



# Studying Abroad & Self Care



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# How About Some Deep Breaths?



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# Let's Talk About . . .

- Stress
- Managing Distress -
  - Managing Emotions
  - Social Support
  - Problem Solving
- Mental Health
- Resources
- Workshop Post-Survey

# Guidelines

- Create a safe space for honest sharing, reflection, & questions
- Be respectful of others and mindful of the language we use



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# Stress



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*Even good things can be stressful!*

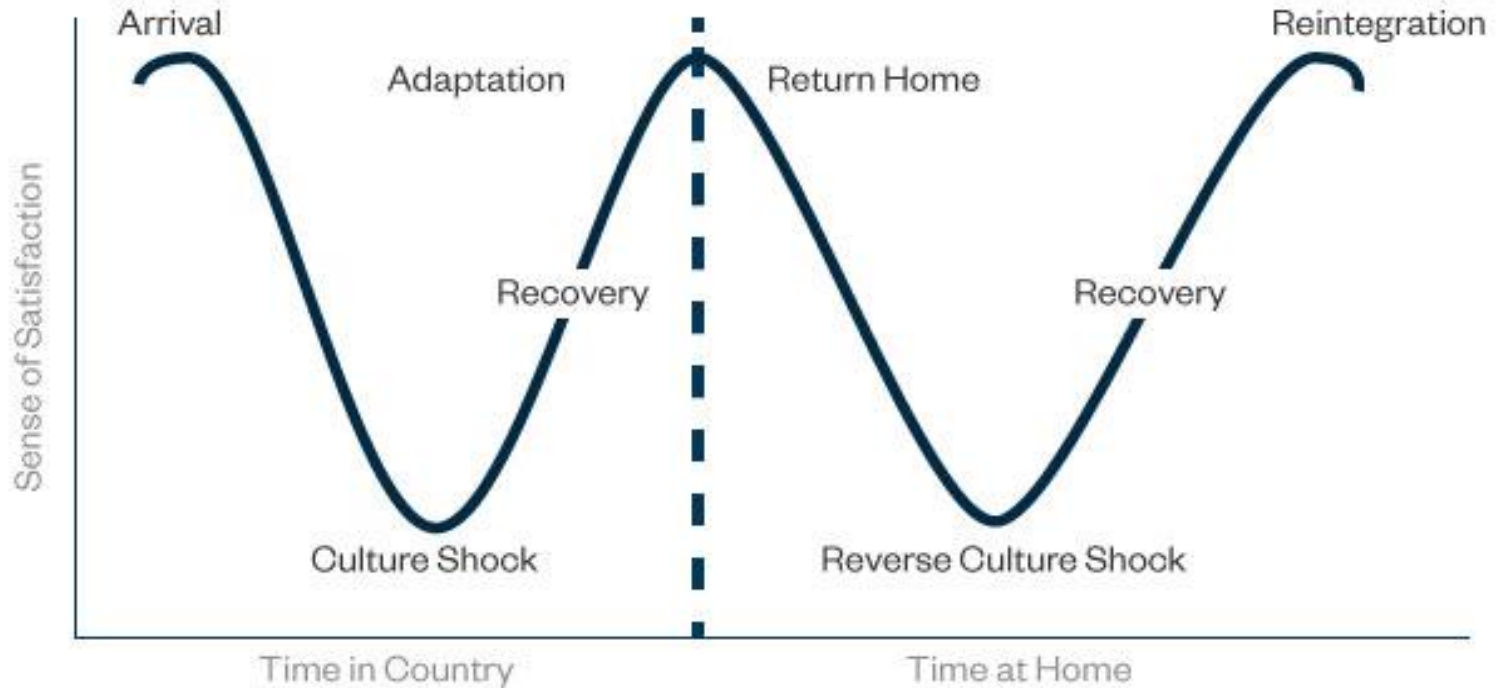


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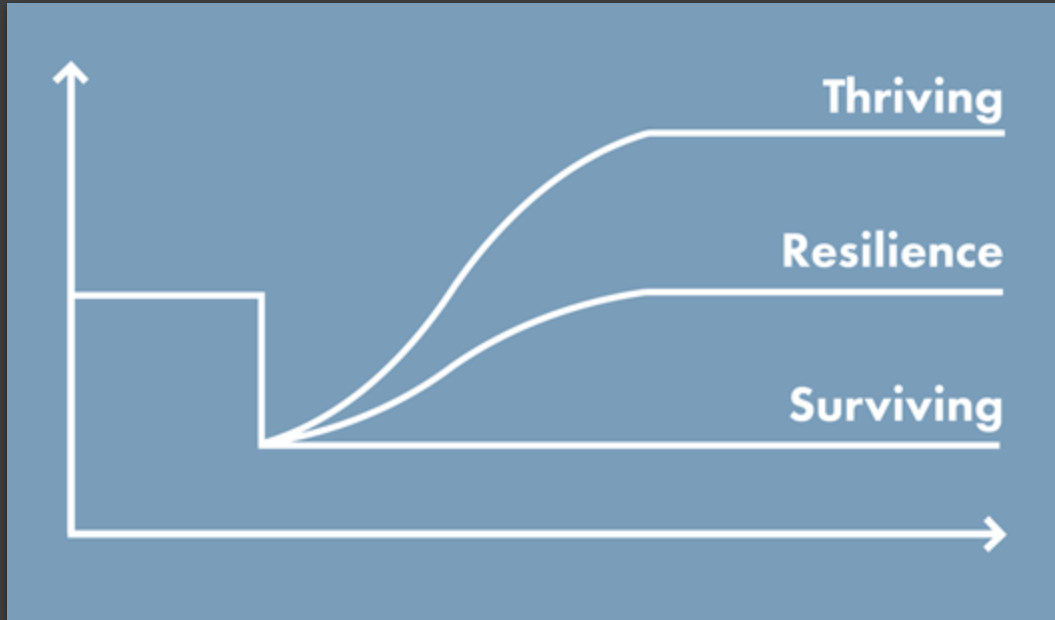


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# Understanding Culture Shock



