



## HCC Mindful Mental Health Resources: Coping with COVID-19

As we enter the remainder of spring semester we at the Reed Health & Counseling Center (HCC), are working hard to try and find new and innovative ways to continue to support our Reedies through these unprecedented times. Now more than ever we need to be mindful of our mental health as we face obstacles associated with COVID19. We want to show our support to the Reedies near and far by sharing virtual ways to cope, connect and practice self-care. Cope by doing!!

### Do self-care:

1. Acknowledge your feelings. David Kessler, a grief expert discusses how COVID-19 may be bringing up feelings of [grief](#) and anticipatory grief and provides strategies for coping.
2. Try Practicing the "Apple" technique it can help decrease anxiety and worries:

**Acknowledge:** Notice and acknowledge the uncertainty as it comes to mind.

**Pause:** Don't react as you normally do. Don't react at all. Pause and breathe.

**Pull back:** Tell yourself this is just the worry talking, and this apparent need for certainty is not helpful and not necessary. It is only a thought or feeling. Don't believe everything you think. Thoughts are not statements or facts.

**Let go:** Let go of the thought or feeling. It will pass. You don't have to respond to them. You might imagine them floating away in a bubble or cloud.

**Explore:** Explore the present moment, because right now, in this moment, all is well. Notice your breathing and the sensations of your

breathing. Notice the ground beneath you. Look around and notice what you see, what you hear, what you can touch, what you can smell. Right now. Then shift your focus of attention to something else - on what you need to do, on what you were doing before you noticed the worry, or do something else - mindfully with your full attention.

3. Being present eases anxiety and worry. Try 1 or all 52 [free mindfulness exercises](#)

### **Do deep breathing:**

1. [Stressbusters app](#)--engage with a self-soothing video, progressive muscle relaxation, breather bubble tool, guided meditations, a journal feature and more
2. [CALM](#) app--free meditations, stories, music and yoga
3. More free mindfulness [meditations](#) and talks by Dr. Tara Brach on a variety of topics from anger to fear to compassion and caregiver resources

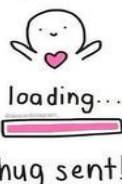
### **Do movement:**

1. [Stretching and movement](#) can help with anxiety and sleep
2. Check out a gentle yoga video
3. Choose from a variety of [free-trial workout](#) streaming services
4. Suggestions on ways to [stay active](#) during COVID-19
5. Free virtual classes through the [YMCA](#), no membership required

### **Do connection:**

1. Host a virtual Netflix party. Google chrome has an [application](#) that lets you watch Netflix with friends.
2. Send a virtual hug

sending virtual hug



3. If you are self-quarantining with loved ones, did you know that a [20 second hug](#) does wonders? Oxytocin (the "cuddle hormone") is released, a hormone that relaxes us and lowers anxiety. When it's

released during these 20-second hugs it can effectively lower **blood pressure** and reduce the **stress** hormone norepinephrine.

4. Have a dance off with friends and have a live virtual dance party
  - a. DJ Mel of Austin, TX will host weekly [Living Room Dance Parties](#) via Facebook Live. The next one is Saturday, 4/4 from 6-10pm.
5. Play online games together like Minecraft. [Discord](#) is a platform you can use to play and chat with friends at the same time.
6. Cards Against Humanity or Checkers more your speed? Have a [virtual game night](#) and use Google Hangouts or Facetime to chat while playing
7. Go old school and phone a friend (but maybe text them first and give them a heads up)
8. Pets are benefitting from our increased time at home. Share some of your best furry friend's antics with others online
9. Host a dinner party or charades with friends over Facetime or Google Hangouts
10. Start a personal/public blog, website or podcast
11. Find a penpal or write handwritten letters to friends/loved ones

### **Do help others:**

1. Donate to local food banks
2. Find ways to help young students who depend on school lunches
3. Buy a gift certificate to a local small business or restaurant
4. Check-in on your neighbors, friends who may be more vulnerable
5. Consider donating blood
6. Practice physical distancing
7. Share information responsibly and support those who create good information
8. Practice patience, kindness and understanding

Adapted from: [PBS Newshour](#)

### **Do laughter:**

Take time for some stress relief. [Laughter](#) can be one of these ways and has been associated with psychological health benefits

