

Self-Care Strategies Abroad

University Counseling Services & Duck Nest

GEO Study Abroad

Congratulations on your upcoming trip!

How do you feel?

Mindfulness Practice



Now how do you feel?

“The world is a book and those who do not travel read only one page.”

-Saint Augustine

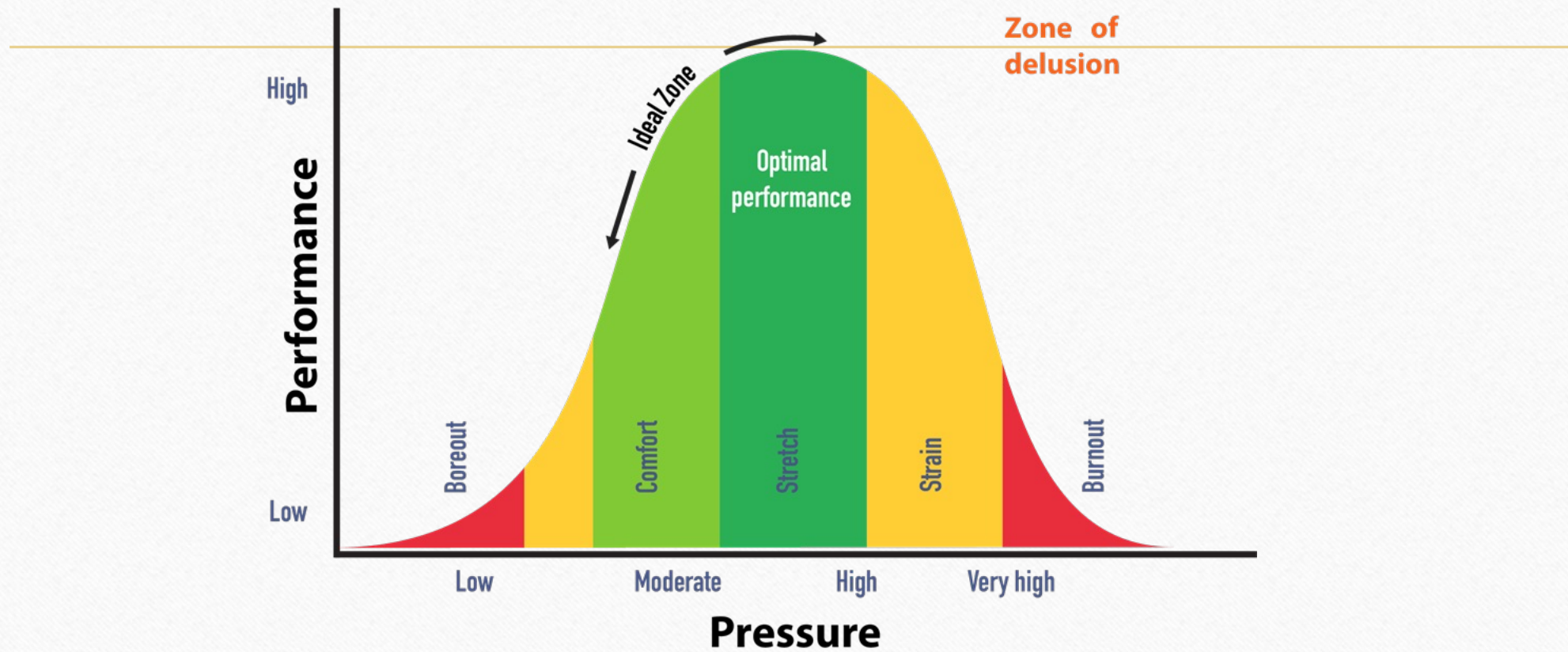
Common stressors when travelling



Stress

- How do you know when you are too stressed?
- What are signs and symptoms you experience?

What is stress?



How Do We Reduce Stress?

Different Types of Coping Strategies

Distraction

- Conversation
- Watch TV
- Go on a walk
- Read
- YouTube/Tiktok
- Clean/organize
- Play a video game
- Create a travel wish list



Grounding

- Breathing exercises
- Yoga
- Meditation
- Exercise
- 5 senses mindfulness
- Slime/Fidgets



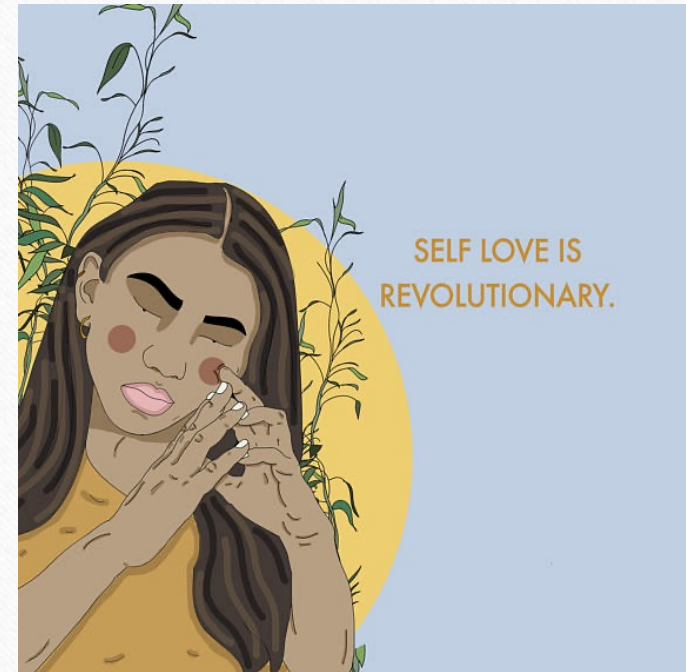
Emotional Release

- Dance Party
- Cry
- Laugh
- Punch a pillow
- Talk to a friend
- Make art
- Journal



