

Mind Over Matter

Strategies to Help Combat the
Coronavirus Blues

A Resource Guide

Compiled by the COVID 19 Schools Task Force, FEMA Region VII and HHS Region 7

Kansas City, Missouri
September 2021



FEMA



about ...

Welcome to the **Mind Over Matter**, Strategies to Combat the Coronavirus Blues Resource Guide!

What is this? A catalog of links to information and graphics aimed at college and university campus communities. The goal of this guide is to provide ideas for students, faculty, staff and administrators to help manage the challenges of COVID-19 during school, work and daily life.

Who are we? A joint COVID-19 Schools Task Force, made up of staff from the Federal Emergency Management Agency (FEMA) and the U.S. Department of Health & Human Services (HHS) offices in Kansas City, Missouri. The focus of the task force since its inception in July 2020, has been to provide information to colleges and universities that will improve individual preparedness and general well-being during the COVID-19 pandemic.

Why create this guide? In the late fall of 2020, we noticed an increasing trend in mental health fatigue across the country associated with the pandemic, including at colleges and universities. So we aimed to collect a variety of strategies to help combat that fatigue and promote general wellness that can be used right now during the pandemic, and carried forward into the future. Our research revealed that good mental health is not just about a healthy mind. Rather, good mental health is holistic. Yes, it's about managing emotions and stress. But it's also about better sleep, healthier food and increased movement. And ... squeezing in some fun along the way!

How to use the guide: The information is themed into 6 categories:

- Top Guns** (Tools for Faculty and Leadership)
- Why These Feelings?** (How to Manage a Gamut of Emotions)
- Takin' a Break** (Fun Things to Do During the Pandemic)
- Lullaby and Goodnight** (Tips for Better ZZZs)
- Stomping Stress** (Surviving and Thriving thru Adversity)
- Getting your Groove Back** (Winning @ Wellness)

Within each category, you will find several resource documents associated with the topic. Each entry contains the exact name of the document (for easier searching if the web link changes), a short description of the content, a web link to the document and the source of information. Entries showing a thumbnail graphic or picture signify that the information is available online as a downloadable PDF and provide a quick visual of what the PDF looks like. Entries with a shape (star, smiley face, moon, etc.) and the words "Webpage Content" signify that the information is available online only and not as a PDF.

about ...

There are two companion pieces to this guide. One piece contains links to social media graphics and toolkits; the other lists hyperlinks for additional important resources such as crisis hotlines, and state-specific COVID-19 mental health-related information.

Permissions: As an academic community, we know that you understand the importance of sourcing information and providing credit as applicable. We do too. So we ask that if you reproduce any of the information in this guide, you provide the proper credit to the originator of the material. We also recommend looking for any pertinent copyrights.

One final note: This resource guide represents a collection of online informational resources on the general topics of mental and physical wellness. It does not encompass all available information on these topics. Likewise, this material is not intended to provide medical advice or be a substitute for seeking the advice of a medical professional. This material also does not constitute an endorsement of any organization or resource material by FEMA, HHS or other agency of the U.S. Government.

Thank you for reading! We hope that you will find the content in the ensuing pages useful, and that our goal of contributing to the overall wellness at colleges and universities during the COVID-19 pandemic and beyond is successful.

Best regards,

HHS/FEMA Region 7 COVID-19 Schools Task Force

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See 2 companion pieces of this guide:

- ♦ [Graphics and Toolkits](#)
- ♦ [!H-e-l-p is Closer Than You Think](#)



Top Guns (Tools for Faculty and Leadership)



COVID-19 Leadership Checklist—Mitigating Team Stress

2-page checklist that outlines leadership tips to evaluate team resiliency.

Web link: [Leadership Checklist - Mitigating Team Stress](#)

Source: Walter Reed Army Institute of Research



Mental Health, Higher Education and COVID-19

Strategies for Leaders to Support Campus Well-Being

As a leader, learn more about how to support student mental during COVID-19.

Web link: [Strategies for Leaders to Support Campus Well-Being](#)

Source: American Council on Education



Webpage Content

Stress Management for Leaders Responding to a Crisis

11 tips for leaders about healthy stress management and self-care.

Web link: [Stress Mgt for Leaders Responding to a Crisis](#)

Source: American Psychological Association



Webpage Content

Suggestions for Leaders to Support Teams During Civic Unrest in the Context of COVID-19 and Other Ongoing Stressors

Ideas to help leaders manage their teams in stressful scenarios during COVID-19.

Web link: [Supporting Teams During Civic Unrest and COVID-19](#)

Source: Univ. of California San Francisco Dept. of Psychiatry and Behavioral Sciences



Webpage Content

Managing Political Stress in 2021

Tips for leaders, managers and supervisors about coping with and balancing political stress.

