

MENTAL HEALTH CARE PACKAGE

**Created by CAPS, The RISE Center, and the Bruin
Mental Health Advisory Committee (BMHAC)**

Self-care resources and tips amongst COVID-19
and Racial Injustice for all UCLA students
on-campus or off-campus

TRAUMA- INFORMED AFFIRMATIONS TO SUPPORT RESILIENCY AMIDST COVID-19

I am not alone in this experience.

I practice compassion with myself as I do my best to make space for rest.

I deserve to find ease & refuge amidst it all.

I empathetically listen to the needs of my body. I trust the strength of my body to hold me today.

I find small ways to create safety & control. I can find an anchor amidst the storm.

I am doing the very best I can amidst the uncertainty.

I compassionately honor all those that are on the front lines to keep the world safe, healthy, & resourced.

I explore turning the volume of my heart up, & the volume of my thoughts down.

I do my part to contribute to the greater health & resiliency of the world around me.

I am navigating the ebbs & flows & finding resource through my breath.

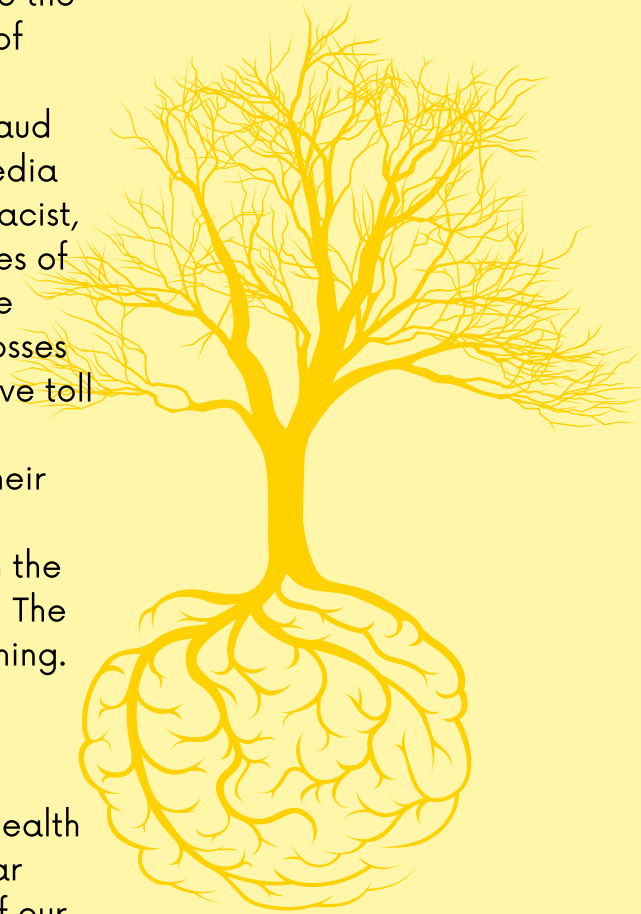
I release the need to be productive. I am enough, just as I am.

I honor my innate resilience. It is getting me through.

SELF-CARE AMONGST RACIAL INJUSTICE AND TRAUMA

In a time of physical distancing and a worldwide response to the COVID-19 pandemic, we continue to witness the pandemic of racism and hate taking the lives of Black, Brown, and Queer people. The murders of George Floyd, Breonna Taylor, Ahmaud Arbery, and Tony McDade; the skewed media and social media coverage; the Zoom-bombing for the purpose of spewing racist, sexist, and homophobic speech are the most recent examples of long-standing systematic racial injustice and oppression. The strain our communities is further compounded by the many losses brought on by COVID-19. There is an individual and collective toll on us all due to the accumulation of these events and many communities of color and their allies have been pushed to their breaking points. We are in the midst of a collective grief response, as demonstrated by the anger we see reflected in the protests and cries for justice in the cities across the country. The loss of life, of agency, and of connection can feel overwhelming.

