

# Maynooth University

## Student Counselling Service



## Self Care Routine

Having a daily routine daily, things to look forward to and making healthy choices can improve your wellbeing during self isolation.

The Counselling Service is available for  
**Phone Consultations**

To request a Call-back please click on the link below:

<https://www.maynoothuniversity.ie/campus-life/student-wellbeing-support/counselling>

## Be Proactive

### What I Can do Is:

The key to managing our mental health during this period of social distancing is to maintain a healthy daily routine.

By having a schedule that makes sense of your current living situation you may find yourself looking forward to the “little things”.

### In life we often wish we had more time to:

- Rest;
- Engage in a hobby;
- Finish a project;
- Tune our awareness into how we are feeling;
- Check in with others;
- Consider how we can support each other;
- Communicate in the best way we can;
- Be kind to yourself and others.

*“Life is a gift. Everyday is an opportunity.  
Every moment a privilege”, Kristi Nelson.*

# Connection

- ◆ Organise a get together online;
- ◆ Make a phone call;
- ◆ Use Face Time - seeing a friendly face helps you feel connected;
- ◆ Play a board game with your family, especially the younger brothers/ sisters;
- ◆ Stay connected to your Department for updates;
- ◆ Sign up for a webinar;
- ◆ Organise a Study Group;
- ◆ Take a virtual tour of museum  
<https://www.theguardian.com/travel/2020/mar/23/10-of-the-worlds-best-virtual-museum-and-art-gallery-tours> ;
- ◆ Use this time to improve on a skill or learn a new one.



# Tips to Improve your Sleep



- ◆ Maintain a regular sleep and wake-up time;
- ◆ Create a good sleep environment;
- ◆ Distract your mind by reading or listening to music or using relaxation techniques;
- ◆ Writing down what's on your mind can help - make a to-do list;
- ◆ Avoid caffeine and alcohol close to bed time;
- ◆ Avoid large meals before bedtime;
- ◆ Avoid strenuous exercise within four hours before sleep;
- ◆ Minimize light, noise, and temperature in the room;

