

BEACH *Wellness* **CARE PACKAGE**

Inside this care package, you will find tools and resources to support your physical and mental wellbeing. The interactive table-of-contents allows you to easily click throughout the document. Some highlights of this document include:

- COVID-19 Information and Resources
- Mental Health & Wellness Resources available on campus
- YOU at CSULB, a 24/7 resource that is completely customized to fit your needs.
- Self-care micro power breaks – short videos or ideas to help you relax or recharge.
- Quarantine Activities you can do from your home or dorm room



BEACH WELLNESS CARE PACKAGE

WINTER 2021

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BEACH WELLNESS

Beach Wellness, a one-stop shop for all of your health and wellness needs. Please also visit us on our Beach Wellness website for information, programs, and resources at www.csulb.edu/beachwellness.

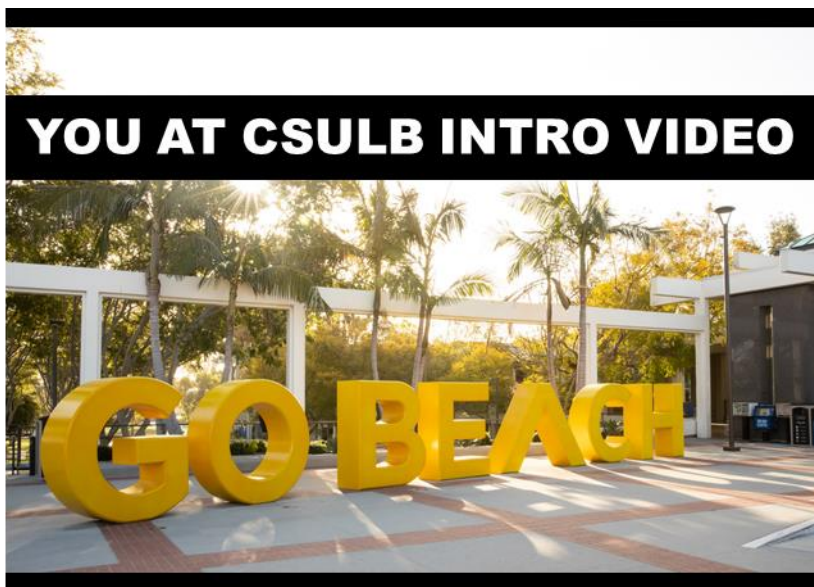
Beach Wellness is a collaboration of the following departments:

- [Basic Needs Program](#)
- [CARES \(Campus Assessment, Response & Evaluation for Students Team\)](#)
- [Counseling and Psychological Services \(CAPS\)](#)
- [Project OCEAN](#)
- [Beach Buddies](#)
- [Student Health Services \(SHS\)](#)
- [Office of Wellness & Health Promotion](#)
- [SHS Behavioral Health Services](#)
- [YOU at CSULB](#)
- [Not Alone at the Beach](#)
- [Bob Murphy Access Center \(BMAC\)](#)
- [Student Recreation & Wellness Center](#)
- [Beach Balance](#)
- [Office of Equity & Diversity / Title IX](#)
- [Club Sports and Recreation](#)

Click here for a complete list
of Health & Wellness Events
on BeachSync



YOU AT CSULB



Succeed. Thrive. Matter. Those are the cornerstones of your experience at CSULB. YOU at CSULB helps students design their ideal college experience.

***Succeed** in your academic success and career preparedness*

***Thrive** in your physical and mental health*

***Matter** in your purpose and connection to campus*

YOU at CSULB is a personalized online platform based on your interests, goals, and needs.

Once logged into YOU at CSULB, you can explore the content in each area including programs on campus, workshops, Ted Talks, articles, and more.

In *Succeed*, explore Learning Strengths, Degree & Career Options, Academics & Grades, Internships & Career Path, Leadership & Professional Development, Finances & Basic Needs, and more.

In *Thrive*, explore Fitness & Nutrition, Sexual Health, Body Positivity, Sleep, Managing Anger, Stress & Anxiety, Alcohol & Substance Use, Loneliness & Depression, and more.

In *Matter*, explore Relationships & Making Friends, Mindfulness & Balance, Purpose & Meaning, Clubs & Volunteering, Personality Style, Diversity & Identity, and more.

Login to YOU at CSULB to start exploring and connect to your BEACH community.





www.csulb.edu/beachwellness

CALIFORNIA STATE UNIVERSITY LONG BEACH

SELF-CARE MICRO POWER BREAKS

While focus is important during the day, too long spent in a focused state can start to backfire. Our mind naturally wanders when our energy levels dip. Our bodies start to crave movement and our attention falters. Micro breaks impose small interruptions in your focus to ease your body and reboot your brain.