Web link: [Managing Political Stress in 2021](#)

Source: Univ. of California San Francisco Dept. of Psychiatry and Behavioral Sciences



Top Guns (Tools for Faculty and Leadership)



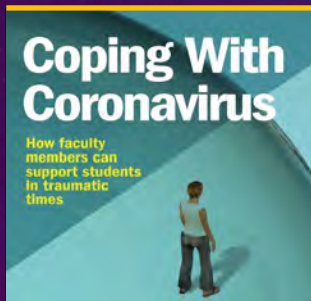
Creating a Culture of Caring

Practical approaches for College and University Faculty to Support Student Wellbeing

Strategies for faculty to incorporate well-being practices for students in instruction

Web link: [Creating a Culture of Caring](#)

Source: Association of College and University Educators



Coping with Coronavirus

How Faculty Members can Support Students in Traumatic Times

Faculty members can help students cope while learning in traumatic times. Learn how.

Web link: [Coping With Coronavirus - How Faculty can Support Students in Traumatic Times](#)

Source: The Chronicle of Higher Education



How Faculty Can Support Students During COVID-19

Tips for addressing potential stressors and concerns, as well as supporting students online.

Web link: [How Faculty Can Support Students During COVID-19](#)

Source: Cornell University Health



Teachers: Encourage your Students to Care for Themselves One Small Way Each Day

Infographic of 5 self-care tips for students.

Web link: [Teachers: Encourage Students to Care](#)

Source: Centers for Disease Control & Prevention (CDC)



Webpage Content

Blog: 5 Things Managers Can Do During COVID-19

Tips to help managers support employees during COVID, particularly when working remotely.

Web link: [Blog: 5 Things Managers Can Do During COVID-19](#)

Source: Mental Health America



Top Guns (Tools for Faculty and Leadership)



Webpage Content

7 Tips for Managers Addressing Burnout

In this virtual environment, it can be harder for managers to recognize employee burnout. Here are 7 strategies to support staff who may be feeling COVID fatigue.

Web link: [7 Tips for Managers Addressing Burnout](#)

Source: Mental Health America



The Power of an Introvert as a Leader

4 personality traits that make introverts good leaders.

Web link: [The Power of an Introvert as a Leader](#)

Source: Simon Fraser University , Burnaby B.C. Canada



Why These Feelings? (Tips to Manage a Gamut of Emotions)



Understanding Apathy

Feeling empty? Uninterested? Unmotivated? You might be experiencing apathy. Learn the signs, causes and fixes with these tips.

Web link: [Understanding Apathy](#)

Source: The JED Foundation



Staying Grateful in Difficult Times

Don't let adversity get the better of you. Try these 3 easy steps to practice gratitude daily.

Web link: [Staying Grateful in Difficult Times](#)

Source: Mental Health First Aid



Living Rare in the Time of COVID-19

Blog offering 4 tips to help sustain yourself through personal loss.

Web link: [Living Rare in the Time of COVID-19](#)

Source: Mental Health America



How and When to Help a Friend Reach Out for Support

What you can do for a friend experiencing emotions ranging from sadness to potential suicide, along with resources to connect them with help.

Web link: [How and When to Help a Friend](#)

Source: JED Foundation



Tips for College Students: After a Disaster or Other Trauma

Tips for college students that describe normal reactions to trauma, and emphasize the importance of talking about feelings.

Web link: [Tips for College Students: After a Disaster or Other Trauma](#)

Source: Substance Abuse and Mental Health Services Administration (SAMHSA)



Why These Feelings? (Tips to Manage a Gamut of Emotions)

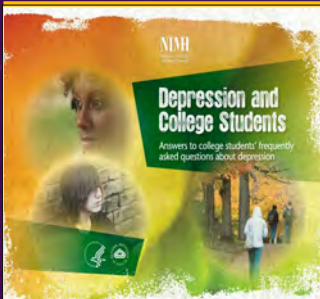


(Text) Tips for College Students: After a Disaster or Other Trauma

Fact sheet in text-message shorthand to provide college students with tips for coping with anxiety, fear and sadness.

Web link: [R U A Survivor of a Disaster or Other Trauma?](#)

Source: Substance Abuse and Mental Health Services Administration (SAMHSA)



Depression and College Students—Answers to Students' FAQs

Multi-page document that provides FAQs for students about depression and how to get help.

Web link: [Depression and College Students - FAQs](#)

Source: National Institute of Mental Health

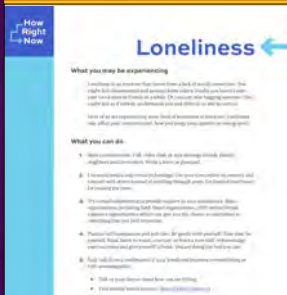


When Change is Hard

12 tips to help boost your motivation to change the hard things in your life.

Web link: [When Change is Hard](#)

Source: Mental Health America



Loneliness (What you can do)

Most of us feel lonely at one time or another. Here are 5 things you can do to help you reconnect. Includes list of emergency hotlines.

Web link: [Coping with Loneliness](#)

Source: How Right Now.org



Owning Your Feelings—Tools 2 Thrive

It can be easy to get caught up in feelings and emotions of all kinds. See these 7 tips for successfully managing both.

Web link: [Owning Your Feelings - Tools 2 Thrive](#)

Source: Mental Health America



Why These Feelings? (Tips to Manage a Gamut of Emotions)



Anger (What you can do to cope)

Insights into feelings of anger, plus 6 ideas about what you can do to manage that emotion.

