

# EMOTIONAL SELF-CARE DURING THE COVID-19 PANDEMIC

Since the onset of COVID-19, individuals' daily lives and routines have been turned upside down. This is true for students as well who have been forced to move, adapt - both work and school - and make adjustments frequently, if not daily.

During this time, it is imperative for you to take care of yourself, physically, mentally, and emotionally. Stress and coping look different for everyone; there is not a one size-fits-all approach. Here you will find some tips for taking care of yourself and hopefully find a few that work best for you.

Please note, these tools and resources are suggested and not necessarily linked to Johns Hopkins University.



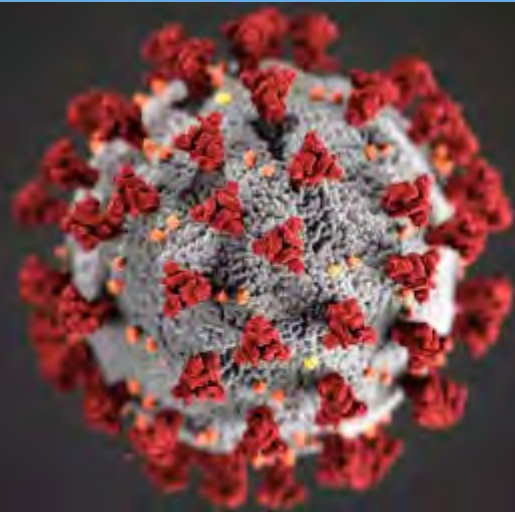
JOHNS HOPKINS  
UNIVERSITY

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**Student Health & Well-Being**

# Stay informed, but not overwhelmed.

Limit time spent watching or reading news coverage of COVID-19.

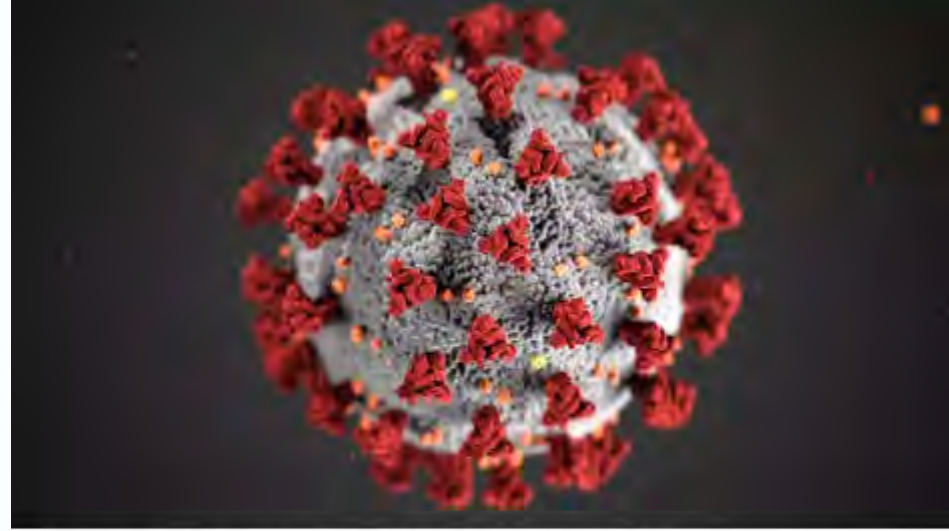


## **Coronavirus Disease 2019 (COVID-19)**

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 Centers for Disease Control and Prevention | CDC | Jul 28





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 Centers for Disease Control and Prevention · CDC · Jul 17



### **What is social distancing and how can it slow the spread of COVID-...**

Read the latest guidance from CDC and Johns Hopkins experts on measures to...

 The Hub · Mar 13

Remain safe by  
practicing social  
distancing and  
following  
recommendations  
from the CDC.