**Keep a routine: Get up, get dressed & engage with the day.**

# Diet

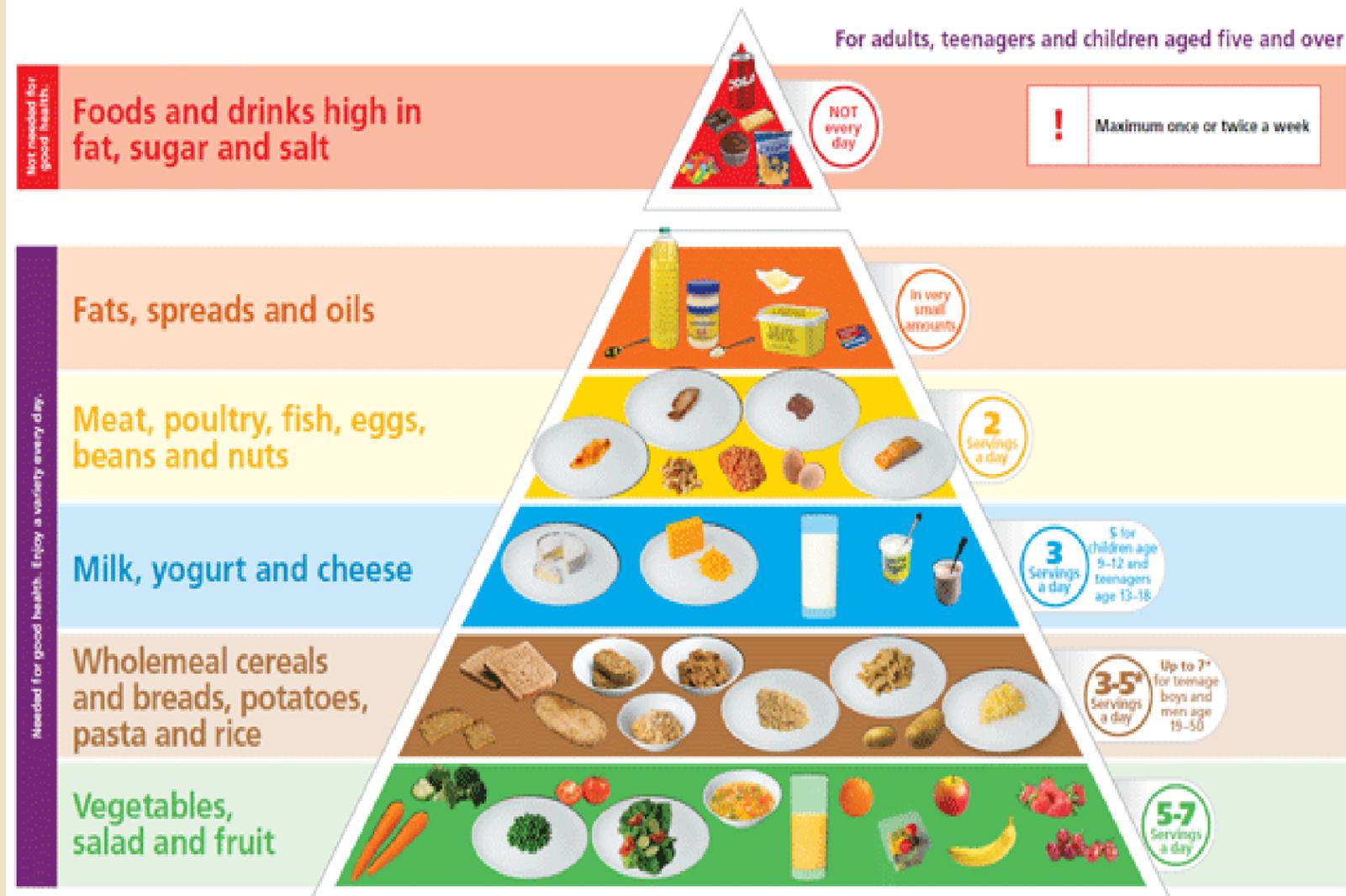
- ♦ Have a look at the food pyramid and see how you are managing to balance your diet;
- ♦ Prepare or cook meals, it's cheaper and saves time so you are ready for the next day;
- ♦ Eat more Fruit and Veg. Plan your menu for the week, avoid comfort eating;
- ♦ Try out an alternative snack to sweets or chocolate why not opt for rice cakes, nuts, seeds or dried fruit;
- ♦ Ask a your family/ friends to show you recipes for healthy meals;
- ♦ Stop Smoking or join a support group online to quit smoking (link);
- ♦ Take a month off alcohol.

## Useful Websites:

- \* <https://www.fsai.ie/faq/coronavirus.html>
- \* <https://easyfood.ie/>
- \* <https://www.hse.ie/healthyeating>

<https://www.safefood.eu/SafeFood/media/SafeFoodLibrary/>

<Documents/Healthy%20Eating/Food-Pyramid-leaflet.pdf>



# Rest & Relaxation



- ◆ Listen to music;
- ◆ Reduce monitoring of News;
- ◆ Paint or draw;
- ◆ Spend time with your pet;
- ◆ Breathe—in for 7 out for 11;
- ◆ Appreciate nature—e.g. listen to the birds;
- ◆ Drink herbal tea;
- ◆ Read a book , a magazine or a poem;
- ◆ Meditate or use a Mindfulness App;
- ◆ Lessen the multi-tasking—do one thing at a time.

# Exercise



- ◆ Be creative about the space you have— use the stairs as a workout;
- ◆ Go for a short Walk (mindful social distance and restrictions);
- ◆ Jog on the spot;
- ◆ Gardening or housework can be as physically taxing as a trip to the gym;
- ◆ Organise a fitness challenge to suit you (from home) with friends;
- ◆ Use an exercise app/ U-tube for home exercise;
- ◆ List any excuses you may have and notice them before you opt out;
- ◆ Tell people you are increasing your exercise—you may get the momentum going;
- ◆ Set up a home gym;
- ◆ Keep hydrated, drink plenty of water.