Web link: [Coping with Anger](#)

Source: How Right Now.org



Tips for Survivors—Coping with Anger

Explore tips for calming yourself after a disaster or traumatic event (such as COVID-19) and positive actions that can help.

Web link: [Tips for Survivors: Coping with Anger](#)

Source: Substance Abuse and Mental Health Services Administration—SAMHSA



Grief (Strategies to understand and deal with it)

4 solutions for dealing with the complex emotions associated with grief.

Web link: [Coping with Grief](#)

Source: How Right Now.org



Understanding Suicidal Thoughts

How to get immediate help for those contemplating suicide.

Web link: [Understanding Suicidal Thoughts](#)

Source: JED Foundation



Finding the Positive After Loss—Tips for Getting By

7 tips for how to find opportunity in the face of adversity.

Web link: [Finding the Positive After Loss](#)

Source: Mental Health America



Why These Feelings? (Tips to Manage a Gamut of Emotions)



Maintaining Mental Health During Coronavirus

Increased stress and anxiety is common during this time. Find ways to help a friend or yourself manage feelings of fear and anxiety + other awkward conversations.

Web link: [Seize the Awkward - Maintaining Mental Health During Coronavirus](#)

Source: Seize the Awkward.org



COVID-19 and Your Mental Health

Learn about social stigma associated with COVID-19 and ways to reduce its impacts.

Web link: [COVID-19 and Your Mental Health](#)

Source: Mayo Clinic



Social Stigma Associated with COVID-19

A Guide to Preventing and Addressing Social Stigma

Identifies causes of COVID-19 social stigma, how to address it and communication dos and don'ts.

Web link: [\(Guide\) Social Stigma Associated with COVID-19 \(PDF\)](#)

Source: World Health Organization/UNICEF, IFRC



COVID Conversations: How to Speak Up and Stay Friends

5 strategies for social interactions when you, your family and friends don't see eye-to-eye about COVID-19. (HTML and podcast content at same web link).

Web link: [COVID Conversations: How to Speak Up and Stay Friends](#)

Source: The University of Vermont Health Network



How LGBTQ Youth Can Cope with Anxiety and Stress During COVID-19

10 tips to help young LGBTQ adults cope with COVID-19.

Web link: [How LGBTQ Youth Can Cope During COVID-19](#)

Source: The Trevor Project



Why These Feelings? (Tips to Manage a Gamut of Emotions)



Blog: 10 Ways to Cheer Someone Right Now

10 simple steps to cheer up a friend in need.

Web link: [Blog: 10 Ways to Cheer Someone Right Now](#)

Source: Mental Health America



Maintaining Hope in the Face of Uncertainty

Check out these ways to remain hopeful through this pandemic that just keeps hangin' on ...

Web link: [Maintaining Hope in the Face of Uncertainty](#)

Source: Mental Health America



Helpful Thinking During the Coronavirus Outbreak

Learn to turn unhelpful thoughts about the pandemic into healthier alternative thoughts to make yourself or others feel better.

Web link: [Helpful Thinking During the Coronavirus \(COVID-19\) Outbreak](#)

Source: National Center for PTSD



Tips for Providing Support to Others During the Coronavirus Outbreak

Learn about various ways to support others who are experiencing a difficult time.

Web link: [Tips for Providing Support to Others During the Coronavirus Outbreak](#)

Source: National Center for PTSD



Infographic: Simple Ways to Practice Gratitude

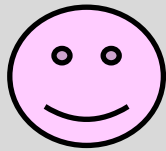
Jumpstart your journey to positivity by using these simple ways to practice gratitude.

Web link: [Infographic: Simple Ways to Practice Gratitude](#)

Source: American Heart Association



Takin' a Break (Fun Things to do During the Pandemic)



Webpage Content

Safe Outdoor Activities During the COVID-19 Pandemic

Explore the outdoors with these multiple activities categorized as low-, moderate- and high-risk in a COVID-19 environment.

Web link: [Safe Outdoor Activities During the COVID-19 Pandemic](#)

Source: Mayo Clinic



100+ Creative Things to Do When You're Bored to Pass the Time

Check out this buffet of fun things to try that you might not have already thought of to when boredom strikes. See how many you can do in 30 days.

Web link: [100+ Creative Things to Do when You're Bored to Pass the Time](#)

Source: *Good Housekeeping* magazine



Webpage Content

20 COVID-Friendly Activities to Try this Semester

Peruse these ideas of fun things to do indoors and out that can be adapted to most campuses (or use these suggestions to brainstorm your own adventures).

Web link: [20 COVID-Friendly Activities to Try this Semester](#)

Source: Ouachita Baptist University, Arkadelphia, AR

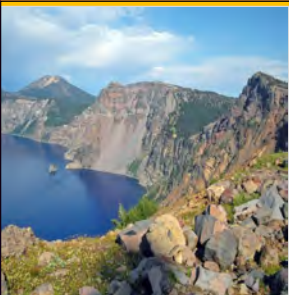


Live Animal/Marine Life Cameras from Around the U.S. (links)

Connect with animals of all stripes and marine life by virtually visiting their digs via web cams.

