

# Mind Over Matter

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## 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 ♦ March 2021



FEMA



# about ...

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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 ...

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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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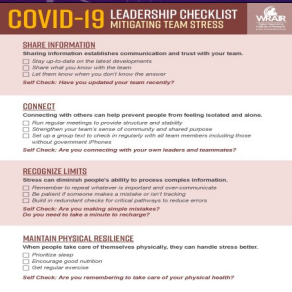
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See 2 companion pieces of this guide:

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



# Top Guns (Tools for Faculty and Leadership)

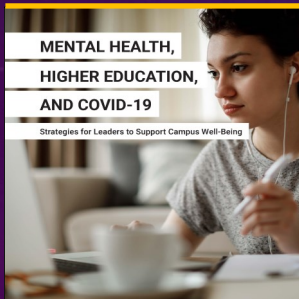


## COVID-19 Leadership Checklist—Mitigating Team Stress

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



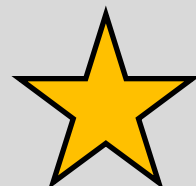
Webpage Content

## 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

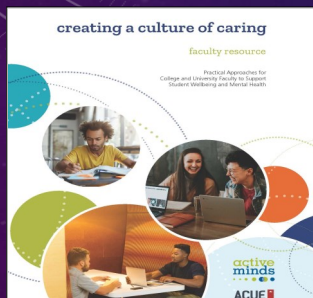
Tips for leaders, managers and supervisors about coping with and balancing political stress.

**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)



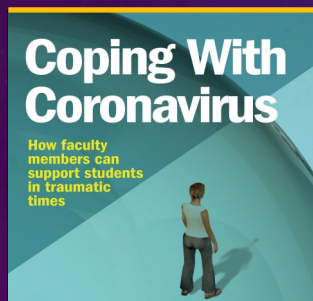
## Creating a Culture of Caring

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



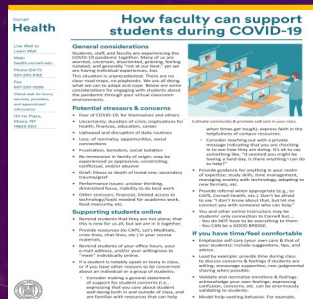
## Coping with Coronavirus

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 for themselves each day](#)

**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)

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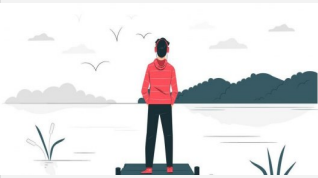
Webpage Content

### 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)



## Help a Friend in Need

### Possible Warning Signs of Emotional Distress

Tips to help recognize emotional distress in someone, both behaviorally and via social media, such as Facebook and Instagram.

**Web link:** [Help a Friend in Need - Emotional Distress](#)

**Source:** The JED Foundation, with Facebook, Instagram and The Clinton 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

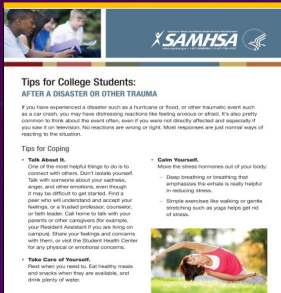


## A Friend of Mine Seems Really Down and May be Depressed

10 tip cards for those experiencing emotions ranging from sadness to potential suicide, along with resources to connect a friend with help.

**Web link:** [A Friend of Mine Seems Really Down and May be Depressed](#)

**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)

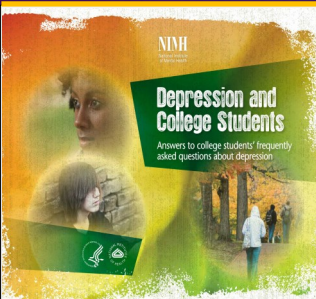


## (Text) Tips for College Students: After a Disaster or Other Trauma

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?](https://www.samhsa.gov/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](https://www.nimh.nih.gov/health/publications/answers-to-college-students-frequently-asked-questions-about-depression/)

**Source:** National Institute of Mental Health



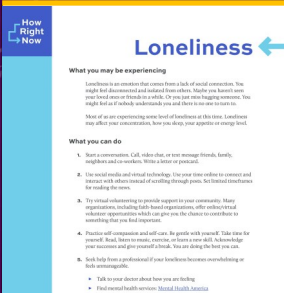
Webpage Content

## 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](https://www.mentalhealthamerica.net/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](https://www.howrightnow.org/loneliness)

**Source:** How Right Now.org



Webpage Content

## 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](https://www.mentalhealthamerica.net/owning-your-feelings-tools-2-thrive)

**Source:** Mental Health America



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

**How Right Now**

## Anger

**What you may be experiencing**

There may be times when you feel angry, frustrated, or even overwhelmed. You may have a shorter fuse than usual. That's okay.

