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.
Stay informed, but not overwhelmed.

Limit time spent watching or reading news coverage of COVID-19.
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.
53 Virtual Activity Ideas to Keep College Students Engaged During COVID-19

- Houseparty
  - Face to Face Social Network
  - Group video chat to help you and your friends be together when you’re not together.

- Zoom
  - Video Conferencing, Web Conferencing, Webinars, Screen Sharing
  - Zoom is the leader in modern enterprise video communications, with an easy, reliable cloud platform.

- Messenger
  - Use FaceTime with your iPhone, iPad, or iPod touch
  - Learn how to use FaceTime to make video and audio calls from your iPhone, iPad, or iPod touch.

- WhatsApp
  - Communication tool for free calls and chat
  - Stay in touch! Free online calls, messaging, affordable international calling to mobiles or landlines and Skype for Business for effective collaboration.

- Google Hangouts
  - Hangouts brings conversations to life with photos, emoji, and even group video calls for free.

- WhatsApp Messenger: More than 2 billion people in over 180 countries use WhatsApp to stay in touch with friends and family, anytime and anywhere. WhatsApp is free and...

- Free High-Quality Video Calling App
  - Google Duo is a free, simple video calling app that brings you face-to-face with the people who matter most. Group call with 12+ participants today.
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
Take a break from work and screen time.

Taking a break can actually improve work and creativity. Learn more here.
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.
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.

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.
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<th>Activities</th>
<th>Resources</th>
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<tr>
<td>Virtual Hope Box</td>
<td>The Science of Well-Being&lt;br&gt;Free online program offering a series of challenges designed to increase happiness and build more productive habits</td>
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<td>Day One</td>
<td>Guidance from the Positive Psychology Center at the University of Pennsylvania.</td>
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<td>Positive Activity Jackpot</td>
<td>Numerous coping tools, videos, and informationals from Western Kentucky University.</td>
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<td>Grateful</td>
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<td>Happier</td>
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<td>Happyfify</td>
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<td>Think Up</td>
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<td>365 Gratitude Journal</td>
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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.

**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.

**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.

**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 JOHN HOPKINS STUDENT ASSISTANCE PROGRAM.

GRADUATE STUDENTS FROM EAST BALTIMORE CAN ACCESS EITHER THE JOHN 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 licensed 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.
- **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.
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.

- 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

- Information on COVID-19 for Survivors, Communities, and Domestic Violence/Sexual Assault Programs

- I'mAlive, online crisis network