Web link: [Live Animal Cameras From Around the U.S. \(Links\)](#)

Source: Corona-Norco Unified School District, Riverside County, CA



Take a Virtual Visit to a National Park

Roam through national parks without leaving your couch!

Web link: [Take a Virtual Visit to a National Park](#)

Source: National Park Service



Takin' a Break (Fun Things to do During the Pandemic)

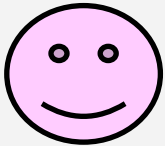


Find Your Virtual Park

Explore national parks online from the comfort of anywhere. Galleries of photos, videos, webcams, podcasts, games and challenges, sound recordings and more.

Web link: [Find Your "Virtual Park"](#)

Source: National Park Service



Webpage Content

Choose your Interactive Experience

Run wild virtually by choosing interactive experiences such as visiting museums and far-away places, exploring artwork, making your own music, games + more.

Web link: [Choose your Interactive Experience](#)

Source: Google Arts and Culture



Lullaby and Good Night (Tips for Better ZZZs)



Webpage Content

How Much Sleep Do We Really Need?

Guide that outlines recommended hours of sleep based on age and how to improve your sleep habits.

Web link: [How Much Sleep Do We Really Need?](#)

Source: National Sleep Foundation



Webpage Content

Sleep Debt and Catching Up on Sleep

Learn what sleep debt is, how to avoid it and tips for recovering from it.

Web link: [Sleep Debt and Catching Up on Sleep](#)

Source: National Sleep Foundation



Webpage Content

Does Social Media Have an Effect on Sleep?

Social media can affect sleep but the habit can be broken using 6 key tips.

Web link: [Does Social Media Have an Effect on Sleep?](#)

Source: National Sleep Foundation



Webpage Content

How to Sleep Better if Coronavirus Anxiety is Keeping you Awake

Practice these 8 ways to sleep better if the pandemic is keeping you up at night.

Web link: [How to Sleep Better if Coronavirus Anxiety is Keeping You Awake](#)

Source: *The Huffington Post*



Webpage Content

How to Maintain Healthy Sleep Habits During the COVID-19 Pandemic

9 tips to help achieve better sleep in COVID-19 times.

Web link: [How to Maintain Healthy Sleep Habits During the COVID-19 Pandemic](#)

Source: New York-Presbyterian Hospital



Lullaby and Good Night (Tips for Better ZZZs)



Webpage Content

Trouble Sleeping During COVID-19? Advice from an Expert

Sleep is essential for more than you think. Check out 5 tips to get your best night's sleep every night.

Web link: [Trouble Sleeping During COVID-19? Advice from an Expert](#)

Source: The University of Vermont Health Network



Webpage Content

What Makes a Good Night's Sleep?

Learn how to wake up feeling refreshed + sleep hygiene tips for better ZZZs.

Web link: [What Makes a Good Night's Sleep?](#)

Source: National Sleep Foundation



Webpage Content

Strategies to Promote Better Sleep in These Uncertain Times

Daytime and nighttime tips to help cultivate healthy sleep.

Web link: [Strategies to Promote Better Sleep in These Uncertain Times](#)

Source: Harvard Health



Webpage Content

Tips for a Better Night's Sleep

Simple dos and don'ts for a better night's sleep.

Web link: [Tips for a Better Night's Sleep](#)

Source: University of California San Francisco Health



Webpage Content

The Best Foods to Help you Sleep

Certain foods are reported to help make you sleepy or promote better sleep. How many do you already eat?

Web link: [The Best Foods to Help you Sleep](#)

Source: National Sleep Foundation



Stomping Stress (Surviving and Thriving thru Adversity)



Manage Stress to Thrive

Not all stress is bad. But too much stress can decrease our ability to function. Learn what to do when your stress is too high + 5-minute tips for stress busting.

Web link: [Manage Stress to Thrive](#)

Source: Cornell University Health



Webpage Content

Stress Screener

Interactive online assessment tool via 16 questions to help determine your stress level and suggested solutions.

Web link: [Stress Screener](#)

Source: Mental Health America

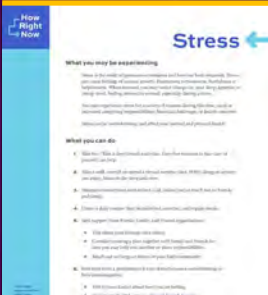


Feeling Stressed or Anxious About the COVID-19 Pandemic?

Easy-to-read information and tips for coping during a pandemic, as well as resources for additional assistance. PDF also available in Spanish.

Web link: [Feeling Stressed or Anxious About the COVID-19 Pandemic?](#)

Source: Substance Abuse and Mental Health Services Administration (SAMHSA)



Coping with Stress—What you can do

Stress can be overwhelming and affect physical and emotional help. Here are 6 tips to help better manage stress.

Web link: [Coping with Stress](#)

Source: How Right Now.org



Coping with Stress During Infectious Disease Outbreaks

Know the signs of stress – behavioral, physical, emotional – get the facts, learn to relax and listen to your spirit. Includes resources list.

