

COVID-19: Coping and Other Resources

CAPS



Counseling and
Psychological Services

A SELF-CARE CHECK LIST:

Remember, you are having normal human reactions. You are not going “crazy.” These are common responses to stress.

- Acknowledge reactions.** Allow yourself time to reflect on what you are feeling and how you may be reacting to any fears and uncertainties regarding the future.
- Maintain your day-to-day normal activities and outlets as possible.**
- Create Meaning.** Think about what would represent accomplishment at the end of the day for you. You will likely feel better about doing something that holds meaning for you versus if you have just passed or even wasted time.
- Have Fun.** Don't forget to integrate fun into your schedule. Take long baths using your favorite bath bombs, hike, notice your surroundings, post pictures on social media, play a Monopoly tournament, post a new TikTok video, do the thousand piece jigsaw puzzle, or make a new playlist or listen to your favorite playlist and have a dance party in your room!
- Keep Balance.** Plan a variety of activities including mental stimulation, physical activity, connection with others, fun, personal growth and accomplishment, and helping others.
- Grow.** Experiences matter. Work toward meaningful experiences that add something to your life. Choose something like relaxation, mindfulness, or meditation. New experiences mean new connections.
- Stay Connected.** Call or video chat with at least 1 person every day. Contact people who you usually do not have time to connect with. Write a letter to someone who helped you in the past. Do activities separately but together on FaceTime or Skype, such as watching the same movie, discussing the same book, cooking, or taking a nature walk. Continue or start meeting up with social groups, extracurricular groups, political, prayer or Bible study small groups, etc. via online video chat.
- Seek accurate information from The Center for Disease Control & Prevention (CDC) and limit exposure to social media and news reports that provide no new information.**
- Pay attention to positive news instead of only focusing on negative and fear-producing reports.**
- Follow the protection and prevention tips given by medical professionals such as the Health Center on the Grayslake campus, national medical authorities and your own medical doctor.**
- Seek supports & use campus resources.** Reach out to friends and family and learn about campus resources available to you. If you or someone you know has high distress that does not seem to be lessening, talk about it with others or seek additional resources. Currently enrolled students can call Counseling and Psychological Services (847 543-2032) to set up a phone appointment. CLC employees can call the Employee Assistance Program (EAP) at 1-800-523-5668.

Resources & Support

PODCASTS



Ten Percent Happier, How to Handle

Coronavirus Anxiety

podcasts.apple.com/us/podcast/how-to-handle-coronavirus-anxiety-special-edition/id1087147821?i=1000468295073

Tara Brach, Meditations and Coping

<https://podcasts.apple.com/us/podcast/tara-brach/id265264862>

SUPPORT ON SOCIAL MEDIA



Follow Active Minds on Instagram, Twitter, and their blogs for updates on what students are doing right now to cope during COVID-19.

[activeminds.org](https://www.activeminds.org)

EXERCISE



Free YMCA classes

[ymca360.org](https://www.ymca360.org)

Free CorePower Yoga

[corepoweryogaondemand.com/keep-up-your-practice](https://www.corepoweryogaondemand.com/keep-up-your-practice)

COLORING

Find and download coloring sheets of your choice for free.



[coloringnature.org](https://www.coloringnature.org)

VIRTUAL TOURS

Shedd Aquarium Live Cam

[sheddaquarium.org/exhibits/underwater-beauty-exhibit](https://www.sheddaquarium.org/exhibits/underwater-beauty-exhibit)

Brookfield Zoo "Bring the Zoo to You"

[czs.org/BringTheZooToYou](https://www.czs.org/BringTheZooToYou)

Art Institute of Chicago

[artic.edu/visit-us-virtually](https://www.artic.edu/visit-us-virtually)

PUT INTO ACTION: SELF-CARE IDEAS

Free Mindfulness Resources to Find Calm and Nourish Resilience

[mindful.org/free-mindfulness-resources-for-calm-during-covid-outbreak/](https://www.mindful.org/free-mindfulness-resources-for-calm-during-covid-outbreak/)



GUIDED AUDIO RELAXATION AND MEDITATIONS

Body Scan to Prepare for Sleep (13 min)

Breath, Sound, Body (12 min)

Breathing Meditation (5 min)

[uclahealth.org/marc/mindful-meditations](https://www.uclahealth.org/marc/mindful-meditations)

Compassionate Body Scan (23 min)

[self-compassion.org/wp-content/uploads/2016/11/bodyscan_cleaned.mp3](https://www.self-compassion.org/wp-content/uploads/2016/11/bodyscan_cleaned.mp3)

Mental Health Apps



Numerous mental health apps exist to support and encourage positive mental health practices. Many of these are free and available for download on your electronic device.



Calm

Meditations and sleep



Headspace

Meditations for stress and relaxation



Insight Timer

Meditations for stress, anxiety, sleep and relaxation



ThinkUp: Positive Affirmations

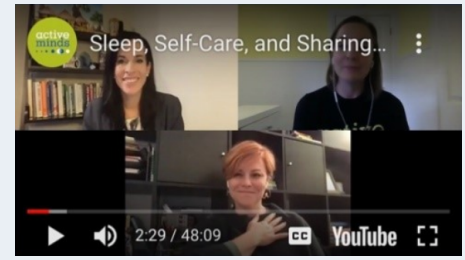
Affirmations and self-motivation



Stop, Breathe, & Think

Check in with your feelings and try short activities that align with your emotions

Videos



Sleep, Self-Care & Sharing a Productive, Healthy Indoor Environment



Communication in Quarantine - Tips to Encourage Mental Wellness in Close Quarters



Other General Resources

ULifeline: Your Online Resource for College Mental Health - ulifeline.org/main/Home.html

Guided Meditations, Helpful Tips, and Expert Voices - tenpercent.com/coronavirussanityguide

Coping with Social Distancing - apa.org/practice/programs/dmhi/research-information/social-distancing

Stress and Coping During Outbreaks - cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html?AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fmanaging-stress-anxiety.html

Coping and Staying Emotional Well During COVID-19 Related School Closures - activeminds.org/blog/coping-and-staying-emotionally-well-during-covid-19-related-school-closures/?fbclid=IwAR2plQb3iaO9rS6STYmRYyTtaN6NVmCURyOdMD_2CUOBXImh5-fpzpDVISo

A Free Guide to Living with Worry and Anxiety Amidst Global Uncertainty - psychologytools.com/articles/free-guide-to-living-with-worry-and-anxiety-amidst-global-uncertainty/

The CAPS staff at CLC would like to acknowledge their counseling center colleagues across the country for their contributions in regard to the development of this document. The information shared here is a compilation of resources generously shared by other counseling centers in an effort to offer support to our respective student communities.