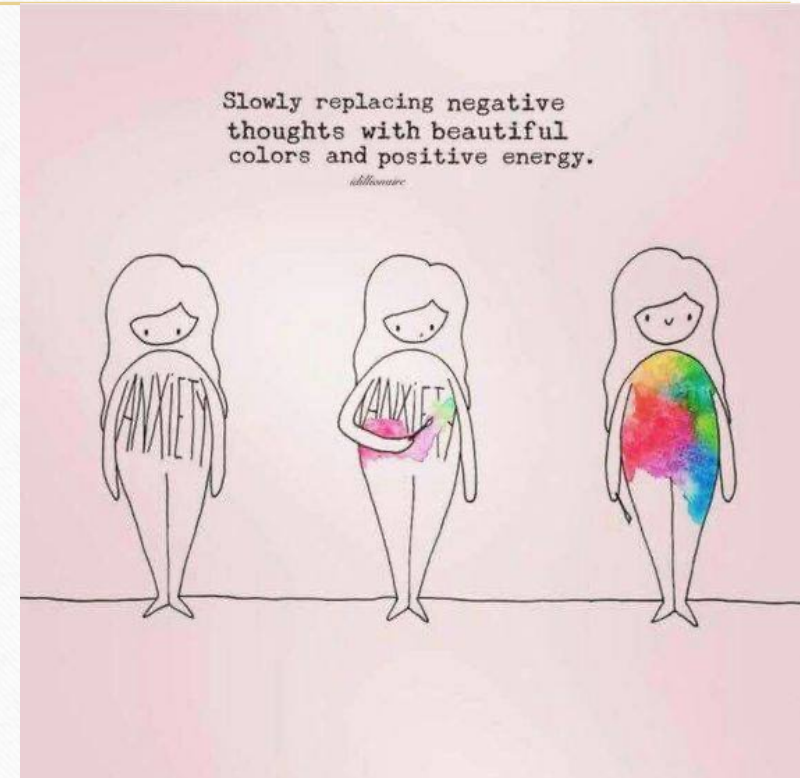
Self Love

- Plan your perfect day
- Take a relaxing bath!
- Buy a small treat
- Cook a special meal if you have access to a kitchen



Thought Challenge

- Step 1: Write out negative thoughts
- Step 2: List why these may not be true
- Step 3: Imagine you were speaking to a friend... what would you tell them?



Access Your Higher Self

- Help someone else
- Random acts of kindness
- Volunteer
- Activism
- If it fits for you: pray



Find Your Community

- Fellow Geo Students
- Other Citizens of the World
- Irish pubs
- A local ex-pat hangout
- What identities are important to you?



Self-Care Resources

Self-care Apps

- WellTrack
- Finch
- Headspace
- Pause
- White noise apps
- Meditations on YouTube or Spotify



Problem Solving Abroad

Expectation vs. Reality

Conflict with Host Family

- House rules
- Letting them know where you are
- Sharing food

Preventative

- Talk about expectations

Skills

- Be open to hearing alternatives
- Remember your purpose
- Everything is temporary

Culture Shock

- Different living conditions
- Excessive heat
- Different social norms
- Strangeness fatigue

Preventative

- Learn about what to expect
- Learn how to say key phrases

Skills

- Perspective taking
- Re-frame the situation



Getting Lost

Preventative

- The downside of travel to new places!
- City streets can be old and winding
- Cell phone signal can be intermittent
- Cell phone batteries die

- Notice landmarks
- Bring a back up charger

Skills

- Keep a cool head!
- Ask for directions from an employee

Loneliness

- Feeling isolated because of identity
- Challenges connecting with others



Preventative

- Find ways to get involved
- Ask your host family for ideas
- Get to know your community

Skills

- Advocate for yourself!
- Tolerate short-term discomfort

Let's Build Your Comfort Plan

Get a piece of paper, get your computer out, or start a note on your phone.

Questions to Ask Yourself to Build It

- What helps me alleviate anxiety?
- What helps me alleviate sadness?
- What clothes give me comfort?
- What color makes me feel calm, powerful, or confident?
- Who can I talk to for a venting session?
- Who can I talk to for distraction?
- What media brings me comfort?
- What do I need to bring from home to ensure my physical and mental health are taken care of?

Mental Health Resources

- UO Safe Hotline
 - 541-346-SAFE(7233)
- Counseling Services After Hours
 - 541-346-3227
- Crisis Text line
 - Text HOME to 741-741
 - Can use on WhatsApp
- MySSP app
 - 24/7 support
 - Weekly therapy sessions
 - Podcasts
 - Wellness articles

THANK YOU

Bon Voyage!!!