DEAR STUDENTS,

As you complete your finals in the upcoming days, please remember that Rice is behind you, and Rice is passionate and invested in your success. We all know that these times are highly unusual and traumatic in many ways on many levels and that while we are all going through this together, we each have our own individual experiences. Listed below are some self-care suggestions circulating among various university counseling centers across the country. Know that taking care of yourself is key to ongoing success. Be successful with your self-care! Remember that you are having normal reactions to a tragic situation.

- Be gentle and patient with yourself.
- Give yourself permission to feel.
- Structure your time – keep busy, but also make time for yourself.
- Make small, daily decisions which will give you a feeling of control over your life.
- Do not make any big life changes.
- Spend time with others.
- Seek out spiritual or cultural support.
- Talk to people if you are ready.
- Avoid numbing the pain with overuse of drugs or alcohol.

- Drink plenty of water or other non-caffeinated, low sugar liquids.
- Eat healthy foods (e.g., fruits, vegetables, beans, high fiber, and high protein).
- Avoid media coverage of the event as it can exacerbate existing symptoms.
- Within the first 24-48 hours periods of strenuous physical exercise alternated with relaxation will alleviate some of the physical reactions.
- Keep a journal.
- Listen to soothing music.
- Use relaxation strategies such as meditation or deep breathing.

One final thought. Find time to play. It gives your brain a chance to recharge, your body time to rebalance and your spirit time to dance. Consider the following thoughts from a wonderful poet, Shel Silverstein: "Do a loony-goony dance. Cross the kitchen floor. Put something silly in the world. That ain't been there before." – Shel Silverstein, A Light in the Attic

Best Regards,
Your Wellbeing and Counseling Center Teams

JOIN US FOR A ZOOM WEBINAR ON

Looking Forward and Beyond: Taking Care of Your Mental Health

Tuesday, May 12, 3:00-4:00PM CDT
Registration: https://riceuniversity.zoom.us/meeting/register/t

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