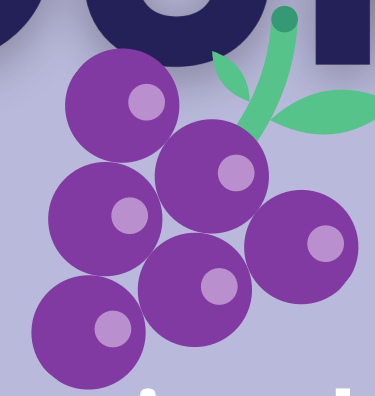


USING G.R.A.P.E.S DURING COVID-19



*GRAPES adapted from
Fidaleo et al (2014)

These elements help us to manage stress, practice healthy coping skills,
and increase well-being to help us flourish!

GENTLE WITH SELF

- Drink enough water daily
- Journal
- Engage in a self-compassion meditation
- Try to encourage yourself rather than criticize
- Write/say affirmations
- Write an encouraging letter to yourself
- Say no to an inconvenient request
- Meditate and deep breathing exercises
- Read a self-help or self-nurturing book
- Communicate needs/feelings to a loved one
- Reflect on what you value & enjoy in life
- Managing grief and loss
- Sleep hygiene
- Stress management
- Mood management

RELAXATION

- Remind yourself it is okay to take a break and relax
- Meditate and guided imagery exercises
- Progressive Muscle Relaxation (PMR)
- Grounding techniques
- Apps: MindWell U, Calm & Headspace
- Yoga Zone Series
- Qigong
- Gratitude journal
- Write a poem, song, or story
- Take a break from social media/news
- Take a shower, bath, sauna, hot tub
- Watch the sunrise/sunset
- Look at the stars
- Garden
- Go for a drive

ACCOMPLISHMENT

- Attend class online
- Learn a new recipe
- Learn a new skill, hobby, language
- Talk to a therapist
- Do laundry
- Make bed, clean, organize your space
 - GH tips
 - HGTV tips
- Repair things around your home
- Update your resume, LinkedIn, delete old emails
- Focus on what is in your control
- Read that book you have been meaning to get to
 - Anti-Racist reading list
 - NY Times best sellers
- Create a bucket list
- Set a goal to not have a goal- have time to yourself

PLEASURE

- Read/audible a book for pleasure
 - Apps: Libby, Scribd
- Do a puzzle
- Go to a farmer's market
- Listen to a well-being podcast
- Watch TV , a movie, or a documentary
- Listen to music, & dance!
- How to Flourish
- 50 ways to Flourish
- Art, craft, collage
- Pinterest
- Journal, write a poem, song, story
- Savor a favorite meal
- Live zoo cams
- Virtual museum tours
- Broadway plays online
- Virtual Disney rides
- Play cards, board games, video games

EXERCISE

- UCSD Recreation
- Get Up Tritons
- Online workouts:
 - Koboko Fitness
 - Popsugar Fitness (closed captioning available)
 - At-home workouts
 - LiveStrong workouts
 - Wheelchair Fitness
 - Eyes-Free Fitness
- Walk
- Run
- Martial Arts
- Kickboxing
- Weightlifting
- Hike
- Swim
- Dance
- Tennis
- Bike ride
- Surf
- Kayak
- Walk on the beach

SOCIAL

- Attend free well-being workshops at The Zone
- Form a pandemic pod
- Call/text a friend or family member
- Start a gratitude text with 5 of your friends/family members
- Plan a zoom date with friends/family
- Send an email to someone you care about
- Write a gratitude letter to a past mentor
- Tell someone how you feel about them
- Take an online class
- Post/write to someone on social media
- Dating during COVID-19
- Tips for getting physical during COVID-19



TRITONS
FLOURISH



CAPS
UC SAN DIEGO

*GRAPES adapted from Fidaleo et al (2014)

INSTRUCTIONS:

- Choose an activity (or make up your own) from each category, each day, to help plan/schedule a routine to manage stress and help you to flourish!

GENTLE WITH SELF

RELAXATION

ACCOMPLISHMENT

ADDITIONAL RESOURCES:

- Coping with Stress During These Difficult Times
- COVID-19 information and resources for students
- iFlourish Tech offerings
- 9 Tips to be Productive When Working at Home During COVID-19 by Forbes
- Up-to-date information on the coronavirus (COVID-19) by the World Health Organization

PLEASURE

EXERCISE

SOCIAL

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