Anger and a healthy sense of control are normal reactions to negative events. Loss of control or a feeling of helplessness can lead to anger. Anger is a natural response to a situation that is unfair or unjust. Anger is a natural response to a situation that is unfair or unjust.

**What you can do**

1. Take a calming breath. Even a five-minute break can make a difference.
2. Acknowledge how you are feeling. It's okay to feel angry.
3. Take time to calm the anger. Consider taking deep breaths to reduce stress like exercising and reading, then for you.
4. Consider taking a break from the situation. Consider taking a break from the situation. Consider taking a break from the situation.
5. Monitor your social media use and screen time or news. Too much media can increase feelings of frustration and anger.
6. Seek help from a professional if your anger becomes overwhelming or hard to manage.

• Talk to your doctor about how you are feeling.  
• Find mental health services: <https://nhs.uk/mental-health>

## 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

**SAMHSA**  
Substance Abuse and Mental Health Services Administration

## Tips for Survivors

**COPING WITH ANGER AFTER A DISASTER OR OTHER TRAUMATIC EVENT**

Many people experience anger after a disaster or other traumatic event. This anger is a natural response to the event. It is a natural response to the event. It is a natural response to the event.

**Anger After Disasters**

Many people have trouble after a disaster or other traumatic event. This anger is a natural response to the event. It is a natural response to the event. It is a natural response to the event.

• They may feel angry or not as angry.  
• They may feel angry or not as angry.  
• They may feel angry or not as angry.

## 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

**How Right Now**

## Grief

**What you may be experiencing**

Grief is a natural response to a loss. It is a natural response to a loss. It is a natural response to a loss.

**What you can do**

1. Get support from others during this challenging time.
2. Talk with friends, family, or people you trust.
3. Seek out a grief support group.
4. Seek support from your faith community.
5. Consider a volunteer. Following a disaster, you may have a sense of loss and purpose. Volunteering can help you find a sense of purpose. Volunteering can help you find a sense of purpose.
6. Consider ways to honor your loved one. This can help you find a sense of purpose. This can help you find a sense of purpose.

• Talk to your doctor about how you are feeling.  
• Find mental health services: <https://nhs.uk/mental-health>

## 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



## I'm Having Thoughts of Suicide

How to get immediate help for those contemplating suicide.

**Web link:** [I'm Having Thoughts of Suicide](#)

**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

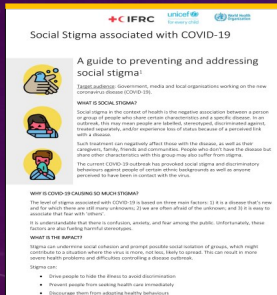


## COVID-19 Stigma: What is it and How to Reduce it

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

**Web link:** [COVID-19 stigma: What is it and How to Reduce It](#)

**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

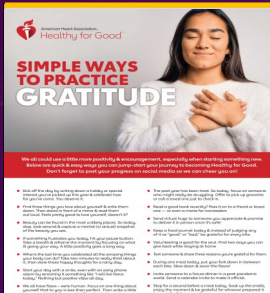


## Tips for Providing Support to Others During the Coronavirus Outbreak

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



Colorful, 1-pager hosting a plethora of ideas to deal with stress.

**Source:** Missouri Department of Mental Health



**Source:** Univ. of Maryland School of Medicine/Natl Center for School Mental Health



Simple ideas for incorporating humor into everyday life.

