Self-Care and Coping Skills for Students and Health Professionals During COVID-19

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The idea of slowing a virus' spread so that fewer people need to seek treatment at any given time is known as "flattening the curve."
Social Distancing

Social distancing: measures taken to restrict when and where people can gather to stop or slow the spread of infectious diseases

- Social distancing measures include limiting large groups of people coming together, closing buildings and canceling events.
- Keeping a safe distance (approximately 6 feet) from others
What to Expect…

• Fear and anxiety
  • Feeling anxious or worried about yourself or your family members contracting COVID-19 or spreading it to others
  • Concerns about obtaining food and personal supplies

• Depression and boredom
  • Feelings of sadness or low mood
  • Extended periods of time spent at home can also cause feelings of boredom and loneliness

• Anger, frustration or irritability
  • Loss of agency and personal freedom associated with isolation and quarantine
  • Anger or resentment toward those who have issued quarantine or isolation orders or if you feel you were exposed to the virus because of another person’s negligence
  • Uncertainty or frustration about how long you will need to remain in this situation, and uncertainty about the future
Coping Strategies for Students

- Stay virtually connected with others
  - Using phone calls, text messages, video chat and social media to access social support networks.
  - Using these conversations as an opportunity to discuss their experiences and associated emotions.

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*ONLY available on Chrome browsers on desktop or laptop computers.
Mindfulness and Relaxation Exercises


**Free Guided Meditations**
Stream our free guided meditations to help you with your meditation practice. These free guided meditations are specifically geared for our Koru students, but will help anyone who is looking for guided help in their meditation practice.

- **Introduction to Mindfulness Meditation**
  Want to learn more about mindfulness and meditation?
  PLAY MEDITATION
  1.5 mins

- **Introduction to Gatha Meditation**
  Want to learn more about what a Gatha is?
  PLAY MEDITATION
  1.5 mins

- **Belly Breathing**
  Belly breathing is a calming skill that you can use to calm yourself if you’re feeling anxious or to quiet your mind to help with sleep.
  PLAY MEDITATION
  5 mins

- [https://www.uclahealth.org/marc/mindful-meditations](https://www.uclahealth.org/marc/mindful-meditations): offers meditations in Spanish
The Best Meditation Apps of 2019

Mindful Living Summit
This free online event, March 19-22, 2020, explores practical insights, guided mindfulness practices, and helpful tools.
Maintaining a healthy lifestyle

- Get enough sleep, eat well and exercise in your home when you are physically capable of doing so.
- Create and follow a daily routine.
  - Maintaining a daily routine can help preserve a sense of order and purpose in their lives despite the unfamiliarity of isolation and quarantine.

Health Professionals

• Burnout due to overstress in an increasingly burdened healthcare system
• Risking exposure to the COVID-19 coronavirus during the global pandemic
Ten Percent Happier

FREE ACCESS FOR HEALTHCARE WORKERS

We want to deeply thank and recognize healthcare workers all over the world who are responding to the COVID-19 pandemic. If you are a healthcare worker and are not currently subscribed to Ten Percent Happier, we would like to support you by offering free access to the app - please email care@tenpercent.com for instructions.

GUIDED MEDITATIONS

FOR CORONAVIRUS RESPONDERS

JAY MICHAELSON

At the center of ongoing need & chaos, it can feel impossible to be centered & grounded. Here's a portable practice for weathering the storm.
Managing Healthcare Workers’ Stress Associated with the COVID-19 Virus Outbreak

The wellbeing and emotional resilience of healthcare workers are key components of maintaining essential healthcare services during the COVID-19 virus (coronavirus) outbreak. Therefore, it will be crucial to anticipate the stresses associated with this work and put in place supports for healthcare workers. Monitoring and assessment of mental health and wellbeing of healthcare personnel will be important, along with efforts to ensure their successful reintegration with work colleagues, should they themselves become infected.

Both institutional supports and self-care strategies are important.
Other Resources

American Psychological Association:
• Social Distancing
• Pandemic Resources

SAMHSA:
• Tips for Social Distancing, Quarantine, and Isolation

Texas A&M University:
• Mental Health Coping During COVID-19

The Conversation:
• 7 science-based strategies to cope with coronavirus anxiety

Virginia Tech:
• COVID-19: Mental Health and Coping Resources

Magellan Health Insights
• Addressing anxiety about the coronavirus (COVID-19): Healthcare workers