



## **Self-Care Tips and First-Hand Reflections**

We had a wonderful conversation with Dr. Susan K. Salem, Director of Counseling and Psychological Services at Mount Saint Mary's University in Los Angeles, one of our member schools. Susan said that in stressful times, it is important to build resilience to overcome adversity and to "get to the other side," because adapting to change is an essential life skill. Susan also mentioned that practicing gratitude each day and picking a few things that you are grateful for helps.

Additionally, Susan spoke about the following:

- **Self-care:** Susan described four areas of self-care that everyone can use, depending on what appeals to each person. Those four areas are physical, emotional, social, and spiritual. Click [here](#) to learn more about these areas and ideas on how to practice them.
- **Unplug:** Taking breaks from social media and news outlets is another effective way of managing self-care. Click [here](#) to hear Susan describe tangible techniques to achieve this.

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