These collective traumas have very real psychological consequences, such as depression, anxiety, post-traumatic disorder, and the exacerbation of other underlying mental health and substance abuse issues. We also recognize the particular impact witnessing these traumatic events has on members of our Black and African-American community. By sharing and acknowledging our grief and hurt we can each help each other bear the pain and emotional weight. Take the time to check on those you care about, take the time to care for yourself, and reach out if you need support or assistance supporting someone else. Please call CAPS 24/7 if you are in distress at (310) 825-0768.



Racial Trauma Defined

The emotional and psychobiological response to racial incidents that are unexpected, experienced as threatening, and result in significant psychological distress (Bryan-Davis & Ocampo, 2006; Carter, 2007; Comas-Diaz, 2016; Pieterse, 2018). Racial Trauma can result from major experiences with racism such as hate crimes, or it can stem from an accumulation of many small occurrences, such as everyday discrimination and microaggressions (Williams, M. T., Metzger, I. W., Leins, C., & DeLapp, C. (2018).

Common symptoms of Racial Trauma

A wide range of reactions that include, but are not limited to:

Physical

- Bodies are dysregulated
- Lowered behavioral activity or hyper behavioral activity including: sleeping, eating
- Pain
- Headaches
- Stomach problems
- Heart rate
- Muscle spasms
- Loss of or increased appetite
- Exhaustion, unable to engage, depression, lack of motivation

Emotional

- Anger
- Sadness
- Fear
- Worry
- Anxiety
- Numbness
- Anxiety/hypervigilance (always being on alert)
- Shame

Cognitive

- Intrusive thoughts/images
- Ruminations
- Difficulty concentrating
- Poor memory
- Dissociation
- Poor self-concept

- Take care of yourself first
- Allow yourself to affirm and know what has happened, "This is real"
- In periods of trauma your "fight, flight, or freeze" response is activated and your nervous system is dysregulated. Try getting out of this panic response by incorporating self care (even though it may be hard): eating right, sleeping right, drinking water, and exercising, to help regulate your basic bodily systems
- Be in spaces of love, community, and support. Spaces where you are affirmed, validated by, and connecting with others
- Name the pain/journal; release through music, creativity, or dance
- Do not feel obligated to respond if you do not want to or do not have the capacity to do so
- It is okay to take a break, to not stay in it, but also give yourself permission to thrive during this time as well
- Avoid overuse of social media
- Remember, you are more than your trauma

SELF-CARE TIPS

HEALING SUPPORT FOR BLACK BRUINS

The RISE Center is hosting Virtual Healing spaces for Black Students, Staff and Faculty in the UCLA Community. Participants are invited into a supportive community to experience trauma-informed and healing-centered practices for resilience, self-care, well-being, and insight. We will explore ourselves, learn culturally-affirming tools for self-care, and find a balm to soothe our hearts in these challenging times. The sessions are open to Black-identifying students, faculty and staff. Pre-registration is required.

In addition, we have pre-recorded practices and other resources for Black Bruins and Allies.

Video: Processing Racial Trauma - UCLA Connections

Video: Radical Self-Care: Alicia Garza

Video: Radical Self-Care: Angela Davis

Article: 8 Mental Health and Self-Care Resources for QTPOC

Article: Black Womxn Healing Resources

Article: Please Don't Forget About Your Mental Health While Fighting Racism

Article: Self-Care Tips for Black People Who Are Struggling With This Very Painful Week

Article: Self-Care for Activists: Sustaining Your Most Valuable Resource

PDF: 26 Ways To Be In The Struggle Beyond The Streets

Website: POC Student Activists: Readings and Resources

Website: This Body is Not An Apology

Website: Resources for Racial Trauma

ADDITIONAL RESOURCES

TIPS FOR ALLIES

- Continuously educate yourself on topics; do not expect others to educate you
- Understand racial battle fatigue, black folks and people of color are exhausted of being the one needing to explain or educate. How can you create spaces centered on perpetrators and other voices needing to be a part of this conversation
- You can demonstrate you are open to supporting the individual, but do not take it personal if the individual does not want to open up to you or text back

Developing A Self-Care Plan

When life gets busy, self-care is the first thing we sacrifice. People often think that taking time for themselves in the middle of busy times seems indulgent, but looking after your well-being will help you in many ways. Self-care helps to prevent burnout, helps you to maintain a healthy relationship with yourself and others, and makes you more effective.

