



To create a healthier, safer and more inclusive environment, everyone needs to take care of themselves as well as each other. Michigan State University takes the mental health and wellbeing of our students and employees seriously. Some of the self-care techniques below may be helpful for you to manage your stress and build up your mental resilience.

- Make time and check-in with yourself. How am I showing up today? Why am I feeling this way? Has something been worrying me lately?
- Validate your emotions and be compassionate with yourself. Authentic emotions are part of growth and dialogue.
- Develop your support network – someone you can check in with, such as a friend, a family member or a trusted professional. They can provide some perspective and a safe space to debrief or process your experiences.
- Join a support group to connect with others with similar experiences.
- Move your body every day, regular movement is a form of self-care.
- Practice mindfulness techniques like deep breathing, yoga, journaling or meditation. These are ways to slow down and connect to yourself. Any of these strategies may help you reflect on your emotions, may help ground you or may be soothing.
- Create a routine that works best for you.
- Maintain daily basic needs such as proper sleep and nutrition.
- Use your imagination and picture how you can manage a stressful situation more successfully. Many people find visual rehearsals boost self-confidence and enable them to take a more positive approach to a challenging task.
- Get outside for some daylight. Sunlight helps boost your energy and mood.
- Curate a positive social media feed and limit time on social media.
- Reflect on what brings joy to your life. Is it gardening or reading, biking or spending time with your friends?
- Create a 'self-care toolbox' that includes items to help you relax and de-stress. For instance, this may include candles, chocolate, essential oils like lavender, bubble bath, an enjoyable book, a journal, pictures, crossword puzzles, knitting tools and coloring books.
- Focus on what you can control and try to let go of what you cannot control.
- If you feel that your distress is interfering with your daily emotional/physical/social wellbeing, then know it is okay to ask for help.

RELEVANT OFFICES

- MSU Counseling and Psychiatric Services, or CAPS, offers registered MSU students support for a wide range of concerns, including depression, anxiety, stress management, homesickness, adjustment or acculturation, relationships, issues around race, gender and sexual orientation (LGBTQIA+), substance misuse, traumatic experiences, eating or body image concerns and other personal mental health concerns. Visit caps.msu.edu or call (517) 355-8270. CAPS crisis services are available 24/7 at the same number (517) 355-8270, press #1.

- The Employee Assistance Program, or EAP, is a confidential counseling service provided at no cost to MSU faculty, staff, retirees, graduate assistants and their families.
- [MSU Center for Survivors](#)
- [MSU Safe Place](#)