

SELF-CARE

IN TIMES OF SOCIAL UNREST

We live in a time when information related to social injustice is at our fingertips. You may have had personal experiences or seen frequent images of racial violence, homophobia, misogyny, and other forms of oppression that have taken a toll on you. Learning how to care for yourself is important and can equip you to respond effectively.

HERE ARE
SOME IDEAS FOR
ENGAGING IN
SELF-CARE:



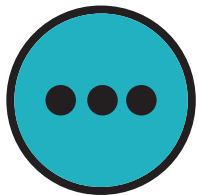
TALK TO SOMEONE YOU TRUST

Exposure to social injustice can bring up many different feelings. Being able to talk to a trusted friend about your reactions can help provide an effective outlet.



MAKE A Difference

The need to make a difference varies from person to person. Staying informed may be enough for some. Others may feel a need to be more proactive. Giving some thought in advance to what your needs are can help you to responding a thoughtful, productive manner.



TAKE CHARGE OF SOCIAL MEDIA

Social media is everywhere, and taking charge of your access is up to you.

- Disable the video auto-play feature on social media.
- Put your phone out of reach throughout the day. (30 min increments)
- Place your phone face-down when meeting with others to stay focused.
- Disable sound notification on social media alerts.



Listen to Your body

Our bodies can respond in unique ways to stressful information. Finding ways to reduce your stress through massage, exercise, mediation, and hobbies may help you continue to meet your daily responsibilities.

Seek out additional help from a mental health provider.

STILL HAVING DIFFICULTY?

- Student Counseling Center 806-742-3674
- Employee Assistance Program 806-743-1327