There is no one-size-fits-all approach to self care. We all have different needs, strengths, and limitations. The following four-step process will help you to build a plan that's just right for you.

1. Evaluate your coping skills



Examining how you typically deal with life's demands is essential to constructing a healthy lifestyle. Which strategies do you use?

Positive

- Deep breathing
- Stretching
- Meditation
- Listening to music
- Exercising
- Reading
- Going for a walk
- Taking a bath
- Socializing with friends
- Sitting outside and relaxing
- Engaging in a hobby
- Reaching out to campus resources

Negative

- Yelling
- Acting aggressively
- Overeating
- Drinking excessive amounts of alcohol
- Smoking
- Pacing
- Biting your fingernails
- Taking drugs
- Skipping meals
- Withdrawing from family and friends
- Dangerous driving
- Excessive spending

2. Identify your daily selfcare needs



What are you doing to support your overall well-being on a day-to-day basis? Are you more active in some areas of self-care than others? You can use the table below to help determine which areas may need more support.

	Current Practices	Practices to Try
Physical (e.g. eat regular and healthy meals, good sleep habits, regular exercise, medical check-ups, etc.)		
Emotional (e.g. engage in positive activities, acknowledge my own accomplishments, express emotions in a healthy way, etc.)		
Spiritual/Existential (e.g. read inspirational literature, self reflect, meditate, spend time in nature, explore spiritual connections, etc.)		
Professional (e.g. pursue meaningful work, maintain work-life balance, positive relationships with co-workers, time management skills, etc.)		
Social (e.g. healthy relationships, make time for family/friends, schedule dates with partner/spouse, ask for support from family and friends, etc.)		
Financial (e.g. understand how finances impact your quality of life, create a budget or financial plan, seek guidance, etc.)		
Psychological (e.g. take time for yourself, disconnect from electronics, journal, RISE, CAPS, or counseling, etc.)		

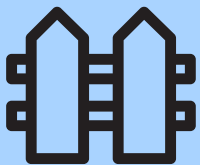
3: IDENTIFY YOUR EMERGENCY



When you are faced with a crisis, you likely won't have time to create a coping strategy. Take time to develop a plan in advance so it's there when you need it. Try completing the following table to help identify your unique self-care needs during times of distress

	Helpful: What To Do	Harmful: What To Avoid
Relaxation/Staying Calm Which activities help you to relax (e.g. deep breathing, taking a walk)? Which activities make you more agitated or frustrated (e.g. yelling, swearing, or drinking)?		
Self-Talk Helpful self-talk may include, "I am safe/I can do this." Harmful self-talk may include, "I can't handle this/I knew this would happen/I deserve this."		
Social Support Which family members and friends can you reach out to for help or support? Which people should you avoid during times of stress? Be honest about who helps and who zaps your energy.		
Mood Which activities support a positive mood (e.g. listening to uplifting music, enjoying sunshine)? What should you avoid in tough times (e.g. staying in bed all day, avoiding social activities)?		
Resilience What, or who, helps you to get through difficult times? What helps you bounce back? Conversely, what or who feeds negativity for you?		

4. Barriers and Areas for Improvement



Reflect

What's working? What isn't working? Keep the helpful tools, and ditch the stuff that doesn't help you.

Examine

What barriers exist? How you can address these barriers and reach out to people or resources that can help you in overcoming them?

Replace

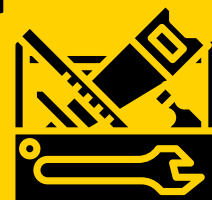
Work on reducing, and then eliminating, negative coping strategies.

5. Create your self-care plan



Once you've determined your personal needs and strategy, write it down. Your self-care plan can be as simple or complex as you need it to be. You may choose to include it in your calendar app, start a bullet journal, or a simple list of self-care activities in a google doc so you can access it anywhere.

