

## Together We've Got This: Successful strategies to make it through these chaotic times!

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### Tools for Emotional Health

1. Cognitive behavioral techniques
  - a. For every negative thought, counter with 3 positive and powerful thoughts.
  - b. Look for the benefits and positive outcomes from the situation.
  - c. Focus on staying in the moment taking care of what you do have control over.
  - d. Stay connected with those you care about.
  - e. Look back on this moment from 20 years in the future. What was most important? What did you learn? How did you come through this successfully?
  - f. Start a daily gratitude journal and/or use your phone to take a photo of something that makes you happy.
  
2. Quick Coherence from HeartMath (biofeedback)
  - a. To learn the steps of Quick Coherence:  
<https://www.heartmath.org/resources/heartmath-tools/quick-coherence-technique-for-adults/>
  
  - b. Continue doing these 2 steps for as long as you want. I suggest practicing at least 3-5 minutes several times a day to build resilience and reduce stress. Of course, you can do it for longer periods of time too.
  
3. Emotional Freedom Technique (EFT)
  - a. To learn the steps for EFT click on this link and scroll down to *Introduction to the tapping points*: <https://www.thetappingsolution.com/tapping-101/>
  
  - b. To access other helpful tools: <https://www.thetappingsolution.com/>
  
4. UA resources include a chat line: text SOS to 97779

### Tools for Good Time Management

- a. Keep yourself on a regular schedule. (24-hour, 30-minute increments, 7-day a week planner, look for template on [www.studenthandouts.com](http://www.studenthandouts.com))
- b. Plan out what assignments need to be done each week and decide which days and times you will do them.

- c. May need to work in shorter time blocks due to small children at home.
- d. Plan for meals. Prepare enough for two meals if possible.
- e. Be flexible and forgiving.

### **Tools for Physical Health**

1. Stay on a regular sleep schedule to get 8 hours of sleep a night.
2. Plan out meals and snacks to promote healthy eating.
3. Stay hydrated by drinking plenty of water throughout the day. (This can curb binge eating!)
4. Exercise every day and take breaks from your studies every hour to stretch, walk the stairs, do some yoga poses, jump rope, walk around the block, tone with weights, etc.
5. Stay connected to other people via phone, skype, FB, etc.
6. Have fun!