



SELF-CARE DURING THE PANDEMIC

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OBJECTIVES

- *What is self-care*
- *Why is self-care important* -
- *Factors about health* -

PREVALENCE

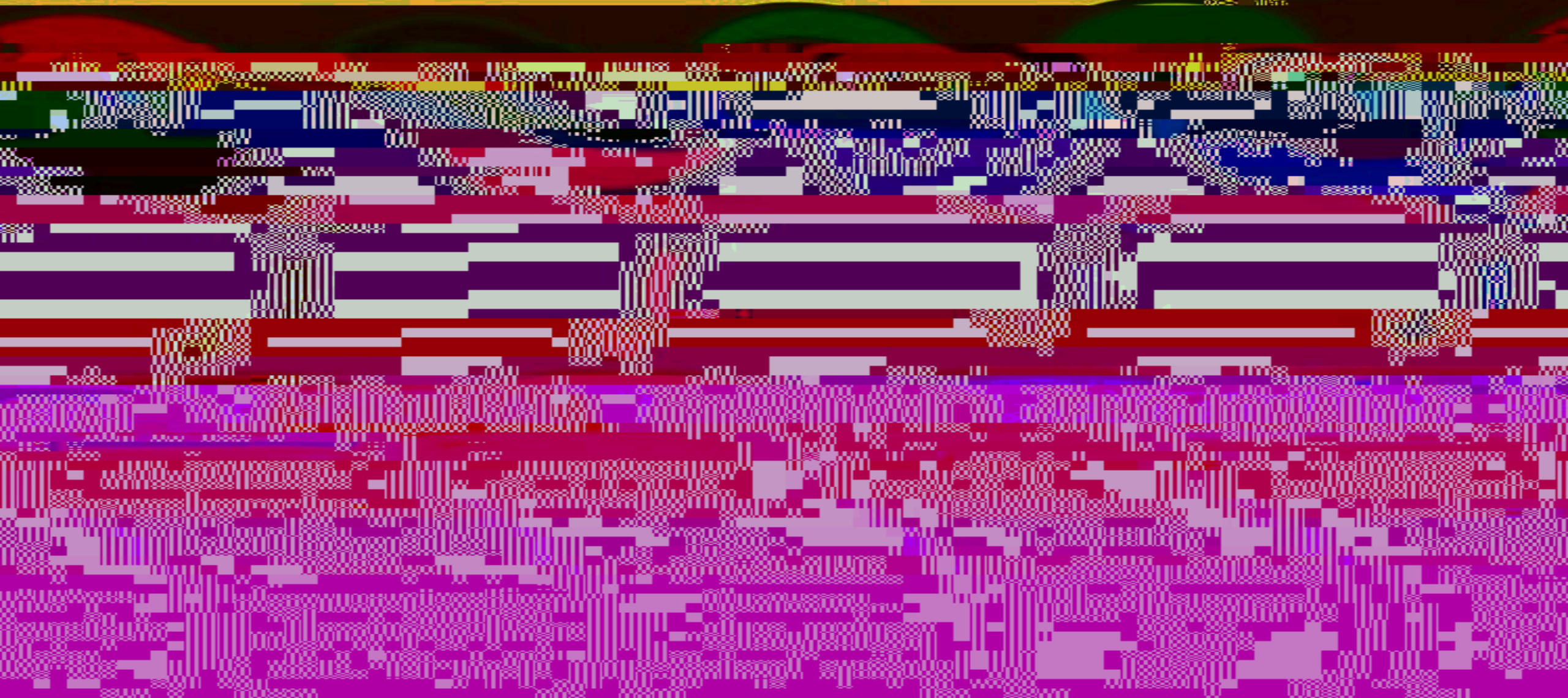
- Self-care has become more prevalent in our society, today. Mental health is becoming more and more talked about and taken as a serious matter due to the increasing amount of adolescents and adults who battle with mental health illnesses or conditions such as depression and anxiety.
- Self-care has become even MORE talked about during the past year due to the hard hit the world has taken from COVID-19.



WHAT IS SELF-CARE?

- Self-

TYPES OF SELF-CARE THERAPY



WHY IS SELF-CARE IMPORTANT?

