

GVSU HOUSING & RESIDENCE LIFE

# RESIDENT ASSISTANT STRESS CARE KIT

NOVEMBER INSERVICE

## WHAT STRESSES YOU OUT?

Stressors:

- Academics (Classes & Finals)
- Acceptance & letting go of 'traditional RA role'
- Virtual period (Thanksgiving - End of the Semester)
- Winter Break
- Preparing for Winter Semester
- Continuing to manage virtual space
- Social, racial, and political climate

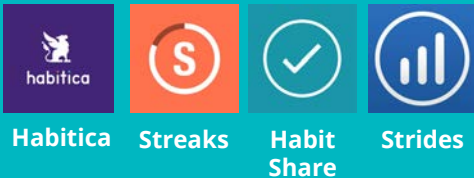


## TOOLS FOR SUCCESS & STRESS MANAGEMENT

### THE BASICS

#### Day Structure:

- Due to social distancing precautions, your day may lack structure, variety, & accountability.
- Maintaining a structure to your day can help increase productivity, motivation, and mental health.
- These apps may help:



#### Sleep Patterns:

- Good sleep health is important for individuals to best achieve their personal, family, and professional goals.
- [Tips & tricks from the National Sleep Foundation.](#)

#### Exercise:

- Physical exercise helps to give one more energy, sleep better, and improves mental health.
- [Visit GVSU's Rec Center website to stay up to date on hours of operation.](#)

#### Eating & Nutrition:

- Schedules can be hectic and irregular for the typical college students, and sometimes that means that meals and food intake can also be hectic and irregular.
- Connect with on-campus dietitians to learn more about the best foods for you.
- [GVSU Nutrition Services](#)



## CONNECTION

### WHY IT IS IMPORTANT TO CREATE CONNECTIONS?

Reasons to connect:

- To decrease loneliness, stress, depression, and anxiety
- to acknowledge collective trauma and experience solidarity
- To experience love and belonging
- To give and receive care and compassion

### 5 WAYS TO BUILD STRONGER CONNECTIONS

1

Write a letter

2

Pick up the phone  
and call

3

Ask meaningful  
questions

4

Answer questions  
with honesty

5

Connect via  
video

### SELF CONNECTION

Connecting with others is important, but sometimes we need to recharge on our own or remove ourselves from unhealthy interactions. Here are some tips for connecting with yourself and protecting your personal boundaries.

- Limit social media use, particularly if you find yourself consuming content that impacts you negatively.
- Write. Describe your thoughts and feelings. Keep a gratitude journal.
- Connect with your body through yoga, dance, and staying active.
- Practice self-compassion ([10 Self-Compassion Practices for COVID-19](#)).
- Do more of what you love and feel good at. Alternatively, try or learn something new.
- If you have little privacy at home and desire it, intentionally take advantage of any alone time (e.g. take long showers, sit in the car, take 'fresh aire breaks' outside, linger at an empty aisle at the store).

## SPIRITUAL CONNECTION

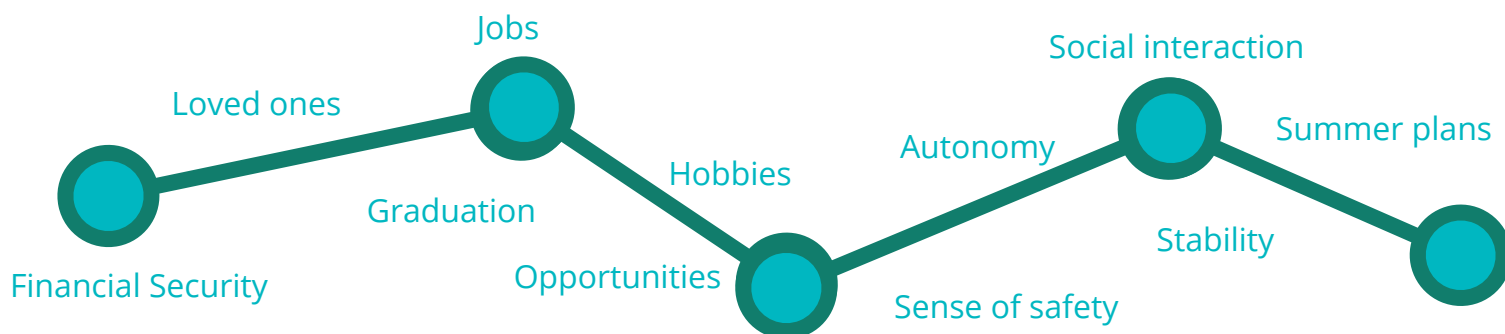
Spirituality can be one way to connect with yourself, others, nature, or a higher power(s).

