

Taking C.A.R.E. of Yourself During Uncertain Times

C

Connections



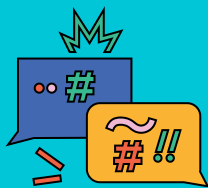
Connect with others



Prioritize self



Set boundaries



Limit upsetting conversations

A

Appetite



Eat a balanced meal



Hydrate often



Limit processed foods/eat nourishing food



Consult with a dietitian or healthcare provider

R

Rest & Relaxation



Practice grounding techniques



Goal setting and journaling



Deep breathing exercises



Practice good sleep hygiene

E

Exercise & Engagement



Exercise regularly



Practice joyful movement



Engage in community projects or causes



Explore hobbies

UC San Diego

STUDENT HEALTH AND WELL-BEING
Counseling and Psychological Services

 **TRITONS
FLOURISH**