



DO something*

Because We Care: Coping with COVID-19

Just like you, Alma College Counseling & Wellness is moving down a new path, a new reality associated with COVID-19. We are reaching out and sharing ways to help you take care of yourselves, no matter where you are! In this time where we are asked to use social distancing, we also need to feel connected.

Do something. choose self-care

1. Maintain a regular schedule. Go to sleep and wake up at the same time, set aside time for homework, exercise, and hobbies. Make this realistic using times when you really will go to bed and wake up. It is the only way that you will actually follow it, even if it is different than the average person!
2. Eat healthy!
3. Ask yourself; what can I control, what is deserving of my time and attention, and what is outside of my control?
4. Acknowledge your feelings. David Kessler, a grief expert discusses how COVID-19 may be bringing up feelings of [grief](#) and anticipatory grief and provides strategies for coping.
5. Limit your news intake. Is there a point where it's more anxiety inducing than it is beneficial or informative?
6. Spend time outside taking a walk, going for a bike walk or hike, or just sitting. [6 Benefits of Fresh Air](#)

Do something. choose mindfulness and deep breathing

1. Practicing the "Apple" technique can help decrease anxiety and worries:

Acknowledge: Notice and acknowledge the uncertainty as it comes to mind.

Pause: Don't react as you normally do. Don't react at all. Pause and breathe.

Pull back: Tell yourself this is just the worry talking, and this apparent need for certainty is not helpful and not necessary. It is only a thought or feeling. Don't believe everything you think. Thoughts are not statements or facts.

Let go: Let go of the thought or feeling. It will pass. You don't have to respond to them. You might imagine them floating away in a bubble or cloud.

Explore: Explore the present moment, because right now, in this moment, all is well. Notice your breathing and the sensations of your breathing. Notice the ground beneath you. Look around and notice what you see, what you hear, what you can touch, what you can smell. Right now. Then shift your focus of attention to something else - on what you need to do, on what you were doing before you noticed the worry, or do something else - mindfully with your full attention.

2. Being present eases anxiety and worry. There are several free mindfulness websites that offer deep breathing meditations, sleep music, exercises on recognizing and managing emotions, and more.
3. Exercises
 - A. [8 Mindfulness Exercises for Dealing with COVID-19](#)
 - B. [5 Free Mindfulness Activities](#)

4. Mobile Apps
 - A. [UCLA Mindful App](#)
 - B. [Smiling Mind App](#)
5. Journal your feelings and experiences with journal prompts:
 - A. [50 Therapeutic Journal Prompts](#)
 - B. [30 Journaling Prompts for Self Reflection and Discovery](#)
6. Utilize the senses to calm your anxiety: Find five things you see (colors, shapes), four things you hear, three things you can touch, two things you smell, and one thing you taste. Doing this helps you focus on the Here and Now instead of all your worries.
7. Use Aromatherapy. Here are five of the most common scents and what they invoke:
 - Citrus can brighten your mood with its fresh scent. Lemon is particularly effective producing a cheerful mood and reducing anxiety.
 - Rosemary and Cinnamon: Both scents can increase energy and improve mental focus.
 - Peppermint is known to be very uplifting, invigorating the mind and boosting energy levels. It also promotes focus and concentration.
 - Jasmine: This floral aroma can bring about feelings of optimism, confidence, and renewed energy.
 - Lavender has a unique ability to both calm and uplift. Its ability to reduce stress is what's behind the calm and joyful mood it produces in you.

Do something. choose connection

1. Continue to socialize! Use services like your phone or video chat to stay connected to the important people in your life.
2. Host a virtual Netflix party. Google chrome has an [application](#) that lets you watch Netflix with friends.
3. Have a dance off with friends or family or have a live virtual dance party
4. Play online games together! [Discord](#) is a platform you can use to play and chat with friends at the same time.
5. Have a [virtual game night](#) including Cards Against Humanity or Checkers and use Google Hangouts or Facetime to chat while playing
6. Phone a friend or family

7. Pets are benefitting from our increased time at home! Share some of your best furry friend's antics, pictures, or videos with others online
8. Host a dinner party or charades with friends over Facetime or Google Hangouts
9. Start a personal/public blog, website or podcast
10. Create a Tik Tok video
11. Do photo shoots in your yard
12. Find a penpal or write handwritten letters to friends/loved ones

Do something. choose the arts

1. Explore [art museums](#) from around the world virtually
2. Watch [Virtual concerts and Broadway shows](#)
3. Express your feelings through creative writing, painting, drawing, photography, clay, and music.
4. Watch videos on how to draw or paint
5. Read a classic or join a book club

Do something. choose music

1. Free virtual concerts
 - a. Rolling Stone: [In My Room concerts](#): (3 concerts a week)
 - b. [John Legend](#)
 - c. NPR's [Tiny Desk concerts](#) for the arts (Harry Styles, Chika, Taimane, Coldplay and more):
 - d. Live virtual [concerts](#) from NPR ranging from Experimental to Jazz and Americana to everything in between
 - e. Compilation of classical music and opera on demand as well as live streams from the [Guardian](#) and [Classic fm](#)
2. Make a music video
3. Create a variety of playlists highlighting different moods or activities
4. Play an instrument
5. Sing a song!

