



COUNSELING SERVICES

Mental Health Care Package: Coping with COVID-19



We know the countless impacts of COVID-19 are affecting UHCL Students, Faculty, Staff and Community in many ways. Counseling Services is committed to providing services in the best interest of your emotional and mental health needs, as well as your continued personal growth, during this very challenging time. For the past few weeks, UHCL Counseling Services has offered all of our services remotely and has added an entirely new set of Virtual Outreach Groups. For more information on these or any of our services, and how to access them, please visit our website.

Because Counseling Services has taken our services to a virtual format, we decided to reach out to you the same way. Please accept this Virtual Care Package carefully compiled by the UHCL Counseling Services team especially for you. We hope that you will take full advantage of these resources until we see you in person again.

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: @ thegoodadvicecupcake

3. If you are self-quarantining with loved ones, did you know that a 20-second hug does wonders? Oxytocin (the “cuddle hormone”) is released, a hormone that relaxes us and lowers anxiety. When it's released during these 20-second hugs it can effectively lower blood pressure and reduce the stress hormone norepinephrine.
4. Have a dance off with friends and have a live virtual dance party.
 - a. DJ Mel of Austin, TX has hosted Living Room Dance Parties, all the videos are available to replay at your leisure.
 - b. Check out DoStuff’s new campaign Do Stuff At Home to stream various artists and have an at home concert.
5. Play online games together like Minecraft. Discord is a platform you can use to play and chat with friends at the same time.
6. Cards Against Humanity or Checkers more your speed? Have a virtual game night and use Google Hangouts or Facetime to chat while playing.
 - a. Check out Pogo’s website for online multiplayer games such as Monopoly, Chess, Scrabble, and more.
7. Go old school and phone a friend (but maybe text them first and give them a heads up)
8. Pets are benefitting from our increased time at home. Share some of your best furry friend’s antics with others online.
9. Host a dinner party or charades with friends over Facetime or Google Hangouts.
10. Start a personal/public blog, website or podcast.

Do something. Choose deep breaths.

1. CALM app - free meditations, stories, music, and yoga.
2. Breathe2Relax app - learn diaphragmatic breathing to help you feel more relaxed.
3. More free mindfulness meditations and talks by Dr. Tara Brach on a variety of topics from anger to fear to compassion and caregiver resources.

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. Express your feelings through creative writing, painting, drawing, photography, clay, listening and/or playing music, or experimenting with a new baking recipe.
6. Take on The Getty Museum challenge and recreate famous art pieces with household items.
7. Free live streams from The New York Met Opera each night.
8. The Shows Must Go On! is releasing a full-length, smash-hit musical once a week for you to watch for free.

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.
 - f. Live stream concerts of various artists for you to enjoy.
 - g. Vulture's list of musicians doing live streams.
 - h. Need some classical music in your life? Check out ClassicFM's list of live streamed classical music concerts.
 - i. Check out NPR's list of where to stream live concerts.
2. Cove app - make music to assist with improving your mental health.
3. Make a music video.
4. Create a variety of playlists highlighting different moods or activities (e.g., I'm rearranging my living space playlist).
 - a. 100 Songs to help lift your spirits during a pandemic.

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. Explore nature in comfort on your bike.
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 movement.

1. Stay connected to UHCL's Rec and Wellness Center as they post suggestions for ways to get your body moving.
2. Stretching and movement can help with anxiety and sleep.
3. Try out yoga.
 - a. For a limited time, stream Core Power Yoga classes for FREE!
 - b. Yoga with Adriene has launched a new free series, Yoga for Uncertain Times.
4. Various workout services:
 - a. Choose from a variety of free-trial workout streaming services.
 - b. Orange Theory is offering free videos on their Instagram page to workout from home.
5. Suggestions on ways to stay active during COVID-19.
6. 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. Have your kids take a FB live streaming art class with University of Houston-Clear Lake Art School for Children and Young Adults.
2. Explore a master list of activities for kids in Houston.
3. The Children's Museum Houston offers a virtual playground for your mind.
4. Dive into the Houston Museum of Natural Science online collection of video archives and virtual tours.
5. Scholastic Lessons
6. Mystery Science
7. Storyline
8. Lunch Doodles with Mo Willems
9. Houston Zoo YouTube page and website live stream
 - a. Check out other zoos in the US that are offering live streams.
10. Cosmic Kids Yoga
11. Harry Potter at Home

Do something. Choose cooking.

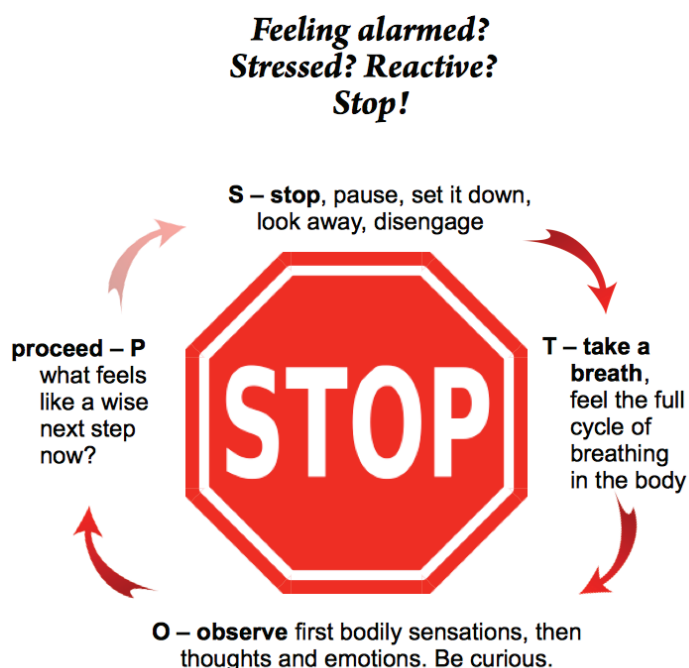
How about experimenting with some new recipes ? Share your creations on social media and/or have a live cooking challenge with friends.