Stress & Anxiety Toolkit



Need help brainstorming Self-Care activities?
Try any from the list below!

PLAY

(open-ended free play, structured play such as games, organized play such as sports)



- Try a new club or hobby
- Read a book just for pleasure
- Have a movie marathon
- Host a virtual game night/House Party - play Pictionary or charades via Zoom, Scrabble, Codenames, other board games, Jack Box Games, and more!
- Host a virtual Netflix Party that lets you have a watch party with friends.

- Meditate (on your own or guided)
- Journaling
- Try Gratitude and Awe Practices
- Check out the RISE Center's Website and Virtual Library:
 - Guided Meditations
 - Mindful Eating
 - Video Library
- UCLA Mindfulness Awareness Research Center (MARC) provides free guided meditations, weekly podcasts and other mindfulness tools
- Be in the Present: Our breath is an excellent anchor in the present, practice **STOP**: Stop, Take a few deep breaths, Observe, and Proceed



MINDFULNESS TECHNIQUES (MEDITATION, BREATHING TECHNIQUES)

PHYSICAL / SOMATIC PRACTICES

(YOGA, TAI CHI, MARTIAL ARTS, DANCE)



- Join a virtual Fitness workout, yoga, or dance class hosted by UCLA Recreation
- Check out Bruin Connections, a one-stop location for information on health and well-being programs, services, and resources
- Move your body: Dance or try yoga

TIME IN NATURE

(RELAXING, PLAYING, SIMPLY BEING)



- Go for a walk around your neighborhood
- Take a break for fresh air
- When in nature, disconnect from electronics and don't wear headphones. Be in the moment and take in the sights and sounds
- Virtually visit a Zoo, Aquarium, or National Park

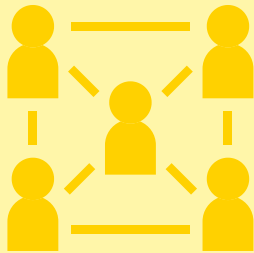
- **Focus on What You Can Control.** Sometimes we fixate on events out of our control. Ask yourself, "What can I control in this situation?"
- **Challenge Catastrophic Thoughts.** It's easy to assume the worst will occur and we won't be able to handle it. Instead, remind yourself of transitions and challenges you navigated in the past. Ask yourself:
 - i. What's the worst case scenario?
 - ii. What's the likelihood of that worst case scenario?
 - iii. If that unlikely worst case scenario happened, what would be realistic consequences?
- **Find Your Priorities.** The most resilient people see change as an opportunity to align priorities. How do you want to spend your time? What's really important to you?



COGNITIVE/THOUGHT PRACTICES

(watching one's thoughts, re-framing negative thoughts, mantras, affirmations)

SUPPORTIVE RELATIONSHIPS



- Thinking of someone? Let them know via text, phone call, or hand-written note
- Send someone a virtual hug!
- Cuddle with pets or follow a cute pet on social media
- Coordinate regular FaceTimes/Skype/Zoom chats with friends
- Sweat together & take an at-home exercise class together via Zoom

When Home Is Not Safe

For UCLA students who may not feel safe at home during this unprecedented time amidst COVID-19. For our students who rely on their residence halls, campus spaces, and classrooms for sanctuary and security: we see you, our hearts are with you, and we are thinking of you every single day. While we wish there was more we could do in this moment, we hope these inspiring videos and practices will help you feel the power and hope of your Bruin community even amidst this time of physical distance. Most importantly we want to remind you that you are not alone

- Practice physical distancing
- Volunteer for a cause, donate to local food banks, or consider donating blood
- Share information responsibly
- Practice patience, kindness, and understanding
- Donate to local food banks
- Spirituality and religion could also offer a sense of connectedness during a challenging time



SOCIAL ENGAGEMENT / CONNECTEDNESS

(CLUBS, CHURCH, GATHERINGS, VOLUNTEERING)

