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

- Jet Lag
- Health concerns
- Everything is different!
- Lack of familiar people
- Unfamiliar culture
- Language
- Food
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

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

Preventative
Notice landmarks
Bring a back up charger
Skills
Keep a cool head!
Ask for directions from an employee

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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
- Advocate for yourself!
- Tolerate short-term discomfort

Skills
- Advocate for yourself!
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!!!