1. Have random ingredients at home and are unsure what to make?
 - a. Fridge to Table
 - b. SuperCook
2. Recipes to try!
 - a. Bon Appetit
 - b. Ideas from Celebrity Chefs
 - c. Easy Pantry Recipes

Do something. Choose self-care.

1. WellTrack app - Welltrack offers a suite of interactive assessment and self-help tools focusing on stress, anxiety, and depression. Sign up for FREE using your UHCL email address.
2. PTSD Coach app - links to support groups and stress management tools.
3. Relax Melodies app - a sleep aid with 50+ sounds that are customizable to your preference.
4. Mindshift app - offers strategies for facing anxiety, journaling tools, positive thinking exercises, symptoms tracker, and relaxation tips.
5. Happify app - daily progress tracker and character strength report.
6. Virtual Hope Box app - coping, relaxation, and positive activity planning.
7. Insight Timer app - free library of guided meditations.
8. Circle of Six app - send a pre-programmed alert message with your exact location to selected persons, includes resourc.es for 24-hour hotlines and safety information.
9. 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.
10. Being present eases anxiety and worry. Try 1 or all 52 free mindfulness exercises.
11. Feeling worried and anxious since all the talk of COVID-19? Learn some coping skills to engage in mindfulness exercises during this difficult time courtesy of TAO Connect.
12. Two techniques to try out when you are feeling overwhelmed.
 - a. S.T.O.P. Mindfulness Practice : A mental practice you can use when feeling overwhelmed. The steps can be remembered through the acronym STOP (**S**top. **T**ake a breath. **O**bserve. **P**roceed.). Practice this mindfulness technique with this video.
 - b. A.P.P.L.E. Technique:
Another mindfulness exercise that can be remembered through the acronym APPLE.

The STOP practice



credit: www.getselfhelp.co.uk/apple.htm

credit: www.mindfulnessnorthwest.com/about-practice/8093087

Do something. Choose helping others.

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

Adapted from: PBS Newshour and U of M Health Blog

Do something. Choose sports.

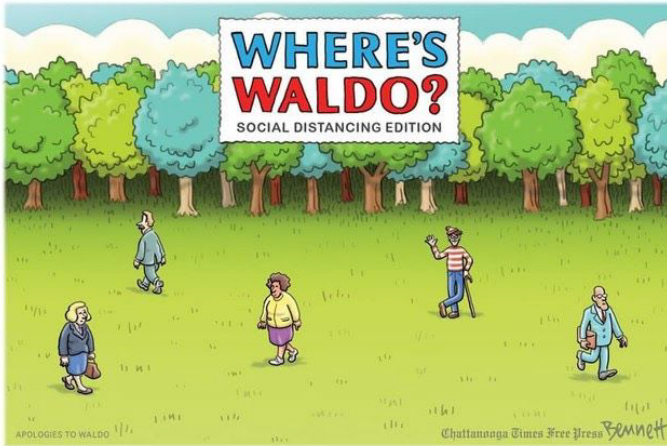
1. Desperately missing sports? Check out these free passes:
 - a. Free NBA League Pass: games from this season, and classic games.
 - b. Free NFL Game Pass: game replays.

Do something. Choose learning.

1. Learn a new language on Duolingo.
2. Read a book. Don't know what to read next?
 - a. UHCL Counseling Services has a Goodreads Account . Check out our recommendations.
 - b. Borrow free books online from the Houston Public Library now through August 1, 2020.
3. Use YouTube to figure out how to change your oil or a flat tire.
4. Ever wanted to explore other courses at school, but they were not on your course list? Check out some free Ivy League courses being offered online!
5. NASA at Home:
 - a. Space Center app--explore NASA at home on your phone, take a mobile tour and do some virtual reality experiences right in your living room.
 - b. Wonder what is going on at NASA, stay up to date with their daily blog!

Do something. Choose laughter.

Take time for some stress relief. Laughter can be one of these ways and has been associated with psychological health benefits.

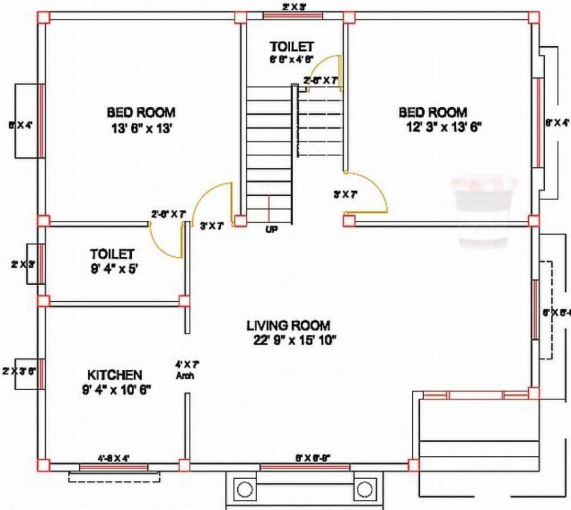


credit: www.timesfreepress.com/cartoons/2020/mar/17/much-easier/4269/



credit: CHEVILLE PROKOP/SUPPLIED

Looking at the map for some wknd travel ideas



credit: www.reddit.com/r/CoronavirusMemes/

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

credit: www.cbc.ca/

Do something. Choose sharing.

Feel free to download this care package and share it with anyone you think could use it now. We miss you and hope to see you all again soon.

Any individual requiring an accommodation in order to participate in this event will need to contact Counseling Services at 281.283.2580 prior to the event



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