TIME MANAGEMENT

(breaks, micro-breaks, unplugging)



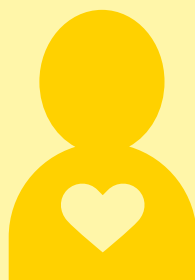
- Download calendar data from my ucla. This will import class schedule times and exam dates right onto your devices! This data is in iCal (.ics) format and can be imported into most calendar applications
- Avoid multitasking: focus on one thing at a time
- Consider the “Pomodoro method” to help you focus for 25 or 50 minutes then reward yourself with 5 or 10 minute breaks
- Setting a schedule or routine for yourself can help provide structure and keep you motivated
- Schedule downtime! Remember the importance of quality studying over quantity of studying
- Check out the Center for Accessible Education's [Time Management Tips](#)

- Create a visual layout of your academic deadlines listed on your syllabi early in the quarter to keep by your study space as a reference sheet
- Create a GroupMe with fellow students to easily create study groups, ask questions about the course, etc.
- There are a host of helpful apps that can enrich your note-taking and studying. The names of the apps in order Notability, Evernote, Quizlet, etc.
- Check out the Center for Accessible Education's [Adjusting to Remote Learning](#) and [Study Tips](#)



ACADEMIC TIPS

SELF-CARE AND SELF-LOVE



- Treat yourself to a nice meal or cook a new meal
- Give yourself grace and take time breathe
- Practice self-care after a transition

Often life's transitions involve losses. Acknowledge your feelings as valid and consider what you might learn from the loss. Realize you might experience temporary sleep and appetite changes, with lower energy. Seek support among friends and family, and consider speaking with a mental health professional

Stress & Anxiety Toolkit

- Buy yourself a plant or flowers
- Wear something you feel good in
- Designate a space in your home to do work and a space to relax
- Try using essential oils in your space
- Create a nightly routine to wind down
- Sleep 101 Module: Check-in about your sleep hygiene habits to ensure you are getting the rest you need



BUILT ENVIRONMENT

(intentionally creating supportive spaces with lighting, comfortable furniture, aromatherapy, plants, etc.)

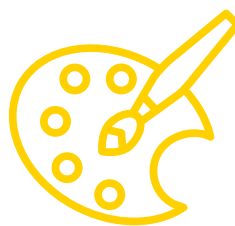
MUSIC

(listening and/or playing)



- Create a variety of playlists highlighting different moods or activities (e.g., I'm rearranging my living space playlist)
 - The RISE Center has created an array of themed playlists for you to enjoy via Spotify
- Free virtual concerts
 - Rolling Stone: In My Room concerts: (3 concerts a week)
 - NPRs Tiny Desk concerts for the arts (Harry Styles, Chika, Taimane, Coldplay and more):
 - Live virtual concerts from NPR ranging from Experimental to Jazz and Americana to everything in between
- Compilation of classical music and opera on demand as well as live streams from the Guardian and Classic FM

- Explore art museums from around the world virtually via Google Arts and Culture
- Check social media and Pinterest for crafting ideas or learn a new skill via youtube
- Art-viewing can help with social and psychological support for people caring for those with mental health challenges.
- Virtual concerts and Broadway shows to watch during the COVID-19 shutdown
- Express your feelings through creative writing, painting, drawing, photography, clay, listening and/or playing music, or experimenting with a new baking recipe
- Try adult coloring books: famous pieces or nature



CREATIVITY AND ARTS

(witnessing and/or participating)

Adapted from:

Univeristy of Michigan: CAPS Mental Health Care Package: Coping with COVID-19
 UCI Counseling Center Care Package
 University of Miami Counseling Center Cane Care Package

Counseling and Psychological Services



CAPS is committed to supporting your health, healing, and hope, especially during this challenging time by providing all services through telehealth. All registered UCLA students are eligible for our services. For more information, please visit our [CAPS website](#).

Making An Initial Appointment:

1. Call (310) 825-0768
2. You will receive a same-day triage assessment through a telehealth appointment.
3. Your triage clinician will assess your needs and discuss treatment options with you.