**Source:** Mental Health America



**Source:** The U.S. National Archives and Records Administration





## 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



### 80+ 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:** [80+ 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

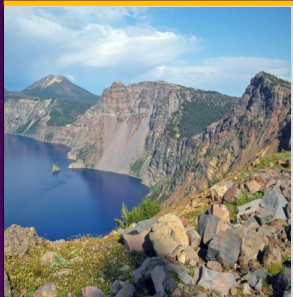


### Live Animal/Marine Life Cameras from Around the U.S. (links)

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)

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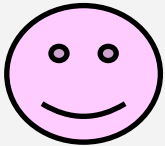


### Find Your Virtual Park

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



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

**Source:** Cornell University Health



**Web link:** [Stress Screener](#)

**Source:** Mental Health America

## Webpage Content



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

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



**Web link:** [Coping with Stress](#)

**Source:** How Right Now.org

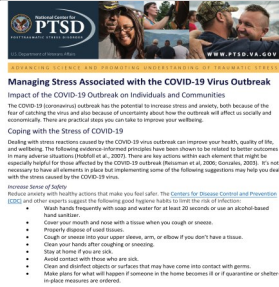


**Web link:** [Coping With Stress During Infectious Disease Outbreaks](#)

**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

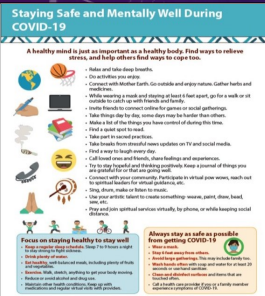
No need for a spa weekend or retreat to zap your stress. These 10 tips can get you from OMG to om in less than 15 minutes.

**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



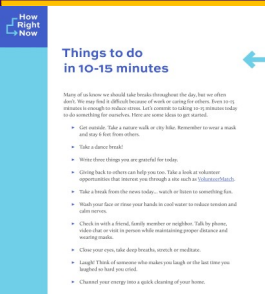
## Webpage Content

## 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

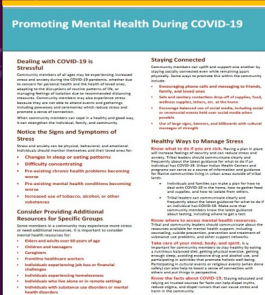


## Things to do in 10-15 minutes (to reduce stress)

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)



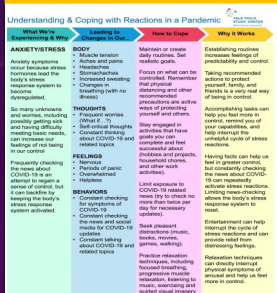
Webpage Content

## 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

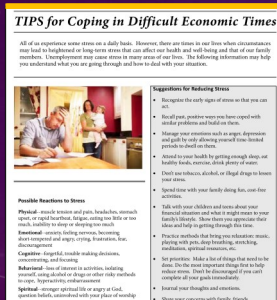


## Understanding & Coping with Reactions in a Pandemic

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



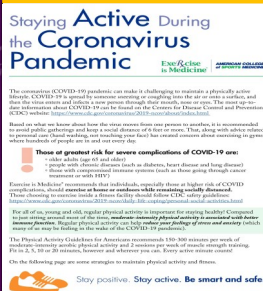
Webpage Content

## 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



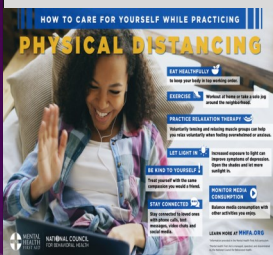
Webpage Content

## 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



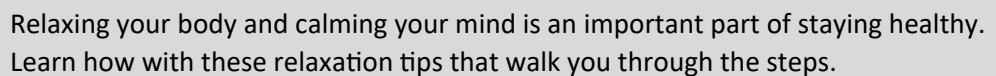
## 25 simple ways to help cope with a pandemic-induced quarantine.

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



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.

**Source:** American Heart Association

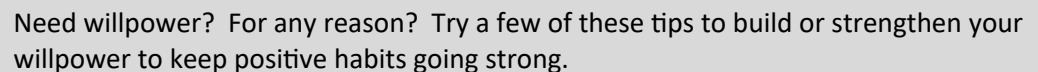


**Source:** New York University Langone Health



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.