# Resilience & Thriving



## Am I Thriving?

Accepting, Coping, Learning

## Am I Resilient?

Recovering, Flexible

## Am I Surviving?

Overwhelmed, Irritable, Crisis



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# Managing Distress

*Consider 3 Solution  
Categories:*

- 1. Managing Emotions*
- 2. Social Support*
- 3. Problem Solving*



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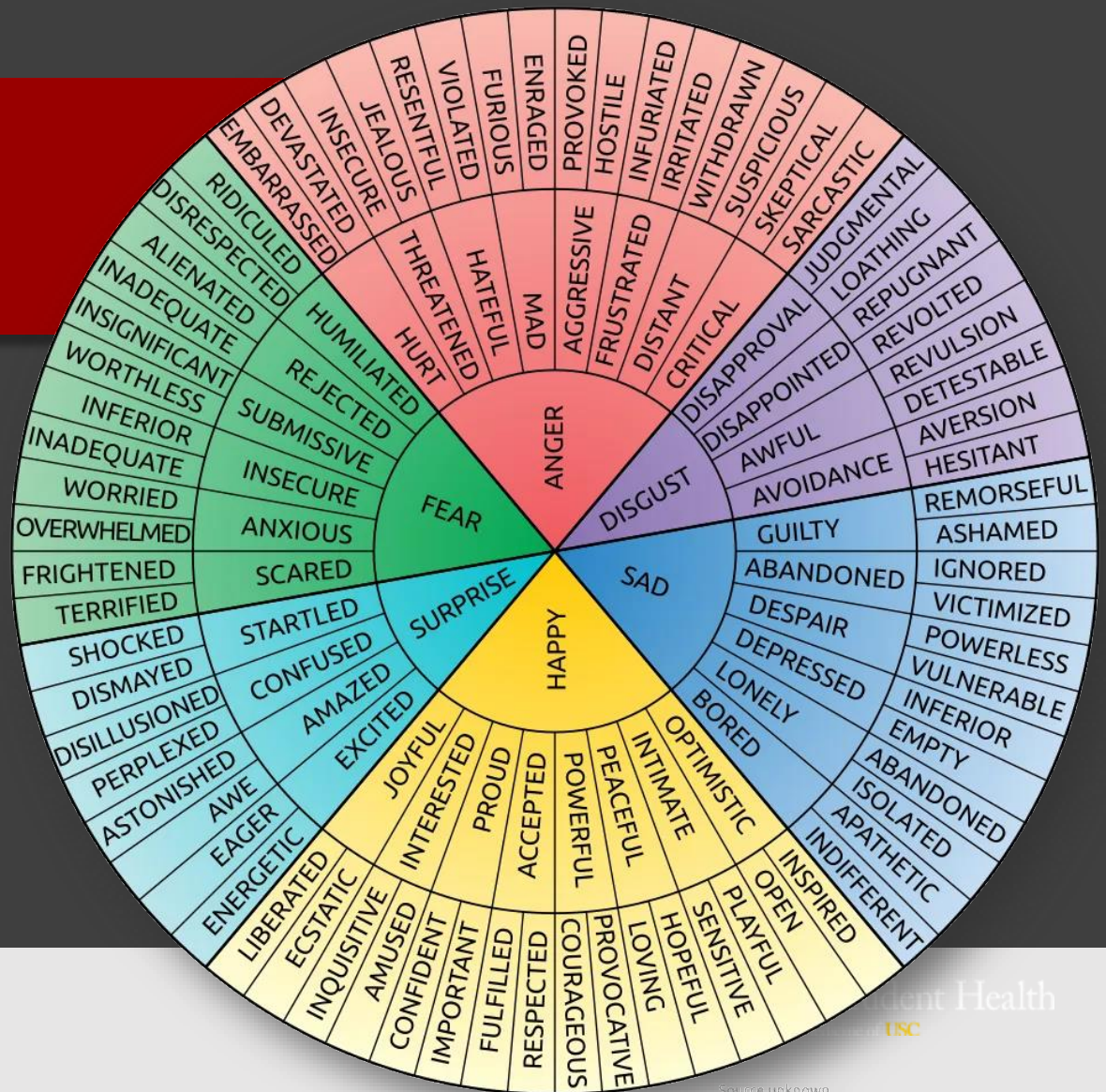
# Managing Emotions

- Managing emotions requires observing your thoughts (non-judgement) and accepting them.
- Avoidance of feelings will keep them growing with a side of anxiety or guilt.



# Managing Emotions

Using language to name the feeling can calm the emotional brain down.



# Managing Emotions

Make a plan for what you need to be in place.

- Plan for therapist (using iSOS). Even if you don't need it, you will already have the info rather than when you feel in crisis or don't have the energy to look it up
- Have your medications for you, do not plan to stop them while you are away. Always consult with your provider.



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# Managing Emotions

- Remind yourself **WHY** you chose to study abroad, write it down.
- Create a list/vision board before leaving of all the things you are looking forward to during your study abroad.
- When feeling down, review your list to remind yourself of your earlier excitement and goals.



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# Creating Your Travel Vision Board



**GOALS**

- Meet new people from around the world
- Build my resume with international experience
- Bring a new perspective to my academic studies
- Learn to speak Italian
- Ride a gondola in Venice & visit Colosseum in Rome.



# Social Support

Biggest predictor for thriving is:

- Feel connected
- Sense of belonging
- Part of community

Research links high social media use to low self esteem, depression, anxiety.



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# Social Support

- Stay in touch with the key people in your life... Be mindful however that if you are spending a significant or too much of time communicating with folks back home, you may be avoiding your own successful adjustment to the new culture.
- Be with others. What has typically helped with social anxiety?

## SOCIAL NETWORK





# Social Support



- Plan meals with others, structure study time or other time with others.
- If you are nervous about confiding in others, write out what you would like to say. OR ask them how they handled a similar problem
- Be prepared to possibly trying more than once, as you determine your friends different strengths.