Triage Hours:
Monday - Friday 9:00 am - 4:00 pm

Ongoing Treatment:

To schedule a follow up appointment, call our front desk staff at (310) 825-0768 or contact your provider directly via a secure message through your Ashe Patient Portal. All appointments will be provided via telehealth. Please consult with your clinician about ongoing treatment options if you are currently out of state.

Appointment Hours:
Monday - Thursday: 8:00 am - 6:00 pm
Friday: 8:00 am - 5:00 pm

Group Therapy also available

24/7 crisis support is always available by phone at (310) 825-0768

CAPS Virtual Drop-In Hours

As a temporary alternative to our regular drop-in consultations, our CAPS Virtual Drop-In hours will provide free, confidential, brief support and mental health screenings for students. During this visit, a specialized counselor can help you to explore resources, assess your mental health, and when needed, connect you to ongoing CAPS counseling, and other services.

Dashew Center for International Students and Scholars

Mondays 2pm-4pm (PST) with Jonna Howard, LMFT

Undocumented Students Program

Tuesdays 10am-12pm (PST) with Arianna Morales, LMFT

LGBTQ Campus Resource Center

Wednesdays 10am-12pm (PST) with Jenni Beckwith, LMFT

Transfer Student Center

Fridays 10am-12pm (PST) with Courtney Walters, LMFT

To schedule:

- Call the CAPS Front Desk (310) 825-0768 and indicate designated drop-in location or counselor.
- Students may call and request a drop-in with their affiliated clinician outside of the above hours.

TIPS FOR CREATING A PRIVATE SPACE FOR ONLINE COUNSELING



CREATE A COMFORTABLE ENVIRONMENT

Find a quiet, well-lit room with a closed door away from any distractions. When carving out a safe space for therapy, don't hesitate to get creative! Download a white noise app and place it by your door for increased privacy. If space is limited, but you have access to a place outdoors with Wi-Fi, try it.



USE TECHNOLOGY TO YOUR ADVANTAGE

Use headphones with a mic for clearer communication, to avoid outside noises, and increase privacy. Turn on Do Not Disturb or Silent mode on your devices to avoid interruptions. Make sure your device is connected to a private, password-protected Wi-Fi network.



COMMUNICATE YOUR NEEDS

Let the people you live with know that you need privacy. If you are uncomfortable communicating your needs for privacy, you can say it is for Office Hours / Class or ask the person(s) you live with to wear headphones or go for a walk while you conduct your session.



IF YOU ARE NEAR UCLA

Let the CAPS Front Desk know ahead of time and they may be able to provide options for private spaces on-campus.

The RISE Center



RISE Center at UCLA
Heal. Connect. Thrive.

At the RISE Center, we recognize that the changes related to Coronavirus affecting our campus and world are likely giving rise to feelings of stress, anxiety, and worry about the future. These are very normal reactions to something that is affecting all of us in a variety of ways.

As a reminder, create space for yourself and within your teams to take a few moments to breathe, reflect and slow down during this time of uncertainty and shifting. Ask yourself, what micro-steps for my well-being can I take to support my ability to get through the week ahead? And what is one small thing that I can appreciate right now?



risecenter.ucla.edu



RISE Center UCLA



UCLA_RISE



@RISEcenterUCLA

Virtual Offerings

Virtual Programming:

The RISE Center is offering a robust programming to support well-being and community upliftment. Please check our [programming calendar](#), Instagram, or Facebook for program information and updates.

Virtual Library includes:

- [Video Learning library](#)
- [Guided Meditations \(Audio\)](#)
- [Handouts and Worksheets](#)
- [RISE Themed Playlists \(Spotify\)](#)
- [Grit Peer Coaching \(Virtual\)](#)
- [Sleep 101 Module](#)
- [When Home is Not Safe - Healing Program](#)
- [Mindful Eating](#)
- [Healing Support for Black Bruins](#)
- [Resources for Faculty and Staff](#)
- [Harmony @ Home - Working Through Conflict](#)