**Source:** American Psychological Association



**Source:** American Heart Association

## Getting Your Groove Back (Winning @ Wellness)

## 12 Tools for Your Wellness Toolbox in Times of Farm Stress

<p><b>1</b></p> <p><b>Exercise 15 minutes or more daily</b></p> <p>Physical activity enhances learning.</p>	<p><b>2</b></p> <p><b>Get a medical checkup every 6 months</b></p> <p>Stress can cause physical changes.</p>	<p><b>3</b></p> <p><b>Read 15 minutes to one hour daily</b></p> <p>A few minutes of planning each day helps you flourish.</p>	<p><b>4</b></p> <p><b>Take regular time to sit or stand before</b></p> <p>Stress can cause physical changes and change.</p> <p>Stress can cause physical changes and change.</p>
<p><b>5</b></p> <p><b>Write down three things you are proud of for daily</b></p> <p>Gratitude journaling helps you flourish.</p>	<p><b>6</b></p> <p><b>Share concerns with a trusted friend or professional</b></p> <p>Stress can cause physical changes and change.</p>	<p><b>7</b></p> <p><b>Take 15 minutes each day to sit or stand before</b></p> <p>Stress can cause physical changes and change.</p>	<p><b>8</b></p> <p><b>Get involved in your community or group of friends</b></p> <p>Stress can cause physical changes and change.</p>
<p><b>9</b></p> <p><b>Discuss needs of your organization for the next 6 months with all other members of your organization</b></p> <p>Stress can cause physical changes and change.</p>	<p><b>10</b></p> <p><b>Start constructive feedback on your team or organization</b></p> <p>Stress can cause physical changes and change.</p>	<p><b>11</b></p> <p><b>Create a family budget and seek to live according to it</b></p> <p>Stress can cause physical changes and change.</p>	<p><b>12</b></p> <p><b>Select your healthy habits you wish to practice today!</b></p> <p>Stress can cause physical changes and change.</p>

## 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**  
 in Times of Tight Margins
 **4 Steps to Managing Stresses in Farming and Ranching**

Working in agriculture brings its own set of unique experiences and stresses. These stresses can range from equipment breakdowns to long hours to isolation from others. Signs of stress are **warning signals**, like the flashing yellow or red light on the dashboard of a car, that are reminding you to pay attention, slow down and take a moment to check for signs of trouble.

The Managing Thrusts Model identifies you to use a reflective approach and explore multiple steps in dealing with stress concerns. It helps you identify and use effective resources and strategies. The four steps explored here are: (1) assess needs and impacts, (2) identify and access resources, (3) pursue good quality decisions, and (4) connect with sources of support.

```

graph TD
    A[Assess needs and impacts] --> B[Identify and access resources]
    B --> C[Pursue]
    C --> D[Connect with sources of support]
    D --> A
  
```

4 Steps to Managing Stresses in Farming and Ranching – A Model

**What is Causing You Stress?**

In farming and ranching, a source of stress might be short-term and simple to handle (such as mending a fence when livestock break through) or it might be more long-term and challenging to handle (such as an injury that limits your ability to work for a couple of months). Stressors are common. You are not alone in your list of stressors. The following research suggests that **how we think about and how we respond to stressors** are just as important in handling them in our lives.

In exploring the steps in the Managing Rural Stress Model, we will use a continuing example (in *italics*) to share ideas about how to use each step. We also encourage you to pick your own example and use the steps as a process to think about and respond to stresses identified in your own case of farming operation. See Additional web for examples.

**Key Stressor** (Example): *dog diagnosed with mild to moderate diabetes in the last month*

## 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

[illegible]

## 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.

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

**Source:** North Dakota State University Extension Service


**Managing Stress and Pursuing Wellness**  
*in Times of Tight Margins*

**Where Are You In the Farm/Ranch Stress Zone?**

Stress is made apparent in a variety of ways as a person responds physically, mentally or emotionally to existing pressures or concerns. Each person is affected differently, and becoming familiar with common ways in which stress affects a person is helpful. This material will help you understand and assess where you are 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**  
(Example Low energy etc.)

- ☐
- ☐
- ☐
- ☐

**Mental**  
(Example Difficulty concentrating etc.)

- ☐
- ☐
- ☐
- ☐

**Emotional**  
(Example Feeling Irritable etc.)

- ☐
- ☐
- ☐
- ☐

**Social**  
(Example Withdrawal from activities etc.)

- ☐
- ☐
- ☐
- ☐

**Personal Stress Zone**

**Your Personal Stress Zone**

## 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

[illegible]

## Stress Management for Farm/Ranch Couples

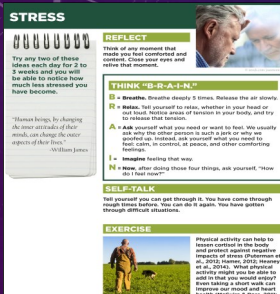
Stress for farm/ranch couples is not unusual when considering how intertwined work is with family life. Try any or all of 13 tips to help manage these dual roles.