# COVID-19 resources available in native languages from around the world:

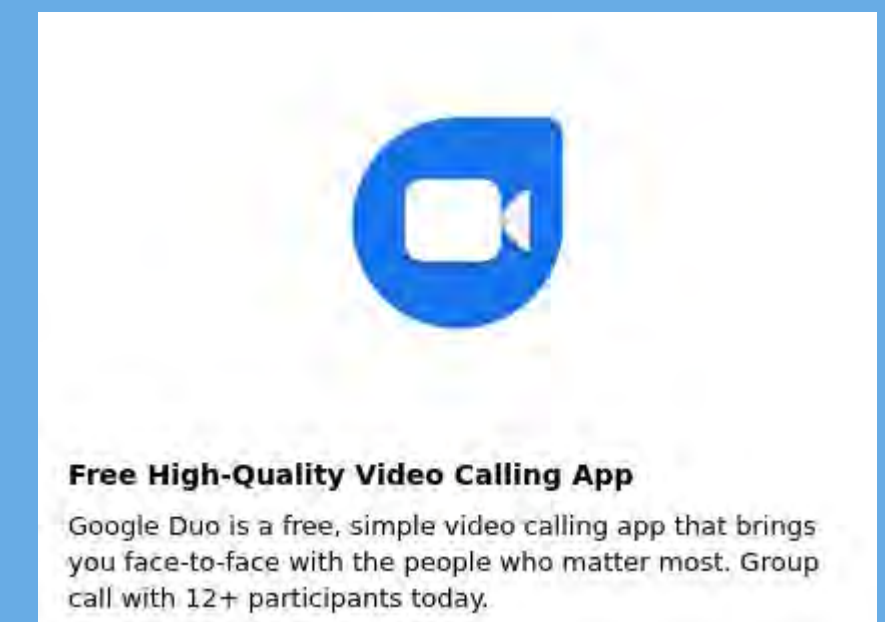
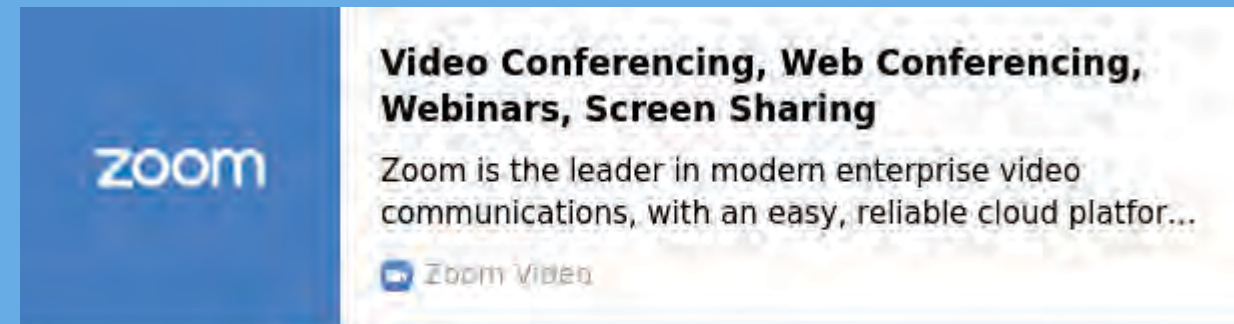
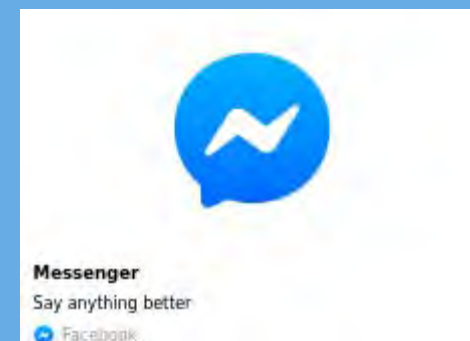
- [Native Hawaiian, and Pacific Islander in-language Resources.](#)
- [COVID-19 Pandemic from World Health Organization](#)
- [COVID-19 Information-Multilingual](#)
- Some news publications have removed their paywalls to make it as easy as possible for readers to stay up to date on the COVID-19 pandemic, either entirely or specifically on COVID-19 stories. Check national and local news in your area.

