COVID-19 Quick Tips

Self-Care Guide

Texas A&M International University
Office of Student Counseling and Disability Services
STC-128 (956) 326-2230
Stress is a normal reaction to everyday pressures, but can become unhealthy when it upsets your day-to-day functioning.

| Stress Warning Signs and Symptoms |  |
|-----------------------------------|  |
| **Cognitive Symptoms**            | **Emotional Symptoms** |
| - Memory problems                 | - Mood changes         |
| - Inability to concentrate        | - Irritability or short temper |
| - Difficulty in decision making   | - Agitation, Inability to relax |
| - Negativity                      | - Feeling overwhelmed  |
| - Excessive Worry                 | - Sense of loneliness |
| - Racing thoughts                 | - Sadness or general unhappiness |
| **Physical Symptoms**             | **Behavioral Symptoms** |
| - Headaches                       | - Changes in sleep patterns |
| - Fatigue or low energy           | - Changes in appetite |
| - Aches, pain, or muscle tension  | - Social withdrawal or isolation |
| - Nausea or stomach upset         | - Nervous habits (nail biting, pacing, teeth grinding) |
| - Frequent Colds                  | - Using alcohol or drugs to relax |

To learn more about stress [click here](#)
## Take Care Of the Body

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<th>Get Quality Sleep</th>
<th>Seek Good Nutrition</th>
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<td>Adequate sleep fuels your body, as well as your mind.</td>
<td>Healthy lifestyle choices can decrease stress.</td>
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### Healthy Sleep Tips

### Healthy Eating Tips

## Exercise is a Great Stress Reliever

**GET UP AND GET MOVING!** Being active can boost your feel-good endorphins and distract you from daily worries.

- Some examples of exercise include: Walking, running, strength training, yoga, bike riding and dancing.

### Benefits of Exercise
- Yoga Exercise
- Yoga Exercise #2

## Relaxation is a Gateway to Lower Stress

Various forms of relaxation can help to restore energy and encourage a more positive sense of self.

- Some examples of relaxation include: Listening to music, drawing, reading, writing or relaxation exercises

### Relaxation Skills
- Deep Breathing
- Mindfulness Exercise
- TAO Relaxation Videos
Take Care Of The Mind

- **Challenge Negativity**

- **Cultivate Gratitude**
  - How To Write a Gratitude Journal

- **Practice Self-Compassion**
  - Self-Compassion Exercise
Stay Connected

Reach out to people you trust with phone calls, text messages, video chats and social media.

Staying connected is one of the best ways to reduce anxiety, loneliness, and boredom during social distancing.

Seek Support Services

- TAMIU Office of Student Counseling and Disability Services
- Community Resources
TAO
Therapy Assistance Online

A free self-guided tool, consisting of educational and interactive modules, practice tools, journals and progress measures.

*Use your TAMIU email address to register.

TAO Link
The Office of Student Counseling and Disability Services is here to offer supportive services to address mental health concerns, especially during this challenging time.

If you have any questions regarding counseling services and appointment scheduling, please contact our office.

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Click here to view full Self-Care Packet