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

**Source:** North Dakota State University Extension Service



# Getting Your Groove Back (Winning @ Wellness)

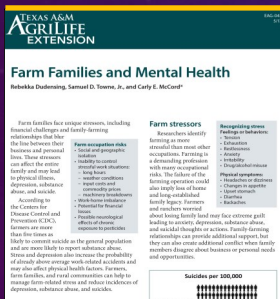


## Managing Stress for Farmers and Farm Families

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

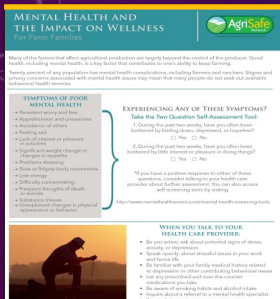


## Supports for Farmer Mental Health

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

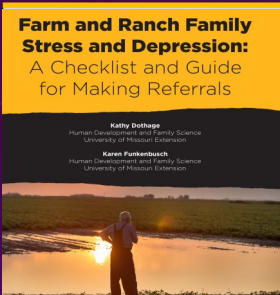


## Mental Health and the Impact on Wellness for Farm Families

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

# Getting Your Groove Back (Winning @ Wellness)

## Managing Stress During COVID-19 (Coronavirus)

**Stress during COVID-19 (Coronavirus)**

The spread of coronavirus (COVID-19) is creating a sense of fear and anxiety about COVID-19 in our communities. It is important to recognize the signs of stress and learn ways to manage it.

Stress during this time can have a big impact on how we feel and how we act. It can make it harder to think clearly, make decisions, and take action. It can also make us more likely to get sick. It is important to know how to manage stress so we can stay healthy and help others.

**Recognizing the signs of stress**

Stress can show up in many ways. It can be different for everyone, but it may include:

- Feeling nervous or scared
- Feeling sad or lonely
- Feeling angry or frustrated
- Feeling like you are not in control
- Feeling like you are not getting enough sleep
- Feeling like you are not eating enough
- Feeling like you are not taking care of yourself
- Feeling like you are not taking care of others
- Feeling like you are not taking care of your community

**Strategies to manage stress**

Stress can be managed. There are many ways to manage stress. It is important to find what works for you. Some strategies include:

- Take deep breaths
- Exercise
- Talk to someone
- Write in a journal
- Listen to music
- Watch TV
- Read books
- Take breaks
- Stay positive
- Stay healthy
- Stay safe
- Stay informed
- Stay connected
- Stay hopeful
- Stay strong
- Stay brave
- Stay kind
- Stay loving
- Stay caring
- Stay giving
- Stay generous
- Stay helpful
- Stay supportive
- Stay encouraging
- Stay inspiring
- Stay motivating
- Stay uplifting
- Stay cheering
- Stay cheering on
- Stay cheering for
- Stay cheering with
- Stay cheering for everyone

## Managing Stress During COVID-19 (Coronavirus)

Fear and anxiety about COVID-19 is creating stress among many of us. Lessen the effects of stress by recognizing the signs, learning to manage it and finding support for those at risk of violence at home.

**Web link:** [Managing Stress During COVID-19](#)

**Source:** Johns Hopkins Center for American Indian Health

## Coronavirus (COVID-19) and Stigma

Viruses Don't Discriminate, and Neither Should We

Stigma is a strong feeling of disapproval that is often based on a misunderstanding or a lack of understanding. It can be harmful to the person being stigmatized and to the community as a whole. It is important to recognize the signs of stigma and learn ways to manage it.

Coronavirus doesn't recognize race, nationality, or ethnicity. It is a virus that can affect anyone. It is important to recognize the signs of stigma and learn ways to manage it.

**Wearing a mask doesn't mean a person is ill.**

Wearing a mask is a way to protect yourself and others. It is not a sign of weakness or illness. It is a sign of responsibility and care for others.

**You can interrupt stigma. Start by sharing information that is true.**

Stigma is often based on misinformation. It is important to share accurate information and to correct misconceptions. It is important to be kind and respectful to everyone.

**Speak up if you hear, see, or read false information or misinformation of others.**

It is important to speak up when you see or hear false information or misinformation. It is important to be kind and respectful to everyone.

**Show compassion and support for those most closely impacted.**

It is important to show compassion and support for those who are most affected by COVID-19. It is important to be kind and respectful to everyone.

