

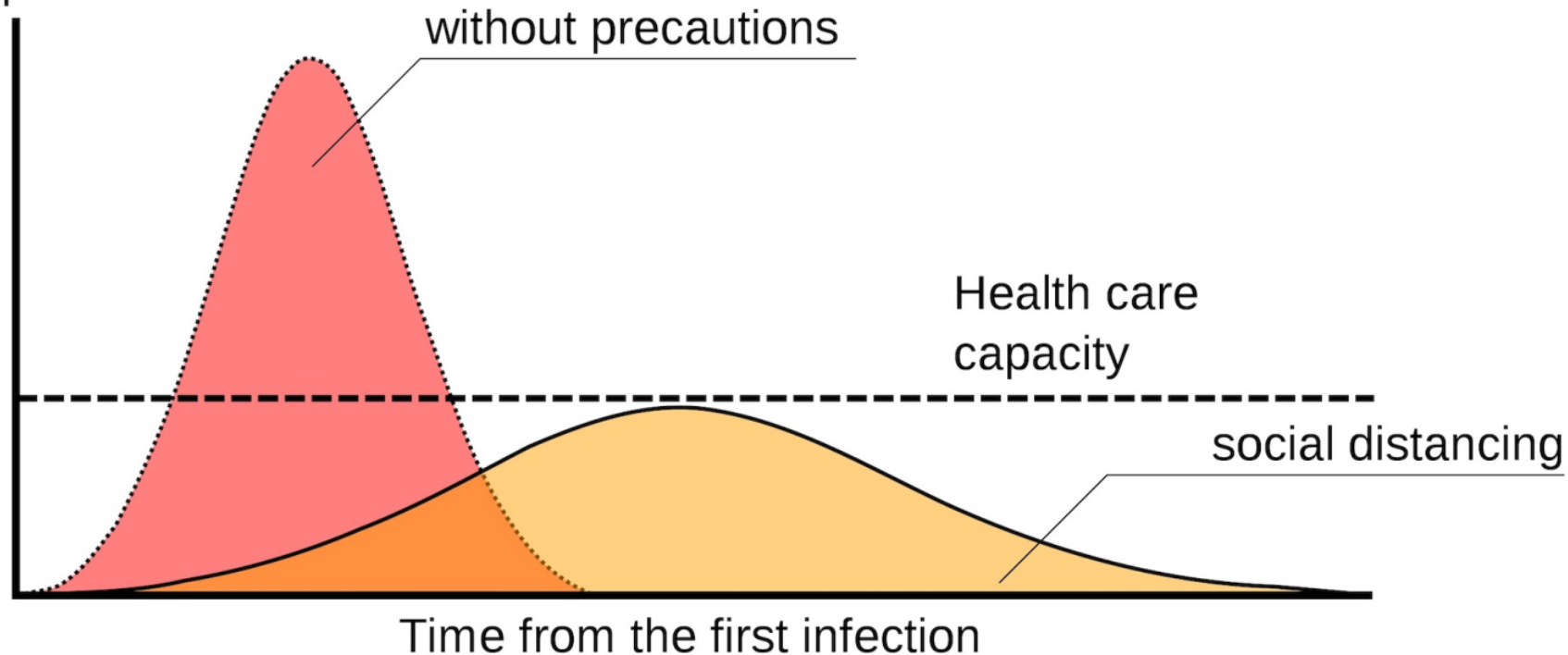
Self-Care and Coping Skills for Students and Health Professionals During COVID-19

Monica Oh, Ph.D.

Postdoctoral Psychology Fellow – Multicultural Emphasis
Counseling & Educational Support Services
The University of Kansas Medical Center

