



Virtual Wellness Tips Sheet: Resiliency Resources and the 8 Dimensions of Wellness



PHYSICAL

- **Keep moving.** Although you are working or learning from home, it is still important to get up and stretch or take frequent breaks from looking at your screen. Try a new activity, play upbeat music in the background, and remember to keep moving.
- **Stay hydrated.** Keep a water bottle at your desk as a reminder to drink enough fluids throughout the day.
- **Have fun.** Make exercise something that is exciting for you! Utilize a household member, socially distanced friend, or virtually connected accountability partner to help keep you motivated. The SRC offers virtual workouts in live or pre-recorded format.



EMOTIONAL

- **Practice Mindfulness.** Stay in the present moment as much as possible.
- **Recognize your own thoughts and feelings.** It is normal to feel more anxiety during this time. However, if it becomes too overwhelming (frequency or intensity), seek help.
- **Change your thinking.** Try examining the positive aspects, focusing on strengths, challenging negative thoughts, and reframing situations.
- **Seek out virtual resources** such as support groups or counseling through the CSUB Counseling Center or Employee Assistance Program.
- **Green hearts are a symbol that hearts heal...** A way to help us remember that even when tough stuff happens, we can choose not just to go through it, but grow through it.



SOCIAL

- **Get involved.** Join a club or organization on campus or seek out socially distanced activities in the community.
- **Participate in virtual events** such as discussion forums, Online exercise classes, or group meetups.
- **Socialize virtually.** Schedule a video meeting with friends to catch up, or watch a movie with friends from your respective locations and discuss it together.
- **Commit to learning something new this semester**, for example, a new language, an instrument or go on a virtual tour of a museum or national park.



ENVIRONMENTAL

- **Organize your space.** Be sure to set up your learning or working environment in a way that limits potential distractions, allowing you to be fully engaged in the lecture or materials.
- **Spend some time outdoors.** This can have positive benefits for physical and emotional health. While continuing to follow social distancing guidelines, visit a park, hike locally, or volunteer to clean up trash in your neighborhood.



INTELLECTUAL

- **Scheduling.** Set specific study block times that allow you to focus on schoolwork. Virtual classes allow for greater flexibility, however, keeping a regular schedule promotes greater academic success.
- **Actively participate in class.** Ask questions in class, engage with your classmates, think critically about discussion board posts. The more you treat Online learning like “regular” class, the more you will get out of it.
- **Resist the urge to multi-task.** Scrolling through Instagram or Facebook may seem fun; however, it prevents you from giving your full attention to the speaker or class.
- **Studying.** Take notes, review often, and connect with others virtually to discuss difficult concepts or to prepare for exams. You may also want to set up small study groups in a virtual setting.
- **Connect with campus resources** such as the Writing Resource Center, tutoring centers, library staff, and your professors during office hours. Each are here to support your learning.



OCCUPATIONAL

STAFF / FACULTY

- **Confine your workspace to a specific clear area** in your home so your job doesn't intrude on your personal needs. Use this same space regularly to work. This will focus your mind and increase your productivity.
- **Control sound.** Use noise canceling headphones or earbuds, or use music or fans to create white noise.
- **End the workday with clear boundaries.** Put away electronic devices and work tools at the end of your workday and set clear hours in the day for work.
- **Have a morning or evening check-in with a colleague or supervisor** to reduce social isolation and provide structure to your day. Use video communications when you can. Seeing faces provides more social connection and information than just talking.

STUDENTS

- **Practice virtual job search and interviewing skills.** This is a good time to polish your resume and cover letter, partake in virtual mock interviews, and Engage in virtual networking opportunities.
- **Job search.** Diversify your job search sources, and continue to apply for open positions. In doing so, be creative, flexible, and persistent in your prospective job market area
- **Continue to log in to your Handshake account** (csub.joinhandshake.com) for up-to-the-minute job postings, employer information sessions, and a host of job search resources available to you as students and alumni.



FINANCIAL

- **Spend Mindfully.** Some of your regular expenses might be paused during this time, but still make sure you cover your necessities before buying discretionary items. While Online shopping has become widely popular, check in with your budget to assess before purchasing.
- **Plan and Save.** Utilize a spending tracker to help oversee your weekly or monthly expenditures. Post pandemic, this will allow you to re-engage in social outings like movies, concerts, or travel.
- **Utilize Financial Literacy tools** to help you make the most of your financial aid opportunities and educate yourself regarding personal finance: <https://csub.igrad.com/>



SPIRITUAL

- **Seek out religious-based clubs on campus, as well as spirituality resources in our community.** Many organizations offer virtual or physically distanced services.
- **Develop spiritual practices that are meaningful to you.** Whether you turn towards religion, faith, meditation, yoga, or a non-denominational resource, regularly tune in to find ways to ground and re-center yourself. Approach this time as an opportunity to explore techniques to find balance and comfort in your life.