

Messege From Us Counselors

The Stress and Anxiety You May Be Experiencing Right Now

part 2 ◆ *Selfcare*

2020.4.24

Keio Student Counseling Room

What is Selfcare?

- ▶ Realize how you are feeling and what you are thinking (and don't deny it)
- ▶ Look for a stress coping method that fits you
- ▶ Take it easy and share or connect with people when you feel like it

Realizing How You Feel

- Knowing what kind of emotions you may have under stressful situations, will help you notice when you are not your usual self

Feeling down, depressive
Irritated, frustrated, short-tempered
Uncomfortable, restless
Don't feel like doing anything
Easily bored
Anxious etc



- Stress can effect your body as well

Sleepless / Sleeping too much
Have a poor appetite / Eating too much
Not being able to think clearly, having a headache
Feeling tired even though you've rested enough etc



Look for a Stress Coping Method

“Stress Coping” is a method you use when there is a external stimuli that is causing stress. There are many methods but under the current circumstance where there are many restrictions, it is probably hard to work on the cause of the stress. Therefore, you need to get creative and either avert the stress or reduce the stress.

Sing aloud

Use aroma

Dance

Call your friends

Take a Selfee

Draw a picture

Take a bath

Keep a journal

Sleep

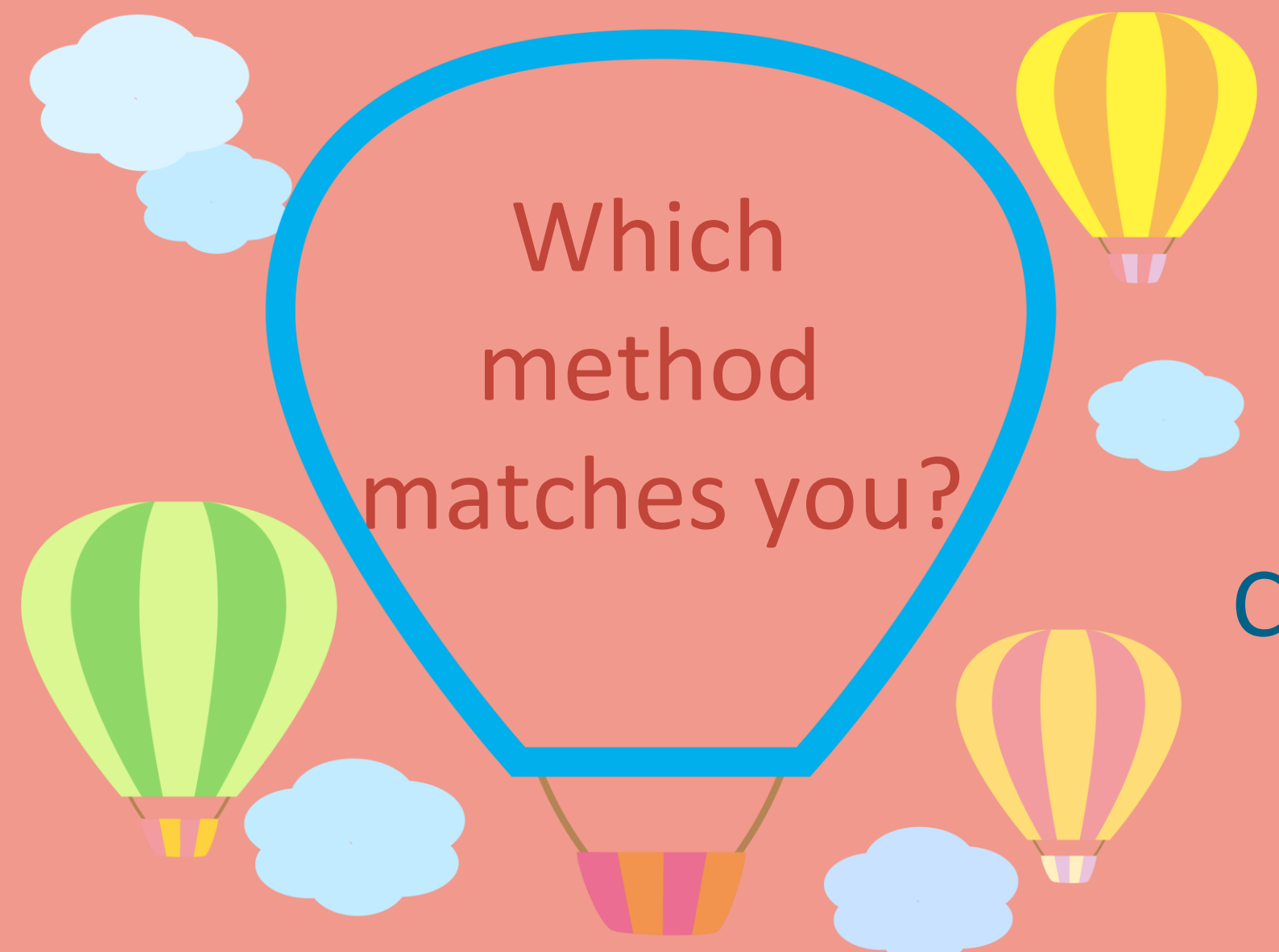
Take a glance at the sky

Cook

Take a walk

Have something nice and hot

Which
method
matches you?



Whatever the method is, it is a “self coping method” if it fits you.
It will also help if you have many little ones.

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Take it easy.

Share and connect with people when you feel like it.

With everyone under stress right now, trying to have a “strong bond” or “absolute unification” can lead to feeling unsatisfied when you are not understood. However, not sharing how you feel with anyone can lead to stress as well. Use your selfcare method and keep a good distance with others.

- * Complaining is one way of coping with stress
(the tip is to just say what you need to say and just listen to what the person is saying)
- * Have laid back multiple connections
- * It doesn't necessarily have to be a person (pets or plants are okay too)
- * Feeling connected to your mind and body is important (Have a well-regulated life!)



※For Freshmans, having a “loose connection” with the university can be actually stressful. If you have some kind of anxiety relavent to the university, try contacting your professors via mail. You don't need to hesitate even if you've never met them in person.

Reference

(Japanese only)

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