#Flattenthecurve

Number of
people infected



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

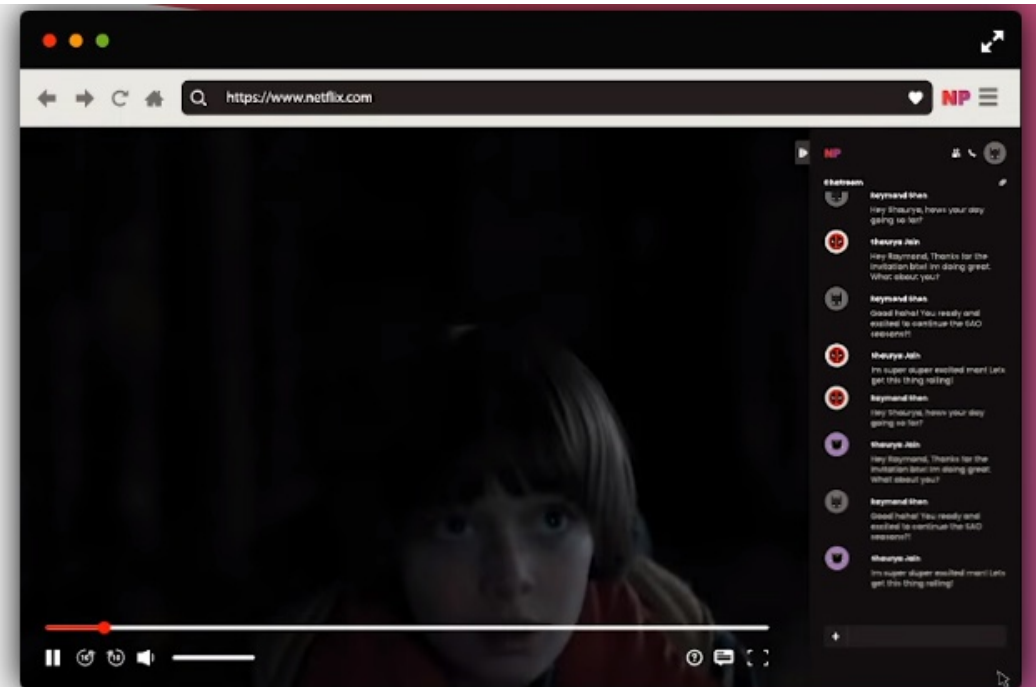
A new way to watch Netflix together

Netflix Party is a new way to watch Netflix with your friends online. Netflix Party synchronizes video playback and adds group chat to your favorite Netflix shows.

Join over 500,000 people and use Netflix Party to link up with friends and host long distance movie nights and TV watch parties today!

Get Netflix Party for free!

*ONLY available on Chrome browsers on desktop or laptop computers.



Mindfulness and Relaxation Exercises

- <https://student.korumindfulness.org/free-guided-meditations.html>

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>: offers meditations in Spanish

The Best Meditation Apps of 2019

<https://www.healthline.com/health/mental-health/top-meditation-iphone-android-apps>

The Best Meditation Apps of 2019

The Mindfulness App | Headspace | Calm | buddhify | Sattva |
Stop, Breathe & Think | Insight Timer | 10% Happier | Breethe | Omvana |
Simple Habit | Meditation & Relaxation Pro

• Mindful Living Summit

This free online event, **March 19-22, 2020**, explores practical insights, guided mindfulness practices, and helpful tools.

Taking Care of Yourself

During this time, you and your colleagues may be experiencing different reactions. There are several ways you can find balance, be aware of your needs, and make connections. Use this list to help you decide which self-care strategies will work for you.

- Practice brief relaxation techniques during the workday
- Check in with other colleagues
- Prepare for worldview changes that may not be mirrored by others in your life
- Increase leisure activities, stress management, and exercise
- Pay extra attention to health and nutrition
- Self-monitor and pace your efforts
- Maintain boundaries: delegate, say no, and avoid getting overloaded with work
- Pay extra attention to rekindling close interpersonal relationships
- Practice good sleep routines
- Make time for self-reflection
- Find things that you enjoy or make you laugh
- Participate in formal help if extreme stress persists for greater than two to three weeks
- Increase experiences that have spiritual or philosophical meaning to you
- Keep a journal to get worries off your mind
- Access support from colleagues routinely by sharing concerns, identifying difficult experiences and strategizing to solve problems
- Stay aware of limitations and needs
- Recognize when one is Hungry, Angry, Lonely or Tired (HALT), and taking the appropriate self-care measures
- Increase activities that are positive
- Practice religious faith, philosophy, spirituality
- Spend time with family and friends
- Learn how to "put stress away"
- Write, draw, paint
- Limit caffeine and substance use

https://www.nctsn.org/sites/default/files/resources/fact-sheet/taking_care_of_yourself.pdf

Maintain 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.



For Coronavirus Responders
Jay Michaelson

0:46 / 15:02

Managing Healthcare Workers' Stress Associated with the COVID-19 Virus Outbreak

- <https://www.ptsd.va.gov/covid/COVID19ManagingStressHCW032020.pdf>



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](#)