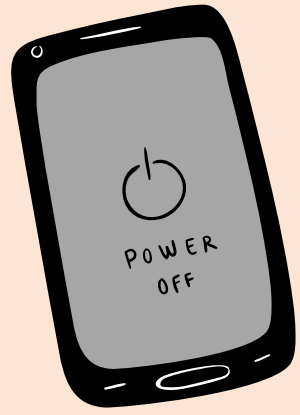


Self-Care during COVID-19

Research has shown that psychological well-being is positively associated with student engagement, persistence, and performance. Below is a list of self-care ideas that you can incorporate into your schedule during quarantine:

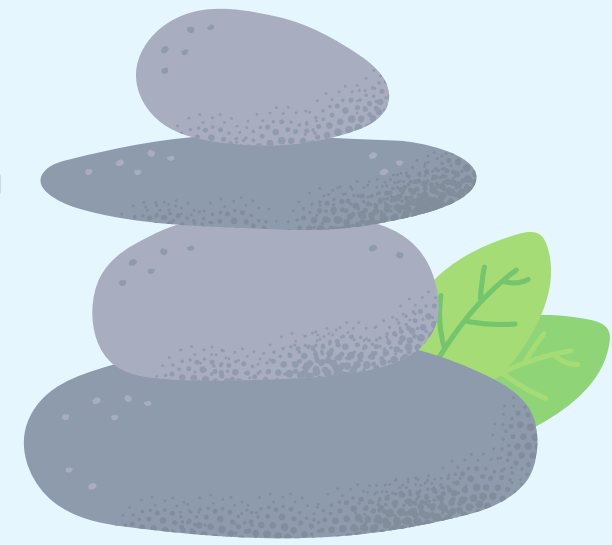
Emotional



- Reduce time on phone. Set a daily media/news limit.
- Create a gratitude list.
- Seek help and support from others when needed. USC CMH offers [counseling online](#).
- Practice positive self-affirmations and self-compassion.
- Acknowledge your fears, anxieties, and concerns. Feel what you feel. Practice empathy, kindness and grace for yourself.

Spiritual

- Meditate using guided apps such as [Mindful USC](#), [Calm](#) or [Headspace](#).
- Pray or spend time in reflection.
- Find a community with shared beliefs. [USC ORSL](#) hosts events.



Social



- Stay connected with support systems via Zoom or FaceTime.
- Have a [Netflix Party](#) night.
- Start a book club.
- Join a [student organization](#).
- Attend a [webinar/online event](#).

Intellectual



- Read a book for fun. The USC Library can send books via [Home Delivery](#).
- Learn a new hobby (ex. [Duolingo](#), painting, origami, baking, etc.).
- Complete a word search, crossword puzzle, or sudoku.
- Listen to a podcast.
- Visit a museum [virtually](#) or check out [virtual travel options](#).

Environmental



- Clean, organize, and declutter your space. After work/class, put items away into a designated space (closet, backpack, desk, etc.)
 - Check out these videos on [organization](#) and [ergonomics](#).
- Adjust your workspace for [proper body positioning](#).
- Open a window or go outdoors for some fresh air.

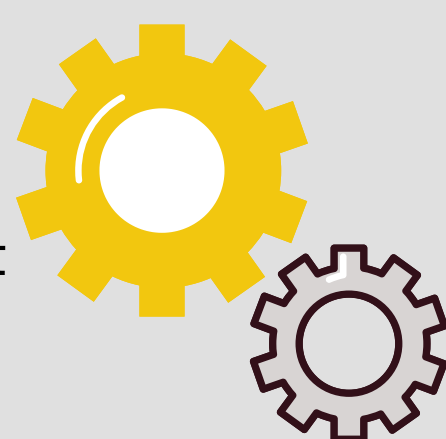
Physical

- Maintain your usual daily routine (wake up at the same time, shower, dress, etc.).
- Exercise. Visit USC's free [virtual engagement fitness](#) for workouts.
- Stretch during breaks.
- Eat [nutritious snacks and meals](#).
- Maintain a night-time routine. Try out a sleep program on your phone or use an app (ex. [Doze](#)).



Occupational

- Create a vision board of what you want to achieve.
- Visit the [USC Career Center](#) to research internships, check out upcoming events, or make a virtual appointment with a Career Advisor.
- Use the [Trojan to Trojan Initiative](#).



Financial



- Create and maintain a budget.
- Define and set financial goals. Check out [USC iGrad](#) for resources and tools on financial literacy.
- Take 30 minutes each week to go over bill due dates, to check your bank account(s), and to review your financial goals.