

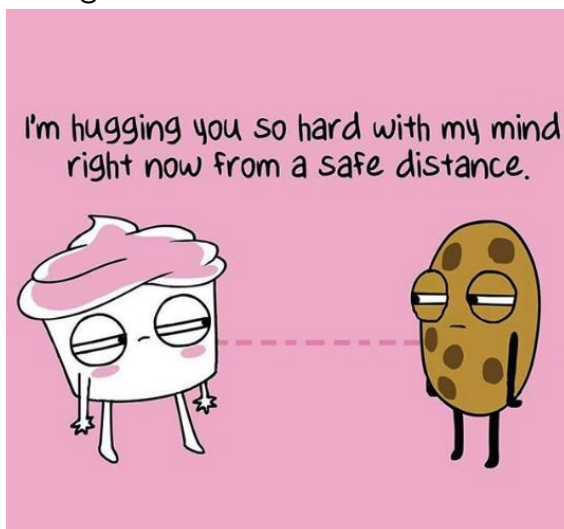


CAPS Mental Health Care Package: Coping with COVID-19

Just like you, Eastern Michigan University's Counseling & Psychological Services (CAPS) is venturing onto a new path, a new reality associated with COVID-19. We are reaching out (virtually, of course! #PhysicalDistancing) and sharing ways to help you take care of yourselves, no matter if you are in Michigan, in the US, or across the globe.

do something. choose connection

1. Host a virtual Netflix party. Google chrome has an [application](#) that lets you watch Netflix with friends.
2. Send a virtual hug



credit: @thegoodadvice

3. Have a dance off with friends and have a live virtual dance party
 - a. DJ Mel of Austin, TX will host weekly [Living Room Dance Parties](#) via Facebook Live. The next one is Saturday, 4/4 from 6-10pm.
4. Play online games together like Minecraft, Fortnite, or League of Legends. [Discord](#) is a platform you can use to play and chat with friends at the same time.
5. Cards Against Humanity or Checkers more your speed? Have a [virtual game night](#) and use Google Hangouts or Facetime to chat while playing.
6. Go old school and phone a friend (but maybe text them first and give them a heads up)
7. Pets are benefitting from our increased time at home. Share some of your best furry friend's antics 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. 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. Want to flex your sketchbook skills? This is just one example of an [art challenge](#) you can find on social media
3. [Art-viewing](#) can help with social and psychological support for people caring for those with mental health challenges. Just do it virtually for now, though
4. [Virtual concerts and Broadway shows](#) to watch during the COVID-19 shutdown
5. [Relaxing color by numbers app](#) to help ground you.
6. The National Women's Law Center created [feminist coloring pages!](#) To share your beautiful art with them, post it on social with the hashtag #ColoringForHer!
7. Express your feelings through creative writing, painting, drawing, photography, clay, listening and/or playing music, or experimenting with a new baking recipe

do something. choose music

1. Free virtual concerts
 - a. Rolling Stone: [In My Room concerts](#): (3 concerts a week)
 - b. [John Legend](#)
 - c. NPRs [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](#)
 - f. Check out a variety of artists through Live Nation's [Live from Home](#) series.
2. Make a music video
3. Create a variety of playlists highlighting different moods or activities (e.g., I'm rearranging my living space playlist)

do something. choose movement

1. [Stretching and movement](#) can help with anxiety and sleep
2. Check out a gentle [yoga](#) video to relieve stress and anxiety
3. Choose from a variety of [free-trial workout](#) streaming services
4. Suggestions on ways to [stay active](#) during COVID-19
5. Free virtual classes through the [YMCA](#), no membership required



do something. choose kids' activities

For students with children, not having school or the ability to physically go to the library, museums or parks can be especially challenging. Here are some free resources to entertain and engage with your young ones.

1. [Scholastic Lessons](#)
2. [Mystery Science](#)
3. [Storyline](#)
4. [Lunch Doodles with Mo Willems](#)
5. [Cincinnati Zoo](#)
6. [Kansas City Zoo](#)
7. [Cosmic Kids Yoga](#)
8. [Gemini](#), free children's concerts
9. [Family Schedules](#), for keeping kids engaged at home

do something. choose helping others

1. Practice physical distancing
2. Find ways to help young students who depend on school lunches
3. Donate to local food bank
4. Check-in on your neighbors, friends who may be more vulnerable
5. Consider donating blood
6. Buy a gift certificate to a local small business or restaurant
7. Practice patience, kindness and understanding

Adapted from: [PBS Newshour](#)



do something. choose nature

1. Breathe the fresh air and take in what is around you. [Use your 5 senses](#) to connect with nature.

2. Try [forest bathing](#) to relieve stress through the healing power of nature, greenspace, and other open space areas.



