

Reduce Stress with a Self-Care Plan

As we continue to deal with the ongoing COVID-19 challenges, it is normal to experience [increased levels of stress and sadness](#). One of the best coping strategies we can use is to practice a “self-care” plan, which involves building personalized routines into our lives that sustain, recharge, and nourish us.

NEED TO TALK? [NO-COST and CONFIDENTIAL telehealth counseling services](#) are now available for undergrad students in the College of Agriculture and Life Sciences. See below for more details.

Let’s start by thinking about Maslow’s Hierarchy. As we prioritize meeting our basic needs, we will then be better able to focus on our higher-level needs. Use the summary below to make [your own self-care plan](#).

Basic Needs	1. Survival <ul style="list-style-type: none"> ● Plan how you will continue to have access to items such as stable housing, food, toiletries, medicines and other necessities. ● Ensure adequate and healthy sleeping patterns to boost immunity
	2. Safety <ul style="list-style-type: none"> ● COVID-19 can live on surfaces & can be airborne for up to 3 hours ● Practice social distancing ● This will protect us all and help to flatten the infection curve. ● Maintain a high level of mental wellness with the following articles: <ul style="list-style-type: none"> ○ Coping with COVID-19 anxiety ○ 7 science-based strategies to cope with COVID-19 anxiety ○ 75 Fun ways for self-care during social distancing
Emotional Needs	3. Belonging & Love <ul style="list-style-type: none"> ● Connect with family & friends in new ways. Use planned and spontaneous phone calls, video chats, texting, emails, and share photos ● Be creative, host a virtual coffee hour or watch Netflix “together” online.
	4. Esteem & Accomplishments <ul style="list-style-type: none"> ● Maintain a high level of productivity with your studies ● Practice a healthy work/life balance to avoid burnout ● Stay motivated by scheduling both your studying and relaxation times.
Self Fulfillment Needs	5. Self Actualization <ul style="list-style-type: none"> ● Use the increased downtime to reflect on life priorities and values ● This can be an excellent time to create or revise your short-term and long-term personal and career goals.

NEED TO TALK? CALS has a new service to help. [NO-COST and CONFIDENTIAL life management counseling](#) is now available for undergraduate students in the College of Agriculture and Life Sciences.

Whether you are feeling anxiety related to COVID-19 or are experiencing other life events that are emotionally challenging, Ryan Daily, Licensed Professional Counselor will work with you to address your concerns.

Schedule a web or phone appointment at bit.ly/cals4you & send questions to rdaily7@arizona.edu