Web link: [Coping With Stress During Infectious Disease Outbreaks](#)

Source: Substance Abuse and Mental Health Services Administration (SAMHSA)



Stomping Stress (Surviving and Thriving thru Adversity)



Managing Stress Associated with the COVID-19 Virus Outbreak

Practical steps to deal with stress reactions, including increasing your sense of safety, cultivating ways to be more calm and improving the ability to endure.

Web link: [Managing Stress Associated with the COVID-19 Virus Outbreak](#)

Source: National Center for PTSD/U.S. Department of Veterans Affairs



Webpage Content

Coping with Stress at Work

Explore the common sources of work stress, the effects of uncontrolled stress and steps to manage work-life stress.

Web link: [Coping With Stress at Work](#)

Source: American Psychological Association



Webpage Content

How to Manage Stress and Anxiety During the COVID-19 Outbreak

Everyone reacts differently to stressful situations. Trying some of these ideas can help you manage stress and anxiety better.

Web link: [How to Manage Stress and Anxiety During the COVID-19 Outbreak](#)

Source: Veterans Health Library/U.S. Department of Veterans Affairs



Tips for Survivors of a Pandemic: Managing Stress

Learn about common reactions after pandemics and other disasters, along with suggested ways to cope. Includes list of sources for help and support.

Web link: [Tips for Survivors of a Pandemic: Managing Stress](#)

Source: Substance Abuse and Mental Health Services Administration (SAMHSA)



Webpage Content

10 Relaxation Techniques that Zap Stress Fast

No need for a spa weekend or retreat to zap your stress. These 10 tips can get you from OMG to om in less than 15 minutes.

Web link: [10 Relaxation Techniques That Zap Stress Fast](#)

Source: Web MD



Stomping Stress (Surviving and Thriving thru Adversity)



Staying Safe and Mentally Well During COVID-19 (Native American)

A healthy mind is just as important as a healthy body. Find ways to relieve stress, and help others find ways to cope too.

Web link: [Staying Safe and Mentally Well During COVID-19](#)

Source: Johns Hopkins Center for American Indian Health



Webpage Content

Healthy Ways to Handle Life's Stressors

When stress becomes unmanageable, try these 11 tools to tackle it in healthy ways.

Web link: [Healthy Ways to Handle Life's Stressors](#)

Source: American Psychological Association

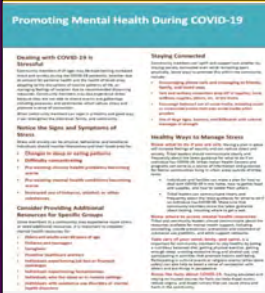


Things to do in 10-15 minutes (to reduce stress)

Commit to taking 10-15 minutes a day to do something for yourself. Here are some ideas to get started.

Web link: [Things to Do in 10-15 Minutes](#)

Source: How Right Now.org



Promoting Mental Health During COVID-19 (Native American & Others)

Dealing with COVID-19 is stressful. Learn the signs and symptoms of stress and healthy ways to manage it.

Web link: [Promoting Mental Health During COVID-19](#)

Source: Johns Hopkins Center American Indian Health



Infographic: Stop Stress in its Tracks

Try these tips to quickly get out of stress along your journey to be well.

Web link: [Stop Stress in its Tracks](#)

Source: American Heart Association



Stomping Stress (Surviving and Thriving thru Adversity)



Webpage Content

Coronavirus News on Social Media Stressing you out? Here's how to handle the anxiety

Social media doesn't have to send you on an emotional spiral with all the conflicting information out there. Check out some of these ways to find balance.

Web link: [Coronavirus news on social media - how to handle the anxiety](#)

Source: American Hearth Association



Understanding & Coping with Reactions in a Pandemic

Recognize common stress reactions, identify coping strategies for these reactions and connect to useful resources. Includes colorful charts summing up key points.

Web link: [Understanding & Coping with Reactions in a Pandemic](#)

Source: Yale Child Study Center



Tips for Coping in Difficult Economic Times

Identify possible reactions to financial stress and suggested ways to reduce the worry.

Web link: [Tips for Coping in Difficult Economic Times](#)

Source: Missouri Department of Mental Health



Webpage Content

Spend Time in Nature to Reduce Stress and Anxiety

Your brain can benefit from a journey with nature, helping you feel better at the same time. Explore 9 ways to commune with nature in order to reduce stress, anxiety, fatigue and boost your inspiration.

Web link: [Spend Time in Nature to Reduce Stress and Anxiety](#)

Source: American Heart Association



Getting Your Groove Back (Winning @ Wellness)



Webpage Content

2020's Word of the Year: "Resilience" — and Five Tips to Help You Maintain it in 2021

Check out these 5 tips to get on the right path to better manage 2021.

Web link: [5 Tips to Help You Maintain Resilience in 2021](#)

Source: Mental Health First Aid USA



A College Student's 7 Tips For Transitioning To Online Classes

Peer-to-peer ideas to help ease the transition from in-person to online learning.