MIND



3 Mental Wellness Tips for COVID 19 (3:17 min)	You @ CSULB	https://youtu.be/tC-p5cvFM20
SOS S Tool - Stress test	Dr. James H. Amirkhan	https://bit.ly/CSULB_SOSS
Mindful Breathing (6:08 min)	Bert Rivera	https://bit.ly/34hb1G0
Mindfulness (13:43 min)	Bert Rivera	https://bit.ly/3kXNmIT

BODY



Sleeping (1:37 min)	You @ CSULB	https://youtu.be/tfPTrTT2Ya0
Computer Micro breaks (2:02 min)	Dr. Hoover	https://youtu.be/e8K8G7af-48
Tai Chi (1:27 min)	Dr. Hoover	https://youtu.be/Rz3LFR-8EUI
Move your body (1:36 min)	You @ CSULB	https://youtu.be/ZEW1-6Si3Hk

SPIRIT



Yoga Breathing (10:27 min)	CAPS	https://youtu.be/Y7w65zo7jyo
Staying Stimulated During Quarantine (1:06 min)	YOU @ CSULB	https://youtu.be/69I3-Ex9yGo
Guided Imagery and Gratitude (12:18 min)	CAPS	https://youtu.be/367hG04rHh8
Dive into Relaxation (11:59 min)	CAPS	https://youtu.be/skxDI_p_S9Ik

NUTRITION

Healthy Snacks (6:22 min)	SHS	https://youtu.be/U3syqbWTrJs
Healthy eating on a budget (1:18)	EWG	https://bit.ly/2GxEC3Y
Foods for Immunity (4:34 min)	SHS	https://youtu.be/kOxfnMkspUE
Beverages for Immunity (4:18 min)	SHS	https://youtu.be/bI7loWPsOd0
Pantry Staples COVID (6:00 min)	SHS	https://youtu.be/2Pwa5LsNZUo
Vitamin D COVID (1:49 min)	SHS	https://youtu.be/0yFs3mAxxCE



[Home](#)

ENERGIZING

- Try doing some desk stretches to reverse that computer hunch.
- Head outside and walk two laps around your block/building or get the same energizing effect by walking up and down a few flights of stairs.
- Go on a Zoom coffee chat with person you have been meaning to reach out to. You'll get the break you need—plus some good catching up done.
- Need to make some phone calls? Step outside or walk around the room and do them while walking back and forth. The combination of movement and chatting will be a boost of energy before you head back to your desk.
- Take a quick, 15-minute nap, you'll feel much more awake and ready to get back to the grind.
- Eat an energizing snack – try a handful of nuts and dried fruit, fresh fruit and nut or seed butter, wholegrain crackers and string cheese, or berries and dark chocolate.
- Find some inspiring stories to read to get you motivated and excited. These TED Talks are a great place to start and will get you revved up to do just about anything
<https://www.themuse.com/advice/10-inspirational-ted-talks-perfect-for-anyone-having-a-rough-day>

SOCIAL

- Send an email to your 10 closest friends/family members/co-workers, asking for the best joke they've ever heard.
- Send a [thank you note](#) to someone who's helped you out recently—your friend who's gone above and beyond or a co-worker who proofread a paper for you. It doesn't even have to be something big—in fact, bonus points if it's not.
- See if a roommate or friend needs a break too and go grab a snack or have a phone walking chat/meeting. For bonus points, use the time to pick this person's brain on something you've been thinking about whether it's dealing with a difficult solution to something or just daily life.
- Spread some cheer and send a friend a funny e-card.
- Step outside and call your mom, dad, grandparent, sibling, or other family member just to say hi and see how the day is going. They'll appreciate it!

RELAXING & SLEEP

- Wind down with a cup of herbal tea – chamomile tea is particularly calming.
- Stop consuming caffeine at least 6 hours before bedtime.
- Eat your evening meal at least 2 hours before bedtime to decrease risk of indigestion.