3. Exercise your green thumb by purchasing a low maintenance plant or have someone gift you with a baby plant (succulents are great). Plants are a great way to brighten up your workstation and improve [well-being](#).



do something. choose self-care

1. 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.
2. 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.

3. Check out these tips for building [frustration tolerance](#).
4. Take a glimpse at these [picture prompts](#) to inspire journaling and thoughtful reflection.
5. [6 Daily questions to ask yourself during quarantine](#)

do something. choose calm

1. Feeling anxious? Here is a [quick tool to center your soul](#) (from Dr. Tara Brach, renowned psychologist and mindfulness instructor)
2. Being present eases anxiety and worry. Try 1 or all 52 [free mindfulness exercises](#)

3. [CALM](#) app--free meditations, stories, music, and yoga
4. More free mindfulness [meditations](#) and talks by Dr. Brach on a variety of topics from anger to fear to compassion and caregiver resources
5. New [free meditations for both adults and children](#) released every day at noon
6. Other mindfulness/meditation apps:
 - a. [Mindfulness Coach](#)
 - b. [Headspace](#)
 - c. [Simple Habit](#)
 - d. [Mood Tracking Apps](#)



do something. choose facts and media breaks

The 24/7 news media can feel overwhelming and upsetting. Take breaks from watching, reading, or listening to news stories. It can be unsettling to hear about the pandemic repeatedly. Try to do some other activities you enjoy to return to a feeling of normalcy.

1. Keep things in perspective. Be intentional about seeking positive and uplifting stories like [John Krasinski's Youtube channel](#) (aka, Jim, from The Office) dedicated to good news.
2. Get the facts. Find a credible news source that you can trust. The U.S. Centers for Disease Control and Prevention has a webpage dedicated to information on the coronavirus outbreak (including methods of prevention)

3. [Seek additional help.](#) Individuals who feel an overwhelming nervousness, a lingering sadness, or other prolonged reactions that adversely affect their job performance or interpersonal relationships should consult with a trained and experienced mental health professional.

do something. choose hobbies

1. How about experimenting with some [new recipes](#)? Share your creations on social media and/or have a live cooking challenge with friends.
2. Tune in with Queer Eye's, [Antoni Porowski](#), for quick (and stylish) recipes.
3. [Find a New Hobby!](#)
4. Learn how to paint with some easy to follow [tutorials](#).
5. 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

do something. choose laughter

1. Take time for stress relief. [Laughter](#) has been associated with psychological health benefits.



Experts recommend keeping your daily rituals even while working from home.





**Schitt's
Creek**

E	EDUCATE YOURSELF.
W	WASH YOUR HANDS.
D	DON'T TOUCH YOUR FACE.
A	AVOID LARGE CROWDS.
V	VIDEO CALL WITH FRIENDS.
I	ISOLATE TO PROTECT.
D	DEMONSTRATE EMPATHY.

CBC

do something. choose safety

- If you're concerned for your own safety or the safety of others, please Call [9-1-1](tel:911) if someone is hurt or in immediate danger.
- Go to a local emergency department:
 - [St. Joseph Mercy Hospital: 734.712.5637](tel:734.712.5637)
 - [Psychiatric Emergency Services, University of Michigan Hospital: 734.996.4747](tel:734.996.4747)
- Call CAPS at [734.487.1118](tel:734.487.1118) for after-hours (Monday-Friday after 5 PM and any time on weekends) crisis counseling.
- Call the [National Suicide Prevention Lifeline](tel:800.273.8255) at [800.273.8255](tel:800.273.8255).
- [Ulifeline](http://www.ulifeline.org) is an organization dedicated to suicide prevention.
- Text the word HELLO to 741-741 to be connected to the [Crisis Text Line](http://www.crisistextline.com).

do something. choose sharing

- Feel free to download and share on social media
- Follow EMU CAPS on [Facebook](https://www.facebook.com/emucaps) and [Instagram](https://www.instagram.com/emucaps)