## Coronavirus (COVID-19) and Stigma

Consider these 6 tips to help combat stigma, a hurtful behavior that is often based on misinformation about a group of people, certain actions or activities.

**Web link:** [Coronavirus \(COVID-19\) and Stigma](#)

**Source:** Johns Hopkins Center for American Indian Health

## ELDER MENTAL HEALTH DURING COVID-19

**ADRESS THE RISK**

The spread of coronavirus (COVID-19) is creating a sense of fear and anxiety about COVID-19 in our communities. It is important to recognize the signs of stress and learn ways to manage it.

**MANAGE STRESS**

Stress can be managed. There are many ways to manage stress. It is important to find what works for you. Some strategies include:

- Take deep breaths
- Exercise
- Talk to someone
- Write in a journal
- Listen to music
- Watch TV
- Read books
- Take breaks
- Stay positive
- Stay healthy
- Stay safe
- Stay informed
- Stay connected
- Stay hopeful
- Stay strong
- Stay brave
- Stay kind
- Stay loving
- Stay caring
- Stay giving
- Stay generous
- Stay helpful
- Stay supportive
- Stay encouraging
- Stay inspiring
- Stay motivating
- Stay uplifting
- Stay cheering
- Stay cheering on
- Stay cheering for
- Stay cheering with
- Stay cheering for everyone

**DEFINITIONS**

**Community, families, and society must take steps to protect elders.**

**What is Social Distancing?**

Social distancing is a way to keep a safe distance from others. It is important to keep at least 6 feet away from others. It is important to avoid large gatherings and crowded places.

**What is Isolation?**

Isolation is a way to keep away from others. It is important to stay at home and avoid going out. It is important to avoid contact with others.

**What is Quarantine?**

Quarantine is a way to keep away from others. It is important to stay at home and avoid going out. It is important to avoid contact with others.

## Elder Mental Health During COVID-19

Elders can be more at risk for COVID-19 so it's important to help them manage stress. Learn ways to support them with medical needs, as well as isolation or quarantine, because of a COVID-19 exposure or diagnosis.

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

**Source:** Johns Hopkins Center for American Indian Health

## Measuring Your COVID-19 Risk During Daily Activities

**Three Major Risk Factors: Location, Time, Distance**

Measuring your risk for COVID-19 is based on three factors: Location, Time, and Distance. It is important to recognize the signs of stress and learn ways to manage it.

**Reduce Your Risk, Wear a Mask.**

Wearing a mask is a way to protect yourself and others. It is important to wear a mask in public places and around others. It is important to wear a mask when you are coughing or sneezing.

**Measuring Your Risk During Daily Activities**

Activity	Location	Time	Distance	Risk
Getting food	✓	✓	✓	Low
Feeling lonely	✓	✓	✓	Low
Going to work or school	✓	✓	✓	Low
Helping with housework	✓	✓	✓	Low
Volunteering at a community center	✓	✓	✓	Low
Attending a religious service	✓	✓	✓	Low
Going to the doctor	✓	✓	✓	Low
Measuring your risk during daily activities	✓	✓	✓	Low

## Measuring your COVID-19 Risk During Daily Activities

Infographic showing typical daily activities in Native American communities and the COVID-19 risk (low, moderate, high) associated with each.

**Web link:** [Measuring Your COVID-19 Risk During Daily Activities](#)

**Source:** Johns Hopkins Center for American Indian Health

## Weaving a Basket for Safety Against COVID-19

As winter approaches and COVID-19 cases rise, it is important for our community to know about the steps we can take to keep ourselves and our families safe from COVID-19.

Think of these safety steps like a woven basket. The single steps will stop the virus by itself. But we combine different steps like we combine woven strands, we can make a big difference in making our community safe.

**Weaving a Basket with Six Safety Strategies for COVID-19**

Risk Factor	Safety Strategy	Frequency	Impact
Location	Staying at home	Always	High
Time	Wearing a mask	Always	High
Distance	Keeping 6 feet away	Always	High
Location	Washing hands	Frequently	High
Time	Disinfecting surfaces	Frequently	High
Distance	Avoiding large gatherings	Frequently	High

## Weaving a Basket for Safety Against COVID-19

Infographic showing how to weave a basket of safety by wearing masks, physical distancing, frequent handwashing, cleaning and disinfecting, contact tracing and frequent testing.

**Web link:** [Weaving a Basket for Safety Against COVID-19](#)

**Source:** Johns Hopkins Center for American Indian Health