Web link: [A College Student's 7 Tips for Transitioning to Online Classes](#)

Source: Mental Health America



Webpage Content

Staying In and Staying Healthy: Insights for Positive Mental Health in Graduate School

Grad school can be challenging in more ways than just academics. It can take an emotional toll as well. See 8 ways to help navigate school with a healthier mind.

Web link: [Staying In and Staying Healthy: Insights for Positive Mental Health in Graduate School](#)

Source: American Psychological Association



No Time for Exercise? Here are 7 Easy Ways to Move More!

7 no-brainer ways to boost your activity level (even on those days when you don't feel like it)!

Web link: [No Time for Exercise? Here are 7 Easy Ways to Move More!](#)

Source: American Heart Association



Webpage Content

Tips for Staying Healthy in Graduate School

It's hard to stay healthy in school, especially at the graduate school level. With the help of 4 self-care tips, the prospect of being healthy might just get a little easier.

Web link: [Tips for Staying Healthy in Graduate School](#)

Source: Society of Behavioral Medicine



Getting Your Groove Back (Winning @ Wellness)



Webpage Content

10 Ways to Make Working From Home More Bearable Right Now

It can be hard to focus on the job at hand when you're working from home. So try these 10 tips to feel more positive and productive.

Web link: [10 Ways to Make Working from Home More Bearable Right Now](#)

Source: *The Huffington Post*



Webpage Content

COVID Burnout: 7 Ways to Reset When You've Hit the Wall

It's been said that change is good. So check out these 7 ideas to reset your life in a positive way.

Web link: [COVID Burnout: 7 Ways to Reset When You've Hit the Wall](#)

Source: *Forbes* magazine



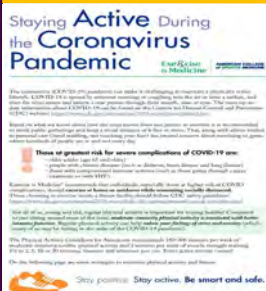
Webpage Content

Trying to Stay Healthy During a Global Pandemic?

6 fresh tips that can help making pandemic coping a little easier.

Web link: [Trying to Stay Healthy During a Global Pandemic?](#)

Source: Society of Behavioral Medicine



Staying Active During the Coronavirus Pandemic

COVID-19 can make it challenging to maintain a physically active lifestyle. Here are ideas to get moving, along with some FAQs about exercise and COVID-19.

Web link: [Staying Active During the Coronavirus Pandemic](#)

Source: American College of Sports Medicine



Webpage Content

Creating Healthy Routines—Tips for Success

It can be hard to juggle everything and take care of yourself at the same time. Creating routines can help make your to-do list easier without a lot of extra effort.

Web link: [Creating Healthy Routines - Tips for Success](#)

Source: Mental Health America



Getting Your Groove Back (Winning @ Wellness)



Webpage Content

Building your Resilience

Learn what resilience is, how to build connections, foster wellness, find purpose, embrace healthy thoughts and seek help.

Web link: [Building Your Resilience](#)

Source: American Psychological Association



Webpage Content

Tackle the Winter Blues with Mental Health First Aid

The winter months can feel long and difficult, especially coupled with physical distancing. Here are 4 ideas that can help make it easier to combat the winter blues.

Web link: [Tackle the Winter Blues with Mental Health First Aid](#)

Source: Mental Health First Aid



How to Take Care of Yourself While Practicing Physical Distancing

Self-care strategies while practicing physical distancing that can help reduce feelings of depression or anxiety, even before they start.

Web link: [How to Care for Yourself While Practicing Physical Distancing](#)

Source: Mental Health First Aid



Try the 10-minute Home Workout

10 easy things to get moving at home that even a professed couch potato can try.

Web link: [Try the 10-minute workout at home](#)

Source: American Heart Association



Webpage Content

Connecting with Others

It's possible to be surrounded by people and still feel alone. These 8 tips can go a long way to help you connect with other people – and feel better while you're at it.

Web link: [Connecting with Others](#)

Source: Mental Health America



Getting Your Groove Back (Winning @ Wellness)



Webpage Content

Screen Time Reduction & Self Care Tips

Many of us who are teaching, learning or working remotely have experienced screen fatigue at some point. Check out how to help reduce the fatigue and better utilize remote technology.

Web link: [Screen Time Reduction & Self Care Tips](#)

Source: Yale University Health



Webpage Content

When Change is Hard

Change is not easy. But with these ideas, you can pump up healthy habits to boost your motivation and bring about positive change.

Web link: [When Change is Hard](#)

Source: Mental Health America



Finding Your Motivation for Exercise

Starting an exercise routine and sticking with it can be challenging and rewarding. Learn how to get started, what the benefits are, how to evaluate your exercise priorities and embrace your successes.

Web link: [Finding your Motivation for Exercise](#)

Source: American College of Sports Medicine



Make Every Bite a Meditation

We're all guilty of stress eating at some point. Instead, try these easy ways to incorporate mindful eating into your day.