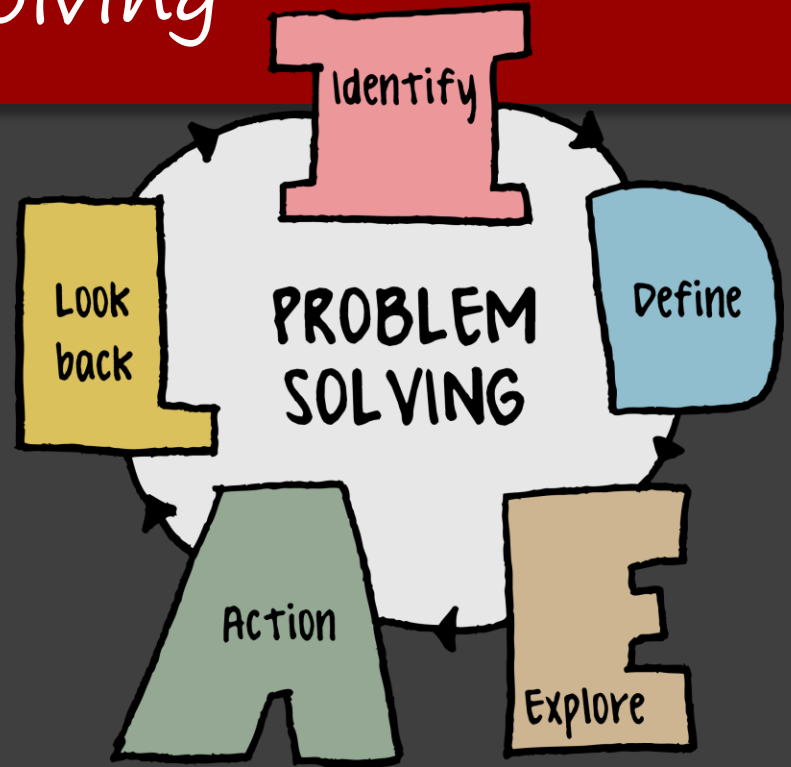




# Problem Solving

What is the problem, and what would be possible solutions?

(ex - starting a homework project, sending an email to a professor)



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# Problem Solving

## Homesickness

Focus your energies on documenting your journey: journal, take pictures, use social media, etc. Write daily as much as you wish, but at least one page everyday. If you can, do it in the language of the country you are visiting.



# Problem Solving

## Homesickness

Find local and free activities.

Focus your energies on documenting your journey: journal, take pictures, use social media, etc. Write daily as much as you wish, but at least one page everyday. If you can, do it in the language of the country you are visiting.



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# Flip that Notecard Over

Things that Help me Reduce my Stress:



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# Mental Health



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# Mental Health & Study Abroad

The excitement of studying abroad will not distract you or cure clinical depression, an eating disorder, generalized anxiety, panic attacks, or other mental health difficulties.

The goal of studying abroad is to explore a culture, not escape from the life you have.