# Stay connected. Social distancing does not mean social isolation.

Be creative! Try and enjoy a few new and different (and remember, temporary) ways you can connect. Consider watching a movie together, playing a game, starting a club, eating a meal, having 'happy hour,' or talking by phone or video. Read more from ['How to Manage Your Loneliness'](#) or [how to cope with social distancing](#) from the American Psychological Association.



# WAYS TO CONNECT



53 Virtual Activity Ideas to Keep  
College Students Engaged During  
COVID-19

# Maintain a healthy and balanced diet, if possible.



Read:

Eating during COVID-19:  
Improve your mood  
and lower stress

If you are experiencing food insecurity, reach out to resources at JHU (FLI, SOS, etc.), and search local news websites such as CBS and Baltimore City Health Department if you are in Maryland.

Some local restaurants are assisting with food or offering specials (free family meals, free pizza, and food donations) to people laid off from work in the service industry.

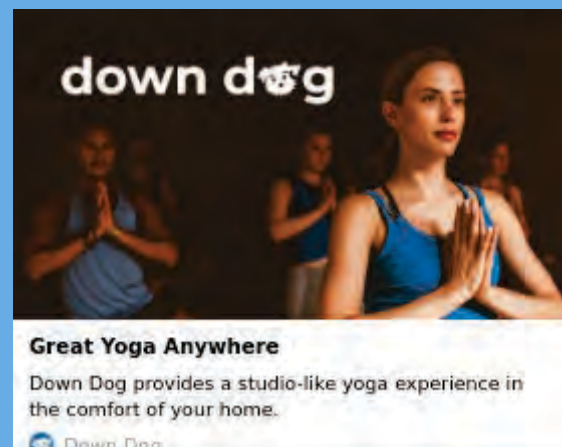
There's also the Maryland Food Bank and many local groups are collecting food for distribution. If you need help, you can call 211 for information.

Coronavirus Resources: How To Get Help In Maryland

# Keep up physical activity while at home.

Exercise is a wonderful way to stay healthy, boost your mood, and take a break from daily stress. Below are some free resources for staying active while at home.

The JHU Rec Center is hosting free virtual group fitness classes. Please check out the group fitness class schedule for more information [here](#).



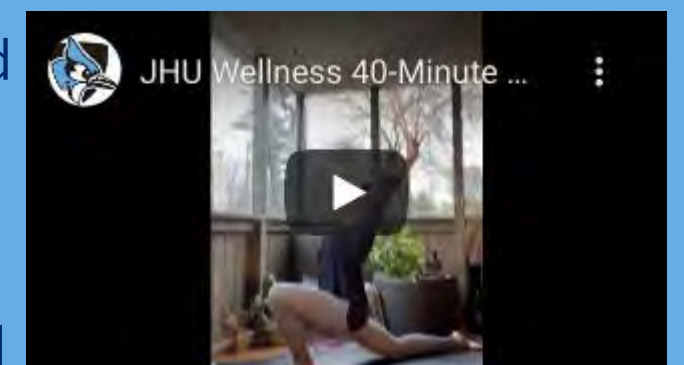
Additionally, folks at CHEW, Athletics, and the Counseling Center, have created two mindful yoga videos featuring Nila Michali Berger, a popular Rec Center yoga teacher who has also worked with Athletics and the Counseling Center. The first video is a quick 15-minute sequence, good for beginners and a quick reset if you're stressed.



The second is a 40-minute vinyasa flow, adaptable for beginners and more advanced practitioners. Both videos are located on the right.



There are also resources free to students until July being offered with any .edu email account. Click images on the left to see more.





# Create a manageable routine.

Free literature and resources to help implement and plan work and time management from home.

Two FREE books are available online

- "The Year Without Pants" by Scott Berkun
- "Take Control of Working From Home Temporarily" by Glenn Fleishman



## 38 Apps and Add-Ons That Transformed My Productivity

An ADHD app expert—who's personally downloaded more than 1,000 apps—shares his top picks for boosting ADHD productivity with technology.