Web link: [Infographic: Mindful Eating](#)

Source: American Heart Association



Webpage Content

4 Tips to Eat Healthier When Ordering Takeout or Food Delivery

You can battle the bulge by following these 4 tips when ordering takeout or delivery. Includes suggestions for generally healthier menu items as well.

Web link: [4 Tips to Eat Healthier When Ordering Takeout or Food Delivery](#)

Source: American Heart Association



Getting Your Groove Back (Winning @ Wellness)



12 Basic Yoga Poses

Yoga can improve such things as stamina and balance, as well as producing an inner calm, devotees say. This slideshow illustrates and describes 12 basic poses.

Web link: [12 Basic Yoga Poses \(slideshow\)](#)

Source: Web MD



Webpage Content

Eliminating Toxic Influences

Learn the traits of toxic people and how to create boundaries to keep them at bay.

Web link: [Eliminating Toxic Influences](#)

Source: Mental Health America



Caring for Older Adults During COVID-19

Infographic with tips for caring for older adults during COVID-19.

Web link: [Caring for Older Adults During COVID-19](#)

Source: Pan American Health Organization/World Health Organization



Webpage Content

Supporting Others—Tools 2 Thrive

5 out of 5 people will go through a challenging time that affects their mental health. Try these simple ideas to help someone who is struggling to get through tough times.

Web link: [Supporting Others - Tools 2 Thrive](#)

Source: Mental Health America



Webpage Content

Eat Healthy on a Budget By Planning Ahead

Planning ahead is the key to success to eat healthier and save money. Find out how to do both with this set of tips.

Web link: [Eat Healthy on a Budget by Planning Ahead](#)

Source: American Heart Association



Getting Your Groove Back (Winning @ Wellness)



10 Expert Tips for Working from Home

Put on pants. Sip coffee during your home-to-work commute. Take breaks. Clock out on time. These are just a few ideas to help you settle into a new at-home work routine (which also includes doing the actual work piece)!

Web link: [10 Expert Tips for Working From Home](#)

Source: *Everyday Health*



Webpage Content

How Americans with Disabilities Can Cope with the COVID-19 crisis

COVID-19 is upending the lives of every American. But for persons with disabilities, the coronavirus brings new challenges. Here are some tips to help protect and advocate for the well-being of persons with disabilities.

Web link: [How Americans with disabilities can cope with the COVID-19 crisis](#)

Source: American Psychological Association



Webpage Content

7 Tips for Keeping a Routine for Your Wellness

Searching for a new normal, or at least a new life routine in these pandemic times? Try these 7 tips to reset your days and feel better.

Web link: [7 Tips for Keeping a Routine for Your Wellness](#)

Source: Yale University Health



Webpage Content

Afternoon Naps Can Boost Your Mental Agility—Here's Why

Naps can be a good thing, or a bad thing. Any age can benefit from a short nap but beware, napping can signal a larger sleep problem. Read about the differences.

Web link: [Afternoon Naps Can Boost Your Mental Agility - Here's Why](#)

Source: Healthline



Starting a Walking Program

Walking is one of the easiest things to do get moving. Learn about the benefits of walking, how to get started, how to keep walking fun and more.

Web link: [Starting a Walking Program](#)

Source: American College of Sports Medicine



Getting Your Groove Back (Winning @ Wellness)



Webpage Content

Dangers of Sitting

Some researchers are sounding the alarm: We're sitting way too much. The ways to correct your sedentary practices are quick and easy by following 4 simple tips.

Web link: [Dangers of Sitting](#)

Source: Society of Behavioral Medicine



Make Every Move Count

Just 10 minutes of stretching is like walking the length of a football field. Check out how other small efforts can yield big results.

Web link: [Infographic: Make Every Move Count](#)

Source: American Heart Association



Webpage Content

This is What Happens to Your Body When You Work from Home

Is working from home giving you physical aches and pains? Find out why with these 6 explanations and solutions.

Web link: [This is What Happens to Your Body When You Work from Home](#)

Source: *The Huffington Post*



Webpage Content

COVID-Safe Winter Physical Activity Ideas: A Special Focus on Older Adults

It can be hard to be physically active in the winter. Then add COVID-19 restrictions. You can beat both with these ideas of finding your groove indoors and out.

Web link: [COVID-Safe Winter Physical Activity Ideas: A Special Focus on Older Adults](#)

Source: Society of Behavioral Medicine



Physical Activity Programming: An Opportunity to Promote Health, Well-Being Among Military Veterans

Get moving! There are a ton of health benefits if you do, particularly for military veterans. Here are 5 ways to help make healthy transitions to life after service.

Web link: [Promoting Health and Well-Being Among Military Veterans](#)

Source: Society of Behavioral Medicine



Getting Your Groove Back (Winning @ Wellness)

Mental Health Wellness Tips for Quarantine



Webpage Content

25 simple ways to help cope with a pandemic-induced quarantine.

Web link: [Mental Health Wellness Tips for Quarantine](#)

Source: Simon Fraser University, Burnaby, B.C. Canada

Hate Exercise? 5 Tips that May Change Your Mind



Webpage Content

You don't have to be a gym worshipper to improve your health. Try these 5 things to go from an exercise hater to a fitness lover.