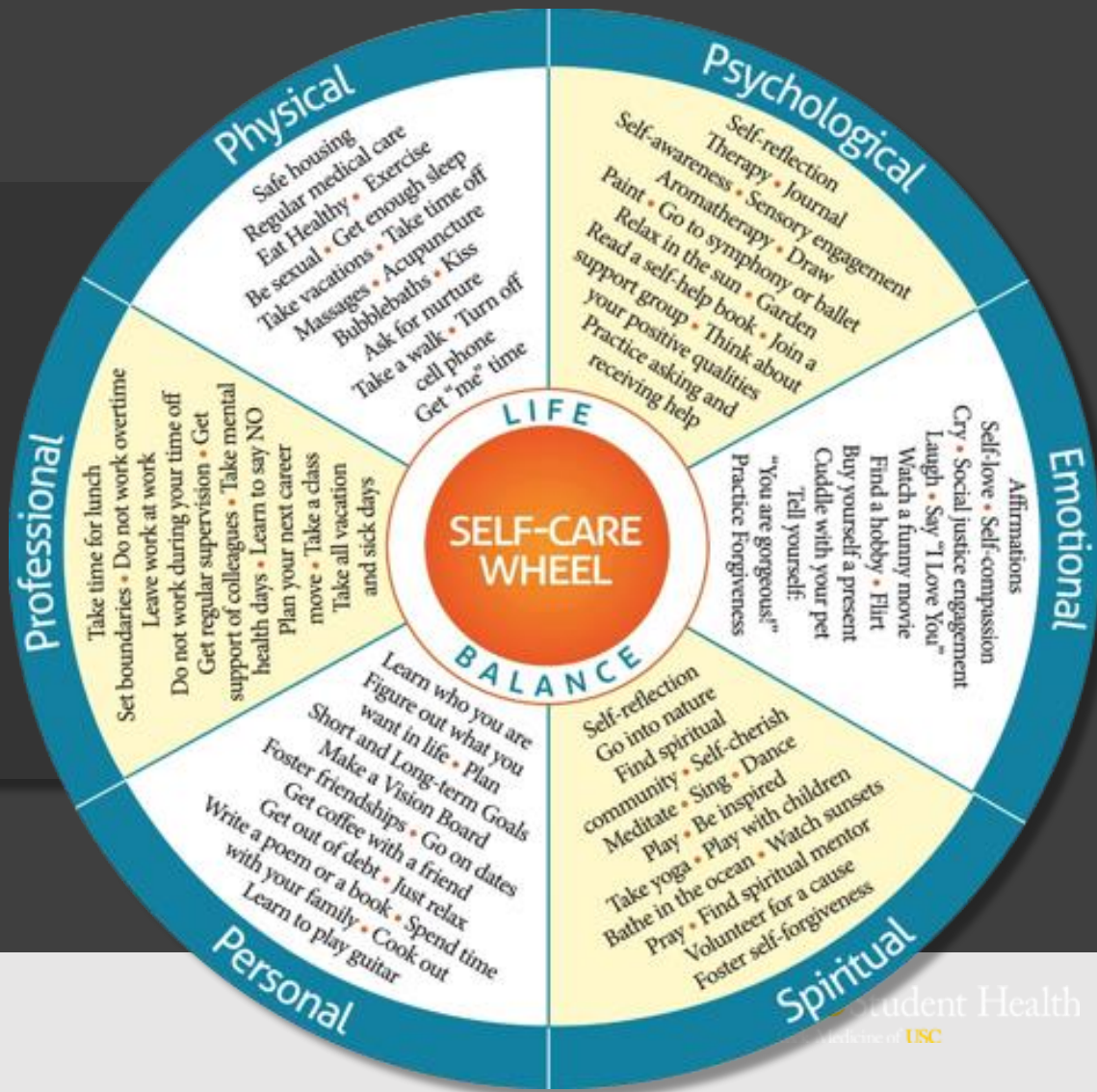


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CALM  
AND  
FIGHT ON  
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Take  
care of  
YOU!



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# Don't Forget the Basics

- Eat healthily
  - Stabilize, decrease or eliminate caffeine use
- Sleep on a regular schedule
- Exercise frequently

## 5 TOP TIPS FOR RELIEVING STRESS

Eat nutritious food—fill your plate with lean meats, fresh fruits and veggies.



Exercise: Find something you enjoy and do it each day!



Drink lots of water!

Get at least 7 hours of sleep each night.



Make a task list and mark each thing off as you go.



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# The Final Chapter

**Things that Help me Reduce my Stress:**

**RESOURCES:**

**My Strengths & Positive Coping Skills:**

**People who could help:**

**Campus & Other Resources:**





# Resources!



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# *iSOS Resources while Abroad*

- AETNA SOS studying abroad international benefits resources
- APP to download <https://www.internationalsos.com/>



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# Campus Resources



- **DPS:** Dept. of Public Safety (213) 740-4321
- **CSI:** Crisis Support & Intervention
- Mindful USC app

For people struggling, please call the **National Suicide Prevention Lifeline** at **1-800-273-TALK (5233)** and the Crisis Text Line (**Text "START" to 741-741**)