**30/30 | You have never experienced a task manager like this!**

30/30 - You have never experienced a timer app quite like this! Simple. Attractive. Useful...

 [binaryhammer.com](http://binaryhammer.com) Binary Hammer

# Take a break from work and screen time.

Taking a break can actually improve work and creativity. Learn more [here](#).





**Tiny Desk:**  
Intimate concerts, recorded live at the desk of All Songs Considered host Bob Boilen.  
by NPR Music | Oct 1, 2019



**Virtual Concerts and Broadway Shows to Watch During the Coronavirus Shutdown**



**10 amazing virtual museum tours**

Virtual Museum Tours are steadily becoming more and more common. VR has the power to transport users to places they might never be able to visit in real life. <\/p>
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by NPR Music | Dec 1, 2019

**2,500 Museums You Can Now Visit Virtually**

If you're feeling hungry for art while you're sheltered at home, here are our 22 selections out of 2,500 world-class museums and galleries that are now<\/p>
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**Need to Get Outside? These 5 National Parks Offer Virtual Tours You Can Take From the...<\/b>

Google Arts & Culture has teamed up with five national parks in the U.S. so people can enjoy the beauty of the natural world while staying safely at<\/p>
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home. <\/p>
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**Animal Cams<\/b>**

Earth Cam presents a collection of the best animal cams<\/p>
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**NFL offers fans free access to NFL Game Pass<\/b>**

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**During the NBA Hiatus, watch a free preview of NBA League Pass<\/b>**

Watch the 2019-2020 NBA League Pass Preview on Feb. 20, 2020. <\/p>
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**52 Films, Virtually<\/b>**

A list of 52 films to watch virtually. <\/p>
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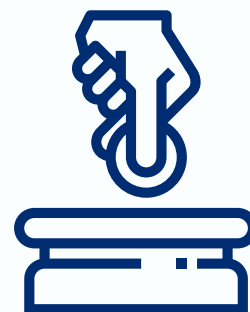
# Explore new ways to ‘get out of the house’.

- Attend a virtual concert or Broadway show
- Tour a variety of museums or art museums
- Visit a National Park
- Check out an Animal Cam
- Go to a Free NBA games from this season, and classic games or free NFL game replays
- Attend a TedTalk
- Travel virtually**



# Spend some time helping others and give back if you can.

If you are able, see what you can do in your community, from donating to a local food pantry, donating blood, donating to a local animal shelter, or supporting local shops and businesses with a gift card. If money is tight, consider writing a card or reaching out to someone you care about.

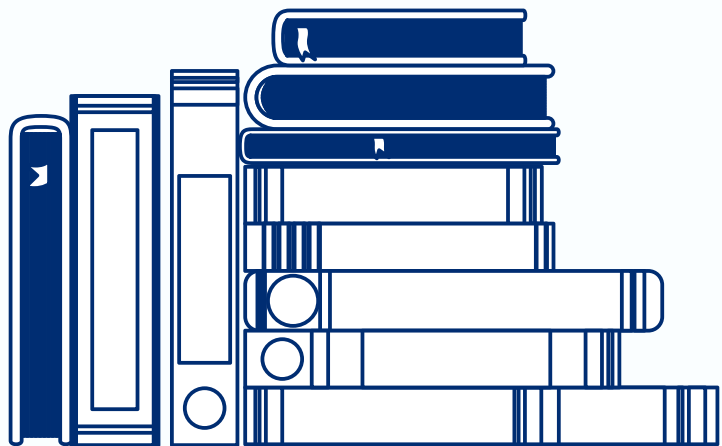




# Try something new.

While it may be hard to be enthusiastic about being stuck inside, take the opportunity to do or try something new...

