



## WELLNESS Strategies for UMD Bulldogs

We in Student Life are 100% committed to your wellbeing as a student and we know these are difficult and anxiety-producing times. We are constantly scanning for resources and we've digested some of them we hope you'll find helpful.



From "Three Tips from a Therapist for Calming Your Coronavirus Anxiety," by Lindsey Antin

Click on the title above to read the full article from the Greater Good Science Center

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### Structure your time...

...because routines are calming.

- Make a bucket list of things to do, and prioritize the list in terms of those things that you can measurably get done.
- Start with a morning routine.
- Keep it simple!



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### Try to take a news break...

...because your brain needs to return to baseline functioning with constant stimulation from a fear-inducing topic.

- Consuming lots of news is not tolerable over the long haul.
- Avoiding the news for a day prepares us to more wisely engage with the news when we tune back in.
- Rather than check the news, get outdoors. Nature relieves stress in big ways!

**We need to focus on what is reassuring and positive, and what we can control.**

LINDSEY ANTIN  
Author

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### Create a "thought chart"...

**It doesn't do us any good to ruminate (when your thoughts go in a circle, as my son says).**

LINDSEY ANTIN  
Author

...because such a strategy will help you identify the worry and make a plan of action. To create a thought chart -

- Identify the thought that is causing you worry.
- Challenge those worrying thoughts with self-compassionate phrases ("it's normal to be worried") as well as action-oriented ones ("this worrying thought isn't helping me - I'm going to take a walk!").

From "Six Daily Questions to Ask Yourself," by Brooke Anderson

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#### DAILY QUARANTINE QUESTIONS:

1. What am I GRATEFUL for today?
2. Who am I CHECKING IN ON or CONNECTING WITH today?
3. What expectations of "normal" am I LETTING GO OF today?
4. How am I GETTING OUTSIDE today?
5. How am I MOVING MY BODY today?
6. What BEAUTY am I either creating, cultivating, or inviting in today?

After sharing these 6 questions on social media, Brooke Anderson found that they resonated with thousands of people.

Brooke also offered these wise words: "I want to recognize that not everyone has the privilege to shelter in place, or to do so safely and with financial security. Health care, grocery, transit, and other essential workers are on the frontline of caring for us, often putting themselves and their families at great risk. Thank you."

From "Helping Others Can Help You Cope with Lockdown," by Elizabeth Svoboda

Click on the title above to read the full article from the Greater Good Science Center.

### Creative stay-at-home helping ventures abound

Here are some examples!

- Sew masks for health care facilities
- Write letters to family/friends who live alone or write letters of support to folks in a long term care facility (many can't see their family right now)
- Get groceries for an elderly neighbor
- Call lonely family members
- Put up signs around your neighborhood spreading messages of love and hope

University of Minnesota COVID Action Network U-CAN  
[click here](#)

### Helping buoys the helper, not just the recipient

- Helping buoys us mentally as it directs our focus away from scary abstractions and back toward concrete, solvable problems.
- Research shows that when we put a high priority on reaching out to others, our own mental and physical health flourishes.

**In helping other people get through this crisis, you can help yourself in equal measure.**

ELIZABETH SVOBODA  
Author

### Match your strengths to the right opportunity.

- Each of us can make a positive difference by using and sharing our strengths.
- A full-time commitment isn't necessary in order to make a big difference in someone else's life.
- It can be helpful to think of this as incremental venture instead of all-or-nothing.



Visit the UMD Counseling website for more virtual resources and to learn how to connect with a counselor.