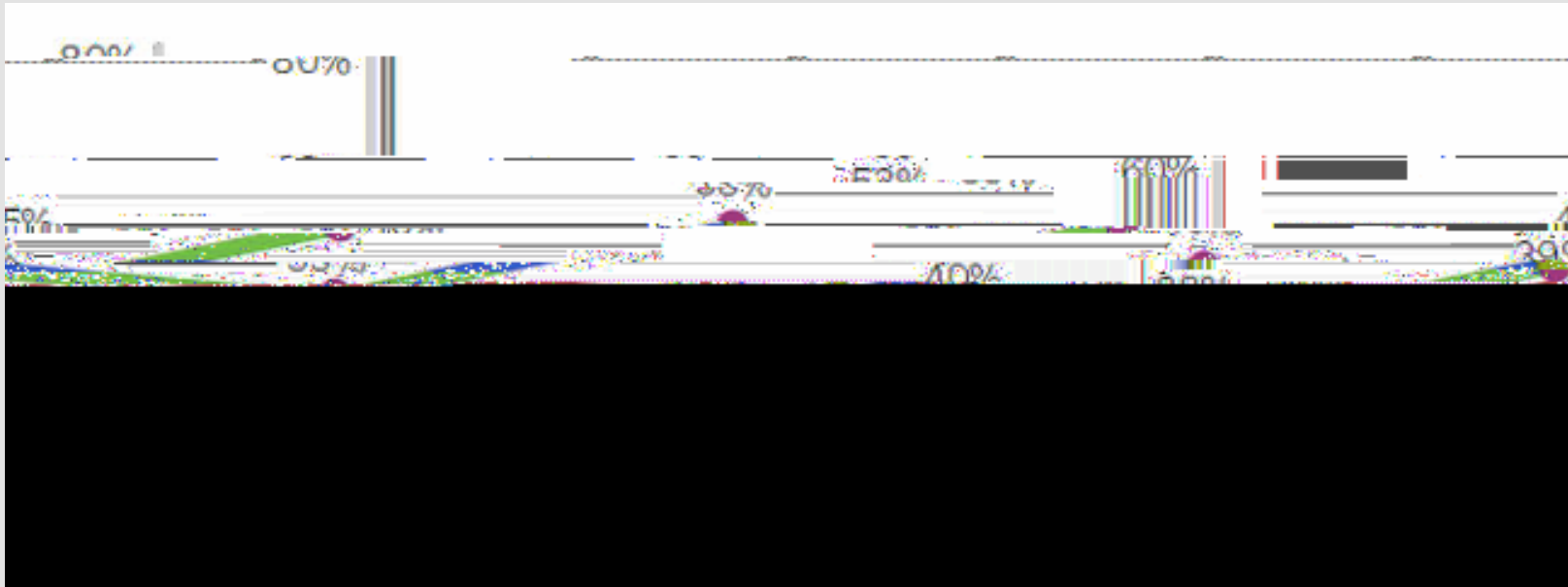
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FACTS ABOUT SELF-CARE

- More energy and focus

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COVID-19 IMPACT ON SOCIETY



In a Kaiser Family Foundation Health Tracking Survey conducted in July, more than half of

HOW DO I START?

- Recognize that self

GETTING STARTED

- Get a planner! Organizing your daily tasks can help you feel less overwhelmed
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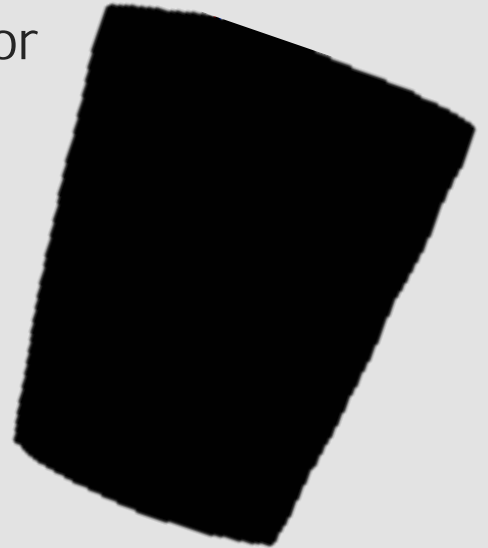


SELF-CARE IS ABOUT YOU!

