

TIPS AND RESOURCES TO HELP US MANAGE COVID-19



MINDFULNESS CORNER

As we navigate this challenging time, we need to focus on our mental health. Take the next few days to practice self-care. Below are tips to help you focus on yourself as you undergo social distancing. We recommend browsing through the articles, practice, and resources on the [Greater Good Science Center](#) website.

Stretch – keep your body loose, focus on your neck

Hydrate – drink plenty of water; for a fun twist add a lemon wedge

Real Food – it's natural to want to snack on candy or cookies but ensure that you are eating real meals that include an array of vegetables and fruit.

Connect – reach out to family and friends

Limit Media – Limit worry and agitation by avoiding excessive media coverage exposure. It's okay to take a pause.

Free Apps to Consider for Meditation

- Calm
- Insight Timer

WHAT IS SOCIAL DISTANCING?

Social distancing is deliberately increasing the physical space between people to avoid spreading illness. Staying at least six feet away from other people lessens your chances of catching COVID-19.

Other examples of social distancing that allow you to avoid larger crowds or crowded spaces are:

- Visiting loved ones by electronic devices instead of in-person
- Canceling or postponing large meetings
- Virtual or on-demand workouts from home
- Taking nature walks outside while maintaining physical distance with others

FEELING OVERWHELMED?

- Focus on what you can control
- Do what helps you feel a sense of safety
- Spend time outside, even if you are avoiding crowds
- Engage in mindfulness activities
- Reach out if you need more support

Call the National Alliance on Mental Illness (NAMI) at 1-800-950-6264 for mental health resources.

Crisis Text Line - text HOME to 741741

FREE SERVICES/SUBSCRIPTIONS

Internet:

- Comcast announced last Friday it would expand its low-income broadband program, offering it for free to eligible families for the next 60 days while raising its speed. Also rolled out a program that would offer new customers two months of basic internet access for free and is upping the speeds for existing customers of the basic plan. More info here: <https://corporate.comcast.com/covid-19>
- Spectrum/Charter said it would provide similar services as Comcast for students that currently lack it over the next two months. For more information call 1-844-488-8395.
- AT&T, T-Mobile, Verizon and Sprint will waive late fees, offer unlimited data and expand hotspot capabilities. Contact your provider for more information.

Food & Restaurants:

- Find your local food bank: <https://www.feedingamerica.org/find-your-local-foodbank>
- Many food delivery service apps such as Doordash, Grubhub, and Uber Eats are waiving fees on pickups for restaurants.
- Support local restaurants and help them stay open by making phone orders for pick-up or delivery.

Storage:

- U-Haul free 30-day storage: call 1-800-GO-UHAL or visit www.uhaul.com

Fitness:

- Free at-home workout videos from Planet Fitness - <https://www.youtube.com/planetfitness>
- Free cardio workout videos - <https://www.fitnessblender.com/videos>
- Free online yoga, HIIT, and barre classes until April 1 - <https://www.downdogapp.com/>
- Free at home yoga videos <https://greatist.com/move/free-yoga-videos#less-than-30-minutes>

LOCAL AND NATIONAL GOVERNMENT NEWS AND UPDATES

- Link to CDC website - <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>
- Link to WHO website - <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
- Keep up to date with Coronavirus in the DC area - <https://coronavirus.dc.gov/>
- New York Times will waive fees for their website and app for students: <https://www.nytimes.com/news-event/coronavirus>

**When reading the news, it is important to use credible sources that you can trust such as the CDC or WHO so that you can accurately determine your risk and take reasonable precautions; Avoid excessive exposure to media coverage and negative media intake.