BRAIN BOOSTING

- Check out [Lumosity](#): Free online exercises that are designed by neuroscientists to improve core cognitive functions, including memory, problem solving, and attention. <https://www.lumosity.com/en/>
- Head over to your folders/piles a catch up on some of those articles you've been meaning to read. You'll get a nice break—a maybe even learn something you can apply when you get back to school/working.
- Watch the seven to 10 minute opening sequence of a late night talk show from the night before for a quick news recap and a quick laugh.
- Keep a non-school/work book on hand to read from on short breaks. It'll feel good to not stare at a computer screen for 15 minutes, and a good book can be totally inspiring.
- Write something! Crank out a blog post. Check out your [list of topics](#) to get you thinking, pen a short story about the happenings in your world, or hey, even get started on that novel/blog/post you've always wanted to write.
- Download the language learning app [Duolingo](#) and take a lesson or two. Even if you don't remember much more than "Donde está la biblioteca?" from your high school Spanish class, the app will have you easily increasing your international vocabulary in just a couple minutes a day.

PRODUCTIVE

- [Organize your smartphone](#). Take a few minutes to delete any apps you never use, Shift any apps you use daily to the front screen. And hey, why not update your background photo while you're at it?
- Pick one project that's on your plate, and do a 10-minute brainstorm on it. Grab a stack of Post-its and a marker, and let your brain get to business.
- It's a good idea to update your online passwords every so often, and a slow afternoon is a great opportunity. Try not to use the same password for your email and social networks. Keep track of the new passwords using a tool like [1Password](#), [PassPack](#), or [Password Genie](#).
- Organize your drawers. Clear out old gum, dried pens, and anything else that you don't need.
- Unsubscribe from 10 newsletters in your inbox. That daily deals newsletter you haven't actually read in six months? Get it out of there. Anything you haven't read in a month or more? You probably don't need to be getting it every day.

DOWN RIGHT DISTRACTING

- Listen to a humorous podcast you enjoy.
- Play games with friends via smart phone game or trivia apps.

QUARANTINE ACTIVITIES

Calming/ Relaxation

Activity	Supplies	Links for directions
Mindfulness meditation	Alone time, mindfulness worksheet or guided meditation	https://www.therapistaid.com/therapy-worksheet/how-to-practice-mindfulness-meditation
Gardening	Pots, seeds, and water to grow a small plant	https://www.wikihow.life/Grow-Plants-from-Seed#:~:text=How%20to%20Grow%20Plants%20from%20Seed.%201%201.,together%20equal%20amounts%20of%20perlite%2C%20...%20More%20items
Learn a new skill	LinkedIn Learning (free for students)	Single Sign on or https://www.linkedin.com/learning/

Media Consumption

Activity	Supplies	Links for directions
Podcast	Internet connection, podcast application (Soundcloud, Spotify, etc)	
Read	Book	
Audiobook	Internet connection, audiobook application (Audible, etc)	
Music Playlist	Create a playlist for you and your loved ones to jam Spotify, Pandora, Apple Music, Soundcloud out together.	
Netflix Party	Netflix account, Google Chrome, Netflix Party extension	https://www.netflixparty.com
Learn a TikTok dance	Internet connection, device, TikTok	TikTok

Arts/Crafts

Activity	Supplies	Links for directions
Writing	Laptop or writing supplies (paper, pen/pencil)	https://thinkwritten.com/365-creative-writing-prompts/
Adult Coloring	Coloring utensils, coloring books or sheets	https://www.crayola.com/free-coloring-pages/adult-coloring-pages/
Sewing Projects	Sewing machine or hand sewing materials, fabric	https://sarahmaker.com/how-to-sew-a-surgical-face-mask-for-hospitals-free-pattern/
Knitting	Learning how to knit	https://www.thesprucecrafts.com/learn-to-knit-2116465
Origami	Paper, instructions	https://www.thesprucecrafts.com/top-origami-for-beginners-2540688
Kite	Building a kite from paper, string, and sticks	https://www.instructables.com/Homemade-Kites/
Macramé	Cotton twine, jute, hemp, yarn, etc	https://www.yarnspirations.com/rh-20160411-how-to-make-6-common-macrame-knots-and-patterns.html
Drawing	Paper or other material, drawing utensils	

Games

Activity	Supplies	Links for directions
Draw Something Classic	Social drawing and guessing game	https://apps.apple.com/us/app/draw-something-classic/id488628250
Among Us	Internet connection, device, game	http://www.innersloth.com/gameAmongUs.php
Minecraft	Internet connection, device, game	https://www.minecraft.net/en-us
Mario Kart	Go-kart style racing video games via cellular device	https://apps.apple.com/us/app/mario-kart-tour/id1293634699
Animal Crossing	Internet connection, device, game	https://www.nintendo.com
Jackbox TV	Internet connection, device, at least one person with Jackbox TV game	https://www.jackboxgames.com/
Uno Friends	Uno Friends app will allow you to play the classic cards game	https://play.google.com/store/apps/details?id=uno.friends.card.ono&hl=en_US&gl=US