



COVID-19 Wellness Resources

Maintaining Your Mental Health

- COVID-19 Resource and Information Guide from NAMI: Considering the news, [here are tips and practices we recommend to maintain your mental well-being](#).
- [Looking After Our Mental Health](#)- World Health Organization
- [Speaking of Psychology: Coronavirus Anxiety](#) – American Psychological Association
- [7 science-based strategies to cope with coronavirus anxiety](#) – The Conversation
- [Expert Offers Practical Advice to Manage Your Coronavirus Anxiety](#) – UVA Today
- [Coronavirus and Mental Health: Taking Care of Ourselves During Infectious Disease Outbreaks](#) – American Psychiatric Association (APA)

COVID-19 and Emotional Health

The COVID-19 pandemic has had a major effect on our lives. So many of us are facing challenges that can be stressful, overwhelming, and cause many difficult feelings. Please utilize the COVID specific resources listed here to support yourself and others during this time.

- [Taking Care of Your Mental Health in the Face of Uncertainty](#)
- [How to Care for Yourself](#)
- [Coping with Stress](#)
- [7 science-based strategies to cope with coronavirus anxiety](#)
- [What to Do If the Coronavirus Health Guidelines Are Triggering Your Anxiety or OCD](#)
- [Ambiguous Grief and Loss -Video](#)

- Taking Care of your Emotional Health – US Centers for Disease Control and Prevention (CDC)
- [Coronavirus Sanity Guide – Ten Percent Happier](#)

Pandemic Burnout

- [Healthline - Covid Fatigue](#)
- [Pandemic Burnout in Academia](#)
- [The importance of Well-being – Forbes](#)
- [Don't let fatigue turn into Burnout](#)

Tips to Manage Stress and Anxiety

- Feeling anxious? [Here are some things to keep in mind to help anxiety and stress, from the CDC.](#)
- [Tips to manage stress & worries](#) – The Jed Foundation
- [What to Do If the Coronavirus Health Guidelines Are Triggering Your Anxiety or OCD](#) – The Mighty
- [Coping with Stress](#) – US Centers for Disease Control and Prevention (CDC)
- [Taking Care of your Emotional Health](#) – US Centers for Disease Control and Prevention (CDC)
- [Mental Health and Coping During COVID-19](#) – US Centers for Disease Control and Prevention (CDC)
- [Preparing for a Mental Health Crisis](#) – Depression and Bipolar Support Alliance (DBSA)

Bereavement, Grief & Loss

- [Ways to Cope with Grief](#) - Handout
- [College Grief & Actively Moving Forward \(AMF\)](#) – [What's Your Grief \(WYG\)](#)
- [What's Your Grief?](#)
- [What's Your Grief Style?](#)
- [Self-Care for the Rest of Us](#)
- [Understanding Avoidance in Grief](#)
- [Guilt and Grief](#)
- [Supporting Shattered Worlds](#) - [Video Presentation](#)

Resources relating to grief from COVID-19

- <https://www.apa.org/news/apa/2020/04/grief-covid-19>
- <https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief>

WELLNESS RESOURCES

- [Resource Page: Mental and Emotional Wellness Tools](#) – Calm

- [Lifestyle Wellness Toolbox](#) – Depression and Bipolar Support Alliance (DBSA)
- [Coronavirus Sanity Guide](#) – Ten Percent Happier
- Wellness Apps

Other practical tips

- Schedule regular calls with friends and family
- Catch up with old friends you've been out of touch with anyway you like- email, phone, or on social media platforms.
- Play online games with friends
- Start a virtual book club
- Call or video-chat with friends while taking virtual tours together of [museums](#), [national parks](#), and more from [Google Arts & Culture](#).
- Start a recipe exchange with friends or family

Free Workout/Exercise Tools

- [Orange Theory at Home](#)
- [YMCA 360](#)
- [24 Go Fitness App](#)
- [CorePower Yoga](#)
- [Finding Ways to Workout in the Social Distancing World](#) – Duke Health & Fitness Center
- [Peloton App](#) – 90-day free trial, even if you don't have the bike!
- [50 Exercises for a Bodyweight Workout You Can Do Anywhere](#) – Greatist
- [The Best Home Muscle-Building Bodyweight Workout for Beginners](#) – Outlive
- [Ballet classes of all levels](#) – Ballet Nova Center for Dance Facebook page