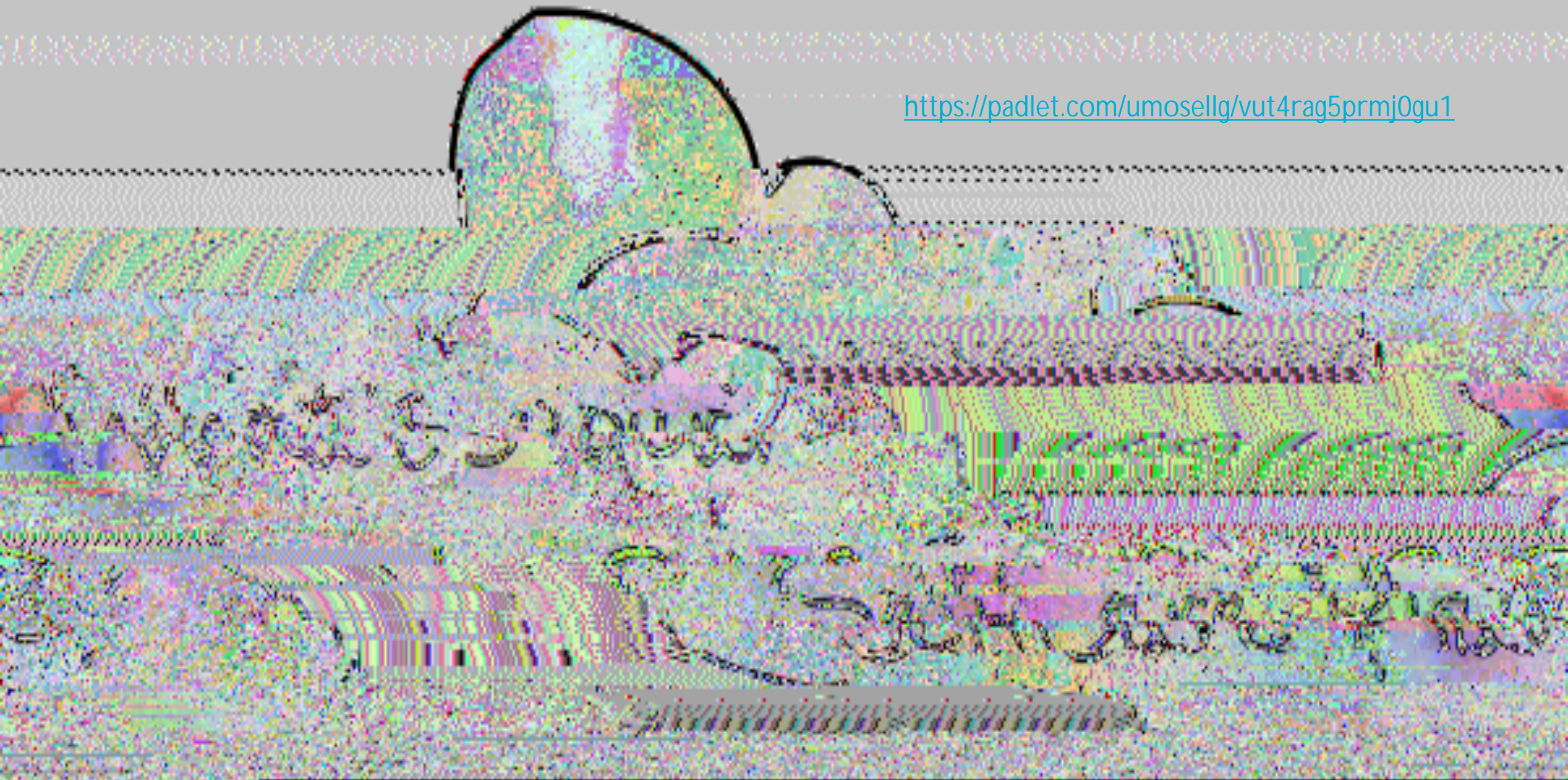
...ng that YOU find joy in.

...ne for you.

...ity about self-care and remember that it is essential for
... physical and mental health.



<https://padlet.com/umosellg/vut4rag5prmj0gu1>



CONTACT INFORMATION

If you or someone you know is in a crisis situation and having thoughts of death, dying and/or suicide, contact the following resources 24 hours a day, 7 days a week.

[NJ Hopeline](tel:1-855-654-6735): 1-855-654-6735

[National Suicide Prevention Lifeline](tel:1-800-273-8255): 1-800-273-8255

[National Crisis Text Line](tel:741-741): text the word "BRAVE" to 741-741

[Trevor Lifeline](tel:866-488-7386) (LGBTQ specific crisis line): 866-488-7386 or text "Trevor" to 1-202-304-1200

[Veteran's Crisis Line](tel:1-800-273-8255) (National Suicide Prevention Lifeline): 1-800-273-8255 or text 838255

[Stockton University Police](tel:609-652-4390): 609-652-4390 or 911

RAINN (National Sexual Assault Hotline) 1-800-656-HOPE (4673) <https://rainn.org/about-national-sexual-assault-telephone-hotline>

Psychiatric Intervention Program (Atlantic County): 609-344-1118

[Residential Life](#): Resident Assistant or Complex Director will work with appropriate University units.

WGSC Hotline : 609-849-8472

For additional support during regular office hours, Stockton University has on-campus resources. In the event you are experiencing severe anxiety, depression, or any other issues that are impacting your overall wellness, contact the Wellness Center (J-204).

[Counseling Services](tel:609-652-4722), 609-652-4722

[The Women's, Gender and Sexuality Center](tel:609-626-3611), 609-626-3611