

SELF CARE STRATEGIES



FOCUSED HOURS FOR EMAILS

Dedicate specific hours for answering emails instead of answering all day long.

ASK FOR HELP

Considering reaching out to colleagues, even if just to say hi and catch up. Be gentle to yourself and to your students. Acknowledge the “new normal” for all and the adjustment process for all.

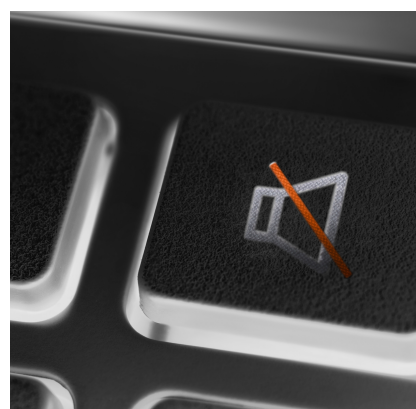


FEED THE ENDORPHINS (IN A POSITIVE AND HEALTHY WAY)

Exercise, go for a socially distanced jog/walk, cuddle your pets, laugh (even if while grading) to get the happy hormones flowing.

YOU'RE ON MUTE (AND THAT'S OK)

Give yourself 10 minutes of mute time for every two hours worked. No emails or grading or worrying about writing, just “me-time” to feed the endorphins!



SHOW GRATITUDE

Showing gratitude is a well-known strategy to lift one's emotions and promote optimism. Be it a journal or simply talking to yourself, consider all things to be thankful for (having functional WiFi, job security, family/friends, waking up and brushing your teeth, and many more)!

BE AWARE OF YOUR MENTAL HEALTH

Csusb offers CAPS (counseling and psychological services) to all students and staff for your mental health needs. Don't be afraid to seek out the proper help you need to be feeling like yourself again!

**Contact info: (909)-537-5040
[csusb.edu/caps](https://www.csusb.edu/caps)**



TAKE A DEEP BREATH! YOU GOT THIS.