

SELF-CARE CHECKLIST

TRIP DATES _____

BEFORE I GO	✓	WHILE I'M ABROAD	✓
Set up communication expectations with my support network at home. Discuss with friends and family how, and how often, we will stay in contact while I am traveling.		Take care of yourself! Proper nutrition, hydration, exercise, and sleep are just as important abroad as they are back home.	
Save the OU emergency phone number in the cell phone I will be using while abroad.		Avoid drugs and alcohol to prevent interference with medication or worsening of my condition.	
Prepare a First Aid Kit as access to common, over-the-counter medications may change in my host country.		<p>Use positive coping skills to manage stress:</p> <ul style="list-style-type: none"> • Form a routine for stability, but plan for some exploration with friends • Practice deep breathing, yoga, tai-chi, qigong, self-reflection, meditation, or other relaxation exercises • Journal or keep a photo diary to stay grounded as you reflect on your new experiences. Don't be afraid to journal about negative or difficult experiences as well, provided that doing so does not overwhelm you. Always take care of yourself first! • Find ways to incorporate my current relaxation techniques abroad in a safe way • If you begin experiencing homesickness, culture shock, depression, anxiety, or other issues, don't bear it all alone. Reach out to a trusted friend, family member, professional counselor, or on-site support if you need help. 	
<p>Speak with my doctor about any current or past medical issues that may impact my study abroad experience and how I plan to handle these while abroad.</p> <ul style="list-style-type: none"> • Get a physical to fully understand my condition prior to leaving • Plan how I will get my medication for the duration of my program • Research if there are any legal restrictions on my medication in my host country, and what documentation I may be required to provide • Understand the relevance of any allergies I may have in my host culture • Know how to contact my doctor from abroad, if necessary 		Manage my medications during travel, paying close attention to time changes and packing my medication in my carry-on for easy access.	
<p>Prepare to address my health conditions in my host country:</p> <ul style="list-style-type: none"> • Learn the vocabulary associated with my condition in my host country • Find out what resources my host institution has available, like an on-campus clinic • Research English-speaking doctors, if applicable • Understand what my <u>OU International Health Insurance (CISI)</u> covers and examine if I need additional insurance for pre-existing conditions 		MY STUDENT SUPPORT PROGRAM (MY SSP)	
Expect some challenges and difficulties with traveling and culture shock, and have a plan for combating stress.		<p>My SSP offers 24/7, confidential multilingual mental health care support through content focused on your wellbeing and success. You can text or talk with a My SSP counselor right from the app anytime, day or night.</p> <p>Access My SSP by downloading the app on your mobile device or by visiting their website: www.myssp.app/ca/home. Be sure to select the University of Oklahoma as your university.</p>	