



**We know that with everything going on, this can be an overwhelming time. Your well-being is of the utmost importance to us. Here are some resources to support you and your mental health through this crisis.**

## MENTAL HEALTH

- Don't overload on news.
- Find one source and stick to it. We recommend the Center for Disease Control (CDC) or World Health Organization (WHO).
- Check your chosen source one to two times a day.
- Know when you need to walk away.

### Separate what you can and cannot control.

- Don't get wrapped up in things happening outside of your sphere.
- You can control your own hygiene and your interactions with others.
- Know that the precautions put in place are for the safety of both you and your community.
- Decide what makes you feel safest and adhere to it.
- Don't punish yourself for worrying.

### Pay attention to your basic needs.

- Get adequate sleep.
- Keep up with proper nutrition.
- Drink lots of water.
- Spend time outdoors if possible.
- Engage in regular physical activity.

### Accentuate the positive.

- Take this time to be present and live in the moment.
- Engage in mindfulness or meditation practices to stay grounded.

### Virtual meditation guides:

- [Calm](#) is a free app featuring meditations, sleep stories, music, talks, and other resources.
- [Headspace](#) is an app that offers a 10 session basics course for free; subscription is required beyond that.
  - Focuses on everyday mindfulness.
  - Guided meditations centering on stress, anxiety, sleep, productivity, exercise, physical health and more.

### Reach out if you need more support.

- If you are feeling particularly anxious or if you are struggling with your mental health, it's okay to reach out to a mental health professional for support.
- Some schools are providing virtual counseling sessions - check your school.
- If you are feeling alone and struggling, you can also reach out to The Crisis Text Line by texting TALK to 741741 or the National Suicide Prevention Lifeline at 1-800-273-TALK.
- Check out [THIS](#) free online support group from Talkspace.

### Many online therapy companies are offering discounts at this time; some are linked below:

- [TalkSpace](#)
- [BetterHelp](#)
- [7 Cups](#) -They offer free peer support & trained listeners, as well as options for online therapy.

## SELF CARE

### Keep it moving.

- Take a walk in nature; Vitamin D, fresh air, a new environment, are all things that are good for you.

### Virtual fitness options:

#### Yoga:

- [Yoga Works](#) @yogaworks
- Free membership
- Yoga Works offers specific filters for yogis to choose their individual practice style, flow, duration, and level.

#### Full Body:

- [MWH Method](#) @melissawoodhealth #MWHmovement
  - Full body power flow/meditation free for public
  - Melissa leads classes via IG live
  - 7-day free trial - \$9.99 monthly
  - MWH Method offers guided workout schedules for pilates to cardio to meditation classes.

- [Obe Fitness](#) @obe\_fitness

- Live-On Demand Fitness network
- Offers 14 live classes a day +4,000 workouts/styles
- Free Month Trial by instructor, Madelaine O'Connell
- Code: "MADELAINE30"

#### Dance Cardio/Sculpting + Strength:

- [The Sculpt Society](#) @thesculptsociety
  - Founder, Megan Roup @meganroup
  - Offers 14-day free trial via TSS App for live daily classes
  - Limited time: yearly package is \$9.99/month
  - Must access through website

### Set a daily schedule.

- Keep up with a routine.
- Set a daily wake up time.
- Change out of your PJs.
- Eat at regular times.
- Plan out your day - schedule time for your work, breaks, activity, and rest.
- Set aside time to unwind each day.
- Take breaks from social media & the news.

### Be social, virtually.

- Remember that human connection promotes wellness.
- Consider scheduling at daily virtual meet-ups.
- Be intentional with your connections now.
- Read more [HERE](#) about ideas for ways to connect with your friends from afar.

### Take advantage of the time this provides.

- Follow @thehomeedit on Instagram for a daily home organization challenge.
- This might be the time to start a new book or game.
- [Subscribe](#) to the BuzzFeed Quarantine Today Newsletter for daily tips, recipes, articles, and more!

### Resource Links:

- [CNN](#)
- [Talkspace](#)
- [CDC](#)
- [AFSP](#)
- [Scientific American](#)