Web link: [Hate Exercise? 5 Tips That May Change Your Mind](#)

Source: American Heart Association



Relaxation Tips

Relaxing your body and calming your mind is an important part of staying healthy. Learn how with these relaxation tips that walk you through the steps.

Web link: [Relaxation Tips \(Card\)](#)

Source: New York University Langone Health

Self-Care Has Never Been More Important



Webpage Content

COVID-19 has forced us all into some version of a new normal. Learn to prioritize caring for yourself when so many other demands compete for your attention.

Web link: [Self-care has never been more important](#)

Source: American Psychological Association



Willpower Up!

Need willpower? For any reason? Try a few of these tips to build or strengthen your willpower to keep positive habits going strong.

Web link: [Infographic: Willpower Up!](#)

Source: American Heart Association



Getting Your Groove Back (Winning @ Wellness)

12 Tools for Your Wellness Toolbox in Times of Farm Stress

- Exercise 20 minutes or more daily.
- Get a medical checkup with a health care provider.
- Send 15 minutes to your job each day.
- Take regular breaks in your day to relax and recharge.
- Write about those things that you are grateful for.
- Share concerns with a trusted friend or family member.
- Take 15 minutes each day for contemplative meditation.
- Get involved in your community.
- Follow your dreams.
- Take a vacation.
- Create a family budget.
- Set three healthy goals you will try to achieve today.

12 Tools for Your Wellness Toolbox in Times of Farm Stress

12 simple steps for farmers to help cope with stress factors associated with farm life.

Web link: [12 Tools for Your Wellness Toolbox in Times of Farm Stress](#)

Source: North Dakota State University Extension Service

Managing Stress and Pursuing Wellness

4 Steps to Managing Stresses in Farming and Ranching

- Identify your stressors.
- Access your resources.
- Develop coping strategies.
- Seek support.

4 Steps to Managing Stresses in Farming and Ranching

A 4-step process to help farmers identify key stressors and access to resources, pursue good-quality decisions and connect with sources of support.

Web link: [4 Steps to Managing Stresses in Farming and Ranching](#)

Source: North Dakota State University Extension Service

FARM STRESS

Stress Management for Farmers/Ranchers

Why can some farmers/ranchers handle stress better than others? Researchers cite three reasons. Learn to better control events, attitudes and responses to stresses.

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Web link: [Stress Management for Farmers/Ranchers](#)

Source: North Dakota State University Extension Service

Managing Stress and Pursuing Wellness

Where Are You in the Farm/Ranch Stress Zone?

How do you know you are feeling stressed? List examples of "feeling stressed" in each of the following categories:

- Physical
- Mental
- Emotional
- Social

Where are you in the Farm/Ranch Stress Zone?

Each of us responds differently to pressures or concerns, so stress is exhibited in a variety of ways too. Assess where you are in the farm/ranch stress zone by completing this private self-assessment.

Web link: [Where Are You in the Farm/Ranch Stress Zone?](#)

Source: North Dakota State University Extension Service

FARM STRESS

Stress Management for Farm/Ranch Couples

Stress for farm/ranch couples is not unusual when considering how intertwined work is with family life. Try any or all of 13 tips to help manage these dual roles.

Stress Management for Farm/Ranch Couples

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Web link: [Stress Management for Farm/Ranch Couples](#)

Source: North Dakota State University Extension Service



Getting Your Groove Back (Winning @ Wellness)



Managing Stress for Farmers and Farm Families

3 basic concepts that can help farmers, farm families and others manage stress.

Web link: [Managing stress for farmers and farm families](#)

Source: Michigan State University Extension



Farm Families and Mental Health

Farm families face unique stressors that can lead to illness, depression, substance abuse and suicide. Explore 7 ideas to help farmers and farm families manage stress.

Web link: [Farm Families and Mental Health](#)

Source: Texas A&M AgriLife Extension



Supports for Farmer Mental Health

Infographic showing a variety of ideas to help support healthy options for farmers to improve their mental health.

Web link: [Supports for Farmer Mental Health](#)

Source: University of Iowa/University of Guelph

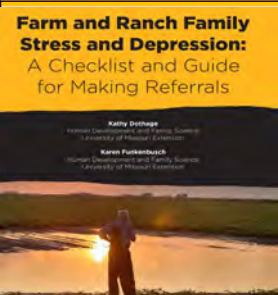


Mental Health and the Impact on Wellness for Farm Families

Farmers and ranchers can experience many factors that impact wellness. Learn about key factors in ag populations, including self-assessment, symptoms of poor mental health, when to talk to your health care provider and what help is available.

Web link: [Mental Health and the Impact on Wellness for Farm Families](#)

Source: AgriSafe Network



Farm and Ranch Family Stress and Depression: A Checklist and Guide for Making Referrals

Learn how to recognize farm stress, the signs of chronic, prolonged stress, depression or suicidal intent and how to refer a person for help.

Web link: [Farm and Ranch Family Checklist and Guide for Making Referrals](#)

Source: University of Missouri MU Extension