- Cooking or baking
- Gaming (there are a wide variety of kinds to try)
- Reading (free e-books from your local library)
- Music
- Plan something for the future
- Get creative
- Learn a language
- For more ideas check out '[At Home](#)'



# Take time to decompress and de-stress.

Each person will likely experience this life disruption differently, and it is perfectly understandable to feel any number of ways. Remind yourself this is a time of adjustment.

The next several pages offer tools for practicing mindfulness, breathing, mediation, and changing mindset. Each of these skills is a wonderful way to focus on the present and let go of what you cannot control.



# Mindfulness, Breathing & Meditation

Click each to learn more

LIBERATE MEDITATION

HEADSPACE

VIRTUAL HEALTH AND WELLNESS  
RESOURCES

BREATH2RELAX

AURA

SANVELLO

STOP, BREATHE & THINK

CALM

INSIGHT TIMER

TACTICAL BREATHER

52 FREE MINDFULNESS EXERCISES

DR. NEDA GOULD, FACULTY MEMBER IN THE DEPARTMENT OF PSYCHIATRY AND BEHAVIORAL SCIENCES AND DIRECTOR OF THE MINDFULNESS PROGRAM, WILL BE LEADING DAILY MEDITATIONS AT 8 AM, 12 PM AND 5 PM OPEN TO THE ENTIRE JOHNS HOPKINS COMMUNITY. SESSIONS WILL BE 30 MIN IN LENGTH AND WILL INCLUDE A VARIETY OF MINDFULNESS MEDITATION PRACTICES IN A VIRTUAL FORMAT. OPEN THE FOLLOWING [ZOOM LINK](#) AT THE SCHEDULED TIMES TO JOIN.

[THE OHIO STATE UNIVERSITY WEXNER MEDICAL CENTER](#) HAS SEVERAL AUDIO FILES AVAILABLE FOR MINDFULNESS PRACTICES IN BREATHING, SELF-AWARENESS, THOUGHTS, BODY SENSATIONS, EMOTIONS, AND BODY SCAN.

# Mindset & Positive Thinking

Click each to learn more

VIRTUAL HOPEBOX

DAY ONE

POSITIVE ACTIVITY JACKPOT

GRATEFUL

HAPPIER

GRATITUDE

HAPPIFY

THINK UP

365 GRATITUDE JOURNAL

THE SCIENCE OF WELL-BEING

FREE ONLINE PROGRAM OFFERING A SERIES OF CHALLENGES DESIGNED TO INCREASE HAPPINESS AND BUILD MORE PRODUCTIVE HABITS

GUIDANCE FROM THE POSITIVE PSYCHOLOGY CENTER AT THE UNIVERSITY OF PENNSYLVANIA.

NUMEROUS COPING TOOLS, VIDEOS, AND INFORMATIONALS FROM WESTERN KENTUCKY UNIVERSITY.



# Therapeutic apps for use at home.

Click each to learn more

## **COGNITIVE DIARY**

### **CBT SELF-HELP**

Uses self-help tools from cognitive-behavioral therapy (CBT) to challenge irrational thinking causing distress.

## **DBT SKILLS VIDEOS**

DBT (Dialectical Behavior Therapy) skills to help with stress, anxiety, and overwhelming thoughts and feelings. Learn more by watching a few videos.

## **SILVER CLOUD**

Online CBT based app free for all full-time JHU students over the age of 18.

## **DEPRESSION CBT SELF-HELP GUIDE**

Offers both education and resources for depression, CBT and self-care habits.

## **CALM HARM**

Skills from Dialectical Behavior Therapy (DBT) skills specifically designed to help users resist or manage the urge to self-harm

## **7 CUPS**

For anxiety and stress. You can talk with a bot or a live volunteer listener, and learn and practice skills to help reduce and manage anxiety

## **STOP PANIC AND ANXIETY SELF-HELP**

Focuses on assisting those with the fear of having a panic attack and sensations when having a panic.