Do something. choose movement

1. [Stretching and movement](#) can help with anxiety and sleep
2. Print out a daily exercise program
3. Go for a walk, run, hike, or bike ride
4. Do a Scavenger Hunt with your family/roommates
5. Check out a gentle [yoga](#) video
6. Suggestions on ways to [stay active](#) during COVID-19
7. Free virtual classes through the [YMCA](#), no membership required

Do something. choose to help others

1. Donate to local food banks or help with school lunches or other food programs
2. Sew cloth masks and donate to community medical efforts
3. Buy a gift certificate to a local small business or restaurant
4. Check-in on your neighbors, family members, or friends who may be more vulnerable or just want to talk
5. Donate blood
6. Practice physical distancing
7. Share information responsibly and support those who create good information
8. Practice patience, kindness and understanding
9. Share positive thoughts and uplifting stories

Do something. choose nature

1. Try your “Green Thumb” and grow a plant, make it more challenging by starting with seeds!
2. Start an herb garden
3. Plant a tree
4. Do yard work and prepare for spring planting
5. Go for a scavenger hunt hike (i.e. collect pine cones, stones, leaves)
6. View nature through your windows or sit outside

Do something. choose cooking

1. How about experimenting with some [new recipes](#)?

2. Share your creations on social media and/or have a live cooking challenge with friends.
3. Bake and decorate your creations

Do something. choose sports

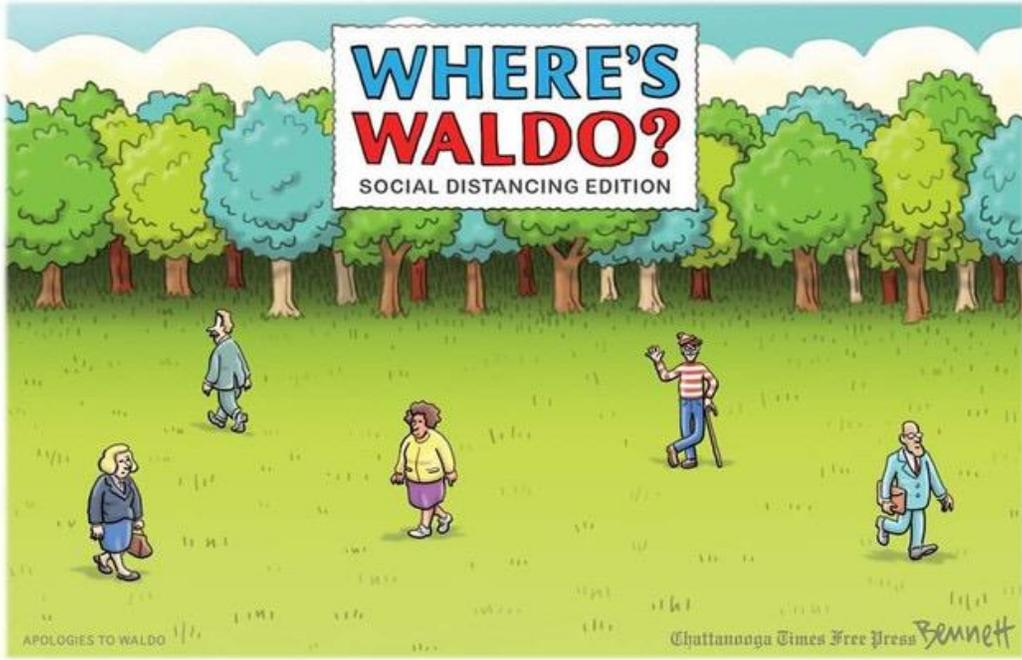
1. Desperately missing sports? Check out these free passes:
 - a. Free [NBA](#) League Pass: games from this season, and classic games
 - b. Free [NFL](#) Game Pass: game replays
 - c. Sports Channels are running previously played events
2. Throw a ball with a roommate or family member
3. Go for a run

Do something. choose laughter

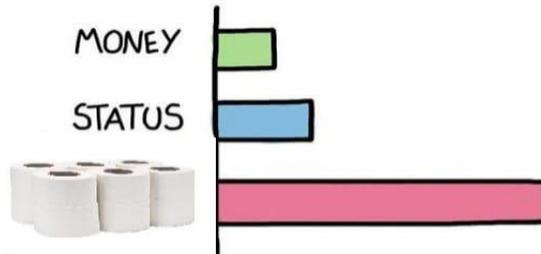
1. Take time for some stress relief. [Laughter](#) can be one of these ways and has been associated with psychological health benefits



Studying during COVID-19



WHAT GIVES PEOPLE FEELINGS OF POWER



Do something: always remember!

1. This is a shared experience. We are all in this together!
2. Decrease the spread of the COVID-19 by minimizing contact with others and social distancing!
3. Although you may feel isolated, we are connected by this common experience and remember to...



Be A True Scot and support your fellow students!

*A special thank you to the University of Michigan Counseling and Psychological Center for sharing sources!