FEELING ZOOMED OUT?

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Have you ever felt frustrated because you spent a lot of time studying and didn’t get much out of it?

Do you get easily distracted?

Are you feeling less motivated?
How to Work Efficiently From Home

- Maintain a regular schedule
- Set clear boundaries
- Take regular breaks
- Stay connected
- Celebrate your accomplishments
- Use a calendar!
- Pick one space, and stick to it
- Pace your study
- When to study
- Mix things up!
Coping with Isolation during COVID-19

- Stay in touch with your social support groups virtually.
- Go outside and take walks.
- Stay busy.
- Decrease the time you spend watching or listening to the news.
- Use skills that you have used during times of adversity, such as breathing, meditation, positive self-talk, etc.
- Maintain a healthy lifestyle.
- Avoid using tobacco, alcohol or other substances to cope with your emotions.
- Access information that can help you cope with stress.

When Feeling Lonely…

- Start a conversation.
- Share photos on social media with family/friends.
- Use Virtual hangouts.
- Decrease time on social media
- Get outside!
- Help someone in need, can be done virtually!
- Take a virtual fitness class.
- Engage in self-care that makes you feel good.

8 Free Apps to Help You Stay Connected During Coronavirus

- Facetime
- Google Duo/Hangouts
- Marco Polo
- Skype
- Facebook Messenger
- Netflix Party
- Watch2gether
- Zoom

How to Stay Connected With Others During Coronavirus

- Online workout with Friends, roommates, family.
- Maintain your social connections
- Schedule video calls.
- Taking a break to have a laugh.
- • Use Google Hangouts to connect with classmates and colleagues!
- • Attend virtual coffee hours or study groups so that you can stay up on your coursework.
How to Stay Connected with Others During COVID-19

- Check-in on your family, friends, neighbors.
- Stay connected with others!
  - Host a virtual Netflix party. Google chrome has an application that lets you watch Netflix with friends.
  - Virtual hugs

-credit: @thegoodadvicecupcake
Let’s Do A Virtual Body Scan Meditation!
Given all these changes...

- Feeling stress, anxious, frustrated, upset, angry is completely natural!
- Also natural: needing time to adjust
Staying healthy

- Staying healthy can help the transition go more smoothly
Physical self-care

The basics:
- Sleep
- Good nutrition
- Exercise
Social/Emotional self-care

- Make meaningful connections with others
  - Virtual connections are essential!
  - Join online social groups, clubs, or sports — it feels good to belong
- Help others (while social distancing)
  - Helping others helps oneself (feels good)
- Have fun!
  - All work and no play = unbalanced life
  - Plan to have fun / leisure time every day
  - Laughter is beneficial for stress management
Mental self-care

- Engaging in creative and mentally stimulating activities
  - Reading
  - Learning
  - Writing
  - Art
- Managing one’s thoughts (e.g., worrying, negative self-talk)
The Counseling Center

- All services provided at the Counseling Center are **confidential**. This means that your information does not become part of your “record” at UCLA.
  - **Nobody** is allowed access to your Counseling Center information without your written permission. This includes parents, professors, or other UCLA faculty or staff.

- **Most of our services are provided at no cost** to students.
Resources

- **TAO Connect** [https://www.taoconnect.org/](https://www.taoconnect.org/)
  - Mindfulness exercises available!

- **Mindfulness resources**
  - Offers free guided meditation on [http://mar.ucla.edu](http://mar.ucla.edu) as well as drop-in meditations at various campus locations (Mindful UCLA)

- **Crisis hotline in home country**

- **Chinese Student Scholar Association**
  - [http://www.uclacssa.org/](http://www.uclacssa.org/): provides helpful adjustment tips, stress management skills in Mandarin

- **International Student Ambassadors**
  - [http://www.internationalcenter.ucla.edu/programs-events/ambassadors](http://www.internationalcenter.ucla.edu/programs-events/ambassadors)
References

- UCLA MARC
CAPS Outreach Feedback form:
https://sa.ucla.edu/Forms/p/wdOtz
Questions or comments?

This will pass. Stay safe everyone! Thanks for joining! Take care!