# REMEMBER!

SEEK PROFESSIONAL EMOTIONAL SUPPORT  
IF YOU NEED IT. STUDENTS CAN STILL  
ACCESS TELE-HEALTH OPTIONS AND  
AFTER HOURS CRISIS RESOURCES. PLEASE  
CALL OR EMAIL BEFORE GOING TO ANY OF  
THESE LOCATIONS. MOST SERVICES ARE  
BEING PROVIDED REMOTELY TO PROTECT  
ALL IN OUR COMMUNITY.

**HOMewood AND PEABODY UNDERGRADUATE AND  
GRADUATE STUDENTS**

CAN ACCESS THE COUNSELING CENTER.

**CAREY GRADUATE STUDENTS**

CAN ACCESS THE JOHNS HOPKINS STUDENT ASSISTANCE  
PROGRAM.

**GRADUATE STUDENTS FROM EAST BALTIMORE**

CAN ACCESS EITHER THE JOHNS HOPKINS STUDENT ASSISTANCE  
PROGRAM OR  
UNIVERSITY HEALTH SERVICES.

**-SHEPPARD PRATT VIRTUAL CRISIS WALK-IN CLINIC-**

SHEPPARD PRATT VIRTUAL CRISIS WALK-IN CLINIC IS  
AVAILABLE TO ANY INDIVIDUAL LIVING IN MARYLAND  
IN NEED OF URGENT PSYCHIATRIC CARE. CLINICIANS  
AVAILABLE MONDAY - FRIDAY, 10:00 A.M. - 9:00 P.M.,  
AND SATURDAYS, 1:00 P.M. - 4:00 P.M. TO ASSESS  
YOUR NEEDS AND CONNECT YOU WITH CARE. CLICK  
HERE.

# Not in the Baltimore area?

Many agencies are practicing Telehealth services at this time...click each to learn more.

## **TALKSPACE**

Free app that allows you access to an online licenced professionals.

## **TIMELYMD**

Available to JHU students from April 30, 2020 until July 10, 2020. Create an account with your .edu email address, enter the service key JHU2020, and you are ready to get started

## **BETTER HELP**

100% online private and paid therapy service with licensed professionals.

## **DOCTOR ON DEMAND**

Virtual visits with licensed professionals.



# HOTLINES & ONLINE RESOURCES

- [National Suicide Prevention Lifeline](#) at 1-800-273-TALK (1-800-273-8255) 24/7 free, confidential phone line that connects individuals in crisis with trained counselors across the United States. People do not have to be suicidal to call – reasons to call include: substance abuse, economic worries, relationships, sexual identity, illness, getting over abuse, depression, mental and physical illness, and loneliness. Check out their website for specific resources for youth, disaster survivors, Native Americans, Veterans, Loss Survivors, LGBTQ+, attempt survivors, Spanish speaking, and deaf, hard of hearing, or hearing loss. Hotline also has Tele-Interpreters service, which supports over 150 languages.
- [Suicide.org](#) at 1-800-SUICIDE (1-800-784-2433)
- [Jed Foundation for Teen/Young Adult Suicide Prevention](#)
- [The Trevor Project Lifeline](#) LGBTQ+ Youth Suicide Hotline (1-866-488-7386) Call, Text, and Chat options available through their website 24/7 as well as LGBTQ+ specific education and resources.

# HOTLINE & ONLINE RESOURCES CONTINUED

- [TransLifeLine](#) (877-565-8860) Trans Lifeline is a national trans-led organization dedicated to improving the quality of trans lives by responding to the critical needs of our community with direct service, material support, advocacy, and education. Our vision is to fight the epidemic of trans suicide and improve overall life-outcomes of trans people by facilitating justice-oriented, collective community aid.
- [Crisis Text Line for self-harm](#)
- If you are feeling isolated or know someone who is struggling explore resources specifically for mental health and COVID-19 from [American Foundation for Suicide Prevention](#).
- [Information on COVID-19 for Survivors, Communities, and Domestic Violence/Sexual Assault Programs](#)
- [I'mAlive, online crisis network](#)