


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 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

[Source: Wendy Bowman](https://computer.howstuffworks.com/internet/social-networking/networks/apps-to-stay-connected-coronavirus.htm) "8 Free Apps to Help You Stay Connected During Coronavirus" 19 March 2020. HowStuffWorks.com. <<https://computer.howstuffworks.com/internet/social-networking/networks/apps-to-stay-connected-coronavirus.htm>> 7 May 2020

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: @thegoodadvice





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

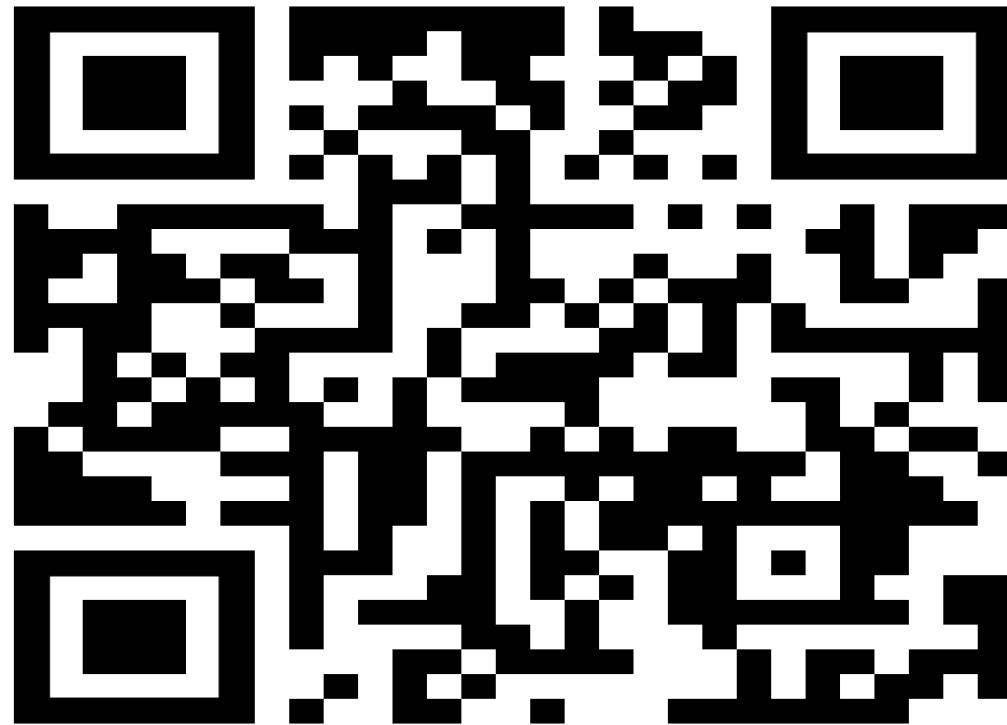
- TAO Connect <https://www.taoconnect.org/>
 - Mindfulness exercises available!
- Mindfulness resources
 - Offers free guided meditation on <http://mar.ucla.edu> as well as drop-in meditations at various campus locations (Mindful UCLA)
- Crisis hotline in home country
- Chinese Student Scholar Association
 - <http://www.uclacssa.org/> : provides helpful adjustment tips, stress management skills in Mandarin
- International Student Ambassadors
 - <http://www.internationalcenter.ucla.edu/programs-events/ambassadors>

References

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- Centers for Disease Control and Prevention. (2012). Lesson One: Epidemiology. Retrieved from <https://www.cdc.gov/csels/dsepd/ss1978/lesson1/section11.html>
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- UCLA MARC
- [Source: Wendy Bowman](#) "8 Free Apps to Help You Stay Connected During Coronavirus" 19 March 2020. HowStuffWorks.com. <<https://computer.howstuffworks.com/internet/social-networking/networks/apps-to-stay-connected-coronavirus.htm>> 7 May 2020
- Kassraie, A. (2020). AARP. Practical Advice for Staying Connected During the Coronavirus Outbreak. <https://www.aarp.org/health/conditions-treatments/info-2020/staying-connected-during-coronavirus.html>
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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!