



Personal Care Resources

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 control from what you can't
 - 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 both you and your community
 - Decide what makes you feel safest and adhere to it
 - Don't chastise yourself for worrying
- Pay attention to your basic needs
 - Getting adequate sleep
 - Keeping up with proper nutrition
 - Drink lots of water
 - Getting outside as much as possible
 - Engaging in regular physical activity
- Accentuate the positive
 - Take this time to be present & live in the moment
 - Engage in mindfulness or meditation practices to stay grounded
 - Virtual meditation guides:
 - Calm
 - Free App and found online at www.calm.com/take-a-deep-breath
 - Meditations, sleep stories, music, talks, resources
 - Headspace
 - App
 - 10 session basics course is free; subscription required beyond that
 - Focused 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 ok to reach out to a mental health professional for support
- Some campuses are providing virtual counseling sessions – check your school
- If you're 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](#)
 - [Better Help](#)
 - [7 Cups](#)
 - They offer free peer support & trained listeners, as well as options for online therapy

- Resource Links:

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

Self Care

- Keep it moving
 - Take a walk in nature: Vitamin D, fresh air, a new environment; all things that are good for you
 - Virtual fitness options:
 - Yoga
 - Yoga Works @yogaworks
 - <https://www.myogaworks.com/subscribe/>
 - Free membership with promo code: "online"
 - Yoga Works offers specific filters for yogis to choose their individual practice style, flow, duration, and level.
 - Full Body
 - MWH Method @melissawoodhealth
 - <https://melissawoodhealth.com/>
 - #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
 - <https://obefitness.com/>
 - Live-On Demand Fitness network
 - Offers 14 live classes a day + 4,000 workouts/styles
 - Free Month Trial by instructor, Madelaine O'Connell
 - Code: "MADELAIN30"
- Dance Cardio + Sculpting + Strength
 - The Sculpt Society @thesculptsociety
 - <https://thesculptsociety.com/>
 - 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 work, breaks, activity, rest
 - Set aside intentional time to unwind each day
 - Take breaks from social media & the news
- Be social, virtually
 - Remember that human connection promotes wellness
 - Think about scheduling at least one virtual meet-up every day
 - Be intentional with your connections now
 - Read more [HERE](#) about ideas for way 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:
 - [Scientific American](#)
 - [CDC](#)