- [Loving-kindness meditation](#)
- [Explore virtual religious spaces](#)
- [Animal/Nature live cams!](#)

## COPING SKILLS

### TIPS & SKILLS TO HELP COPE WITH STRESS & DIFFICULT EMOTIONS

[Losses you may be experiencing:](#)



## SELF-COMPASSION

Consider practicing self-compassion as you work through losses and changing circumstances. Try some of these exercises compiled by [Dr. Kristin Neff](#), a renowned research of self-compassion.





## CORONAVIRUS STRESSORS - WHAT I CAN AND CAN'T CONTROL

### What I can control:

- Spending my time doing what I enjoy
- Delivering random acts of kindness
- How much time I spend on social media
- Social distancing
- How much news I read or watch
- The decisions I make
- How I speak to others and myself
- Washing my hands

### What I can't control:

- What others do
- How long this will last
- How others feel
- How others react
- Other people's thoughts and ideas
- What the government does
- Who becomes unwell or not
- What is available in stores

## MOTIVATION

## CREATING MEANING & MOTIVATION THROUGH ESTABLISHING GOALS & VALUES

### **Goal Setting:**

Sometimes when we are feeling stuck, we need something ahead of us to work toward. Goals can help us focus our energy and create a sense of purpose. When generating goals, think about **your needs, abilities, and values**. Setting **SMART Goals** is one way to achieve realistic goals within a specified time frame.

\*\*Specific, Measureable, Attainable, Realistic, Timely

### **Connect with Your Values:**

Identifying what is important to us can be one way to foster motivation. Try one of the values card sorts below and then consider how you can express your values on a daily basis.

- [Online values card sort](#)
- [Printable version](#)

### **\*Goal Activity:**

1. Set a goal (Think of a personal goal for yourself and share with the group). Think of a goal for Winter Semester & be prepared to submit it before Winter Training.
2. How are you finding meaning and motivation during this time?

# GOING FORWARD

## TAKEAWAYS

- While we have our individual steps, we collectively travel through transitions, trials, and triumphs.
- Take care of yourself. Communicate your needs to loved ones, supervisors, professors, friends, and so on.
- We care about you. We know you have been managing a lot of uncertainty, and we hope these resources are helpful!

## GVSU CAMPUS RESOURCES

- **Replenish**
  - Allendale Campus
    - 074, Kirkhof Center
- **Counseling Center**
  - Allendale Campus
    - 206 Student Services Center
  - Downtown Campus
    - DeVos 101B
- **Career Center**
  - Allendale Campus
    - 200 Student Services Center
  - Downtown Campus
    - DeVos 101B
- **Financial Aid**
  - Allendale Campus
    - 100 Student Services Center
- **Tutoring Center**
  - Allendale Campus
    - 201 Kleiner Commons

## HELPFUL APPS

- Headspace: Meditation & Sleep
  - Guided meditation & relaxation app
- Calm
  - Meditation & sleep story app
- MyFitnessPal
  - Nutrition, diet, and healthy habit app
- Reflectly: Journal & AI Diary
  - Journal & motivation app
- Productive - Habit Tracker
  - Routine & habit tracking app
- Daily Planner - Habit Tracker
  - Productivity and habit tracking app
- Motivation - Daily Quotes
  - Positive affirmation and motivational quote app