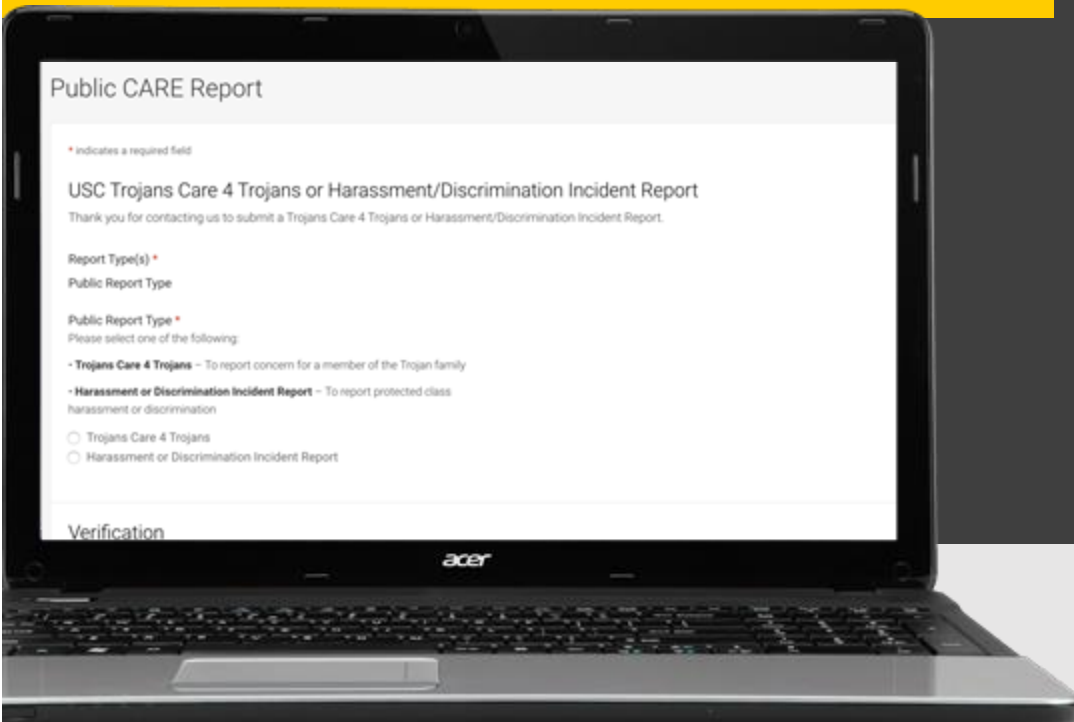


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# Trojans Care 4 Trojans

A *private & anonymous* online report for **non-emergency** student concerns

- Through the Office of Campus Wellness and Crisis Intervention
- Connects them to individuals who are committed to student safety
- Access via:  
<https://campussupport.usc.edu/trojans-care-4-trojans/>



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# Counseling & Mental Health

Telehealth and Zoom

One-on-one Therapy

Group therapy

Psychiatry

Workshop via Zoom –  
sign up on MySHR



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Need an  
appointment?



Call us! Our 24/7 line is:  
**(213) 740-9355(WELL)**



Visit MySHR!  
**[usc.edu/MySHR](https://usc.edu/MySHR)**

For group and workshop listings, visit  
**[studenthealth.usc.edu](https://studenthealth.usc.edu)**

# COVID-19 FAQs

## How do I make an appointment?

Call 213-740-9355 or go to MySHR

## What are my options re: meeting a therapist?

Phone or Zoom meeting

## How is my confidentiality protected?

Zoom is HIPPA compliant and confidential.

## Any Questions?

Call the **COVID-19 hotline**, including questions for the Emergency Operations Center (EOC) team: **213-740-6291**

- For students, faculty and staff encountering difficulties returning to the United States from abroad due to travel restrictions
- For the USC community, including parents of current students, to ask any questions related to COVID-19

For the latest USC COVID-19 updates, visit:

<https://sites.usc.edu/coronavirus/>



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# Thank you!

*Don't forget, it is always okay to seek help.*



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Please Scan to Fill Out our Survey

We want to  
know what  
you think!

