

Supporting Your Pack

Adjusting Support During a Pandemic

Things to Keep in Mind



Members of our community

- May have had to quarantine in a space that was uncomfortable and/or unsafe
- May be overwhelmed from being quarantined with a large family
- May be lonely from being quarantined alone
- May not have been able to see their family due to travel restrictions
- May not have been able to return to campus
- May not feel comfortable disclosing their health status as high-risk
- May have had COVID-19
- May have lost someone due to COVID-19
- May have encountered recent race-based traumatic events or be experiencing vicarious trauma

Listening in a Virtual Format



Active Listening

- Acknowledge distractions (ex. “My dog may bark, but my focus is on you right now”)
- Avoid multitasking
- Minimize on-screen distractions (ex. Virtual backgrounds)
- Ask questions for clarification

Body Language

- Eye contact- Have your camera at eye level so it will appear as if you are looking at the camera during video calls
- [Virtual Meeting 101: Body Language](#)
- [How to Make Virtual Meetings Feel More Real](#)

Staying Connected



Have regular check-ins with your friends

- Ask how they are *feeling*
- Ask if there is anything you can do to support them during this time
- Follow-up after stressful situations (ex. After a major test or change)
- [10 Signs of a Healthy Relationship](#)

Know the consequences of isolation

- Discomfort in returning to social situations
- Easily overwhelmed by excessive stimuli
- Heightened awareness of surroundings
- Difficulty returning to a routine schedule
- Changes in hygiene practices
- Negative outlook
- Feeling disconnected or left out

Staying Connected



Social media

- Use for connecting, not comparing
- Monitor how your social media use is impacting your mindset

Utilize apps

- [Facebook Groups](#)
- [Meetup](#)
- [Patook](#)
- [Nextdoor](#)
- [Friender](#)
- [Bumble BFF](#)
- [Meet My Dog](#)

Building Resilience: You Can't Pour From an Empty Cup



Minimize your own burnout

- Utilize campus [drop-in spaces](#)
- Connect with a [student organization](#) or [community center](#)
- Reach out to [campus resources](#)

Boundaries

- [Boundaries as Self-Care](#)
- [10 Ways to Build and Preserve Better Boundaries](#)
- [5 Types of Boundaries You Need to Set for Your Mental Health](#)

Get started

- Identify fulfilling activities that you enjoy and benefit you emotionally, mentally, and/or physically.
- Brainstorm how you can engage in these activities organically and throughout your daily life.
- Set goals to gradually increase engagement

Practice gratitude

- Identify one thing you are grateful for each day and/or one thing you are looking forward to
- [40 Simple Ways to Practice Gratitude](#)

Improve your environmental wellness

- Limit fluorescent lighting in your space
- Take screen breaks
- Keep your work/study space separate from your sleep space
- Have at least one item in every space you frequent that brings you joy
 - [How to tell if something sparks joy](#)

Make it routine

- Take the long route
 - Walk the [greenway](#) behind Carmichael or walk the trails around [Lake Raleigh](#)
- Add self-care activities to your calendar and follow-through
 - [Howl and Chill](#)
 - Take virtual fitness classes by signing up through the [WellRec App](#)

Get the App

- [Happify](#)
- [Calm](#)
- [Headspace](#)
- [Colorfy](#)
- [Strava](#)
- [Schleep](#)

Creating a Self-Care Culture



Encourage various types of self-care

- Self-soothing: comforting yourself through your senses ex. stress-ball, candles, tea
- Distraction: Taking your mind off the stressor ex. Reading, watching a movie
- Mindfulness: Grounding yourself in the present moment ex. Meditation, yoga
- Emotional Awareness: Identifying and expressing your feelings ex. Journaling, drawing, talking to someone
- Opposite Action: Doing something opposite of your impulse that's consistent with a more positive feeling ex. Watching something funny

Limit negative or unfulfilling habits

- Take social media/news breaks
 - [How I Cut My Social Media Use With App Limits](#)
- [10 Easy Self-Care Practices](#)

Take a virtual tour together

- [Tour the Gregg](#)
- [Forbes: 15 Best Virtual Tours](#)

Model a balanced structure

- Time management
 - Use the [Pomodoro Technique](#) to improve productivity while limiting burnout
 - Talk to a [Wellness Coach](#)
- Participate in a [Wellness Challenge](#) with your friends

Schedule self-care breaks

- Include a friend for accountability
- [20 Best Self-Care Podcasts to Listen to in 2020](#)
- Take a virtual tour or check-out the [Monterey Bay Aquarium's Live Webcams](#)

Know Your Resources



On-Campus Resources

- [Pack Essentials](#)
- [Feed the Pack](#)
- [Counseling Center](#): 919.515.2423
- [CARES](#): 919.515.4405
- [Alcohol and Other Drug Education](#)
- [Wellness Coaching](#): wellness.ncsu.edu
- [Pack Recovery](#): 919.513.0222
- [African American Cultural Center](#): 919.515.5210
- [Multicultural Student Affairs](#): 919.515.3835
- [Women's Center](#): 919.515.2012
- [Military and Veteran Services](#): 919.515.5041
- [GLBT Center](#): 919.513.9742
- [Graduate Student Association](#)
- [Violence Prevention & Threat Management](#): 919.513.4224
- [Graduate Student Support Center](#)

Know Your Resources



Off-Campus Resources

- [National Suicide Hotline](tel:18002738255): 1-800-273-8255
- [The Hope Line](tel:9192314525): 919-231-4525 (Call or Text)
- [Wake County Mobile Crisis Unit](tel:8776261772) : 877-626-1772 (Call or Text)
- [Text CONNECT to 741741](tel:741741)
- [Trevor Project \(LGBTQ\)](tel:768768): Text START to 768768
- [LGBT Center of Raleigh](tel:9198324484) : 919-832-4484
- [INTERACT Sexual Assault Crisis Line](tel:9198283005): 919-828-3005
- [Take Back the Night Sexual Assault Crisis Line](tel:5677428837): 567-SHATTER (567-742-8837)
- [Lifeline Text Telephone \(TTY\)](tel:8007994889):800-799-4889
- [Lifeline Voice/Caption Phone](tel:8002738255): 800-273-8255