningful questions
4. Answer questions with honesty
5. Connect via video

COMPASS  Robert Reffkin, Founder & CEO
Consider practicing **self-compassion** as you work through challenging or uncertain times. Try some of these exercises compiled by Dr. Kristin Neff, a renowned researcher of self-compassion.

Grab your phone and your earbuds and head outside for a guided **mindful walk** to de-stress.

**Top Meditation Apps by Downloads in the U.S. for 2018**

<table>
<thead>
<tr>
<th>Overall Downloads</th>
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<tbody>
<tr>
<td>1</td>
<td>Calm</td>
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<td>2</td>
<td>Headspace</td>
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<td>Insight Timer</td>
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**This** Youtube channel offers introductory videos to mindfulness and guided meditations.

CWC would like to acknowledge that mindfulness originated in Eastern spiritual traditions, namely Buddhism, and has since been popularized in Western countries in ways inconsistent with its original purpose.

**SELF-Soothing**

Self-soothing is a quick and effective way to reduce the intensity of negative emotions.

- **Sight**
  - Low lighting
  - Soothing colors
  - Sleeping masks
  - Coloring books
  - Pinterest Collages

- **Sound**
  - Calming noise
  - ASMR videos
  - Nature sounds
  - Guided meditations
  - Binaural beats

- **Touch**
  - Soft things
  - Cuddle things
  - Massage
  - Hot/cold shower
  - Heated/weighted blanket

- **Smell**
  - Aromatherapy
  - Fresh air
  - Candles/insense
  - Comforting smells

- **Taste**
  - Strong flavors
  - Warm drinks
  - Nostalgic flavors

**Grounding**

Grounding strategies can help us get in touch with our bodies and surroundings in the present moment. Pause what you are doing and pay attention to what you can see, hear, smell, and touch in your environment.

Listen to nature and soothing Tibetan singing bowls
Stay connected, but know your limits:
Monitor how you feel after news and internet consumption. Feeling preoccupied with what others are doing for the holidays or getting upset by national events may be a sign to limit social media discussions and cut back on your news intake.

Consider scheduling a short block of time in the morning and one in the evening to catch up on social media, news, and internet without checking for every new update during the day.

Check out this helpful flyer and this link for Holiday Celebration guidelines during COVID-19 from the Center for Disease Control.

Abuse and Mental Health Services Administration Disaster Distress Hotline: 1-800-985-5990 or text TalkWithUs to 66746

During “digital breaks,” take time to focus on something enjoyable, such as a hobby, exercising, being in nature or spending time with family and friends.
RESOURCES on campus

Center for Diversity Inclusion and Multicultural Affairs
Division of Student Development and Success
Student Achievement Services and Student Life
University Health Services
Office of the Accessibility Resource Center
Office of International Student Services
Office of Career Services
Center for the Advancement of Learning
Academic Advising Center

Visit the Counseling and Wellness Center webpage
We are offering virtual individual counseling services to students.

You can reach us at 202.274.6000

Check out Counseling and Wellness Center online resources!
Stress Relief and Relaxation Exercises
Self-Help Resources
Online Mental Health Screenings

UDC Campus, Community, and Emergency Resources

Questions and concerns about mental health? Check out the JED Foundation's Mental Health Resource Center.

Need Immediate Support?
Suicide Prevention Hotline: 1.800.273.TALK
Crisis Text Line: Text START to 741-741
DC Access Helpline: 1.888.7.WE.HELP
Call 911

THANK YOU to our colleagues at other institutions for sharing their resources.
Including: Penn State Harrisburg, Michigan State University and California State University at Long Beach.