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#### WELLNESS DOMAIN FOCUS: Psychological/Emotional

March 15<sup>th</sup>, 2020  
Issue 1

## Welcome to our first Wellness Newsletter

ACHE Wellness department is prepared to support students and faculty that have anxiety or concerns related to Coronavirus. Understandably, you may have anxiety and concerns about COVID 19.

1. ACHE Wellness department is offering *online guidance 24/7 through WellConnect.com* (use the school code: **ACHE**). Use student health services [LINK](#) to access information
2. Individual counseling online through telehealth <https://doxy.me/achewellnesscounseling> using a HIPPA approved confidential platform.
3. ACHE Wellness office is open 8:30 am -7:30 pm for online counseling and by email. Please schedule an appointment by emailing [Carmelita.robertson@acheedu.org](mailto:Carmelita.robertson@acheedu.org)
4. ACHE CARETEAM resources are always available as well for personal concerns or concerns of other students.

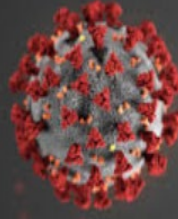
## PSYCHOLOGICAL HEALTH TIPS



1. Acknowledge reactions. Allow yourself time to reflect on what you are feeling and how you may be reacting to any fears and uncertainties of the future.
2. Maintain your day-to-day normal activities and social outlets as much as you can. Resist withdrawing and isolating yourself from the support and caring that others can provide.
3. Seek accurate information from The Centers for Disease Control and Prevention and limit exposure to social media and news reports that provide no new information.
4. Pay attention to positive news instead of only focusing on negative and fear-producing reports.
5. Follow the protection and prevention tips given by medical professionals such as CDC, national medical authorities, and your own medical doctor.
6. Practice calming rituals: Stay grounded in the present moment, which can help you maintain an internal sense of stability and balance when outside events feel threatening.  
<https://student.korumindfulness.org/free-guided-meditations.html>
7. Seek supports & use campus resources. Reach out to friends and family and learn about campus resources. If you or someone you know has significant distress that does not seem to be getting better, talk about it with others or reach out to ACHE Wellness Office.
8. Your campus community is here to help!



## AVOID THE STIGMA



Coronavirus Disease 2019

### ***VIRUSES DON'T DISCRIMINATE AND NEITHER SHOULD WE.***

- Be aware of your behavior or attitude change toward others from another country.
- Avoid generalizing anyone who is sick as potentially having the Coronavirus.
- Examine any irrational or rigid thoughts that can exist when there is uncertainty.

## Recognizing Distress: A Self Checklist

WE ARE HERE TO SUPPORT YOU: ACHE Wellness  
Department  
Carmelita.robertson@acheedu.org



1. Increased anxiety, worry, fear, and feelings of being overwhelmed
2. Depressive symptoms (e.g., intense sadness, irritability, lethargy, loss of pleasure, etc.) that persist and/or intensify
3. A new inability to focus or concentrate
4. A feeling of hopelessness and/or a paralyzing fear about the future
5. Sudden anger and disruptive behaviors or noticeable changes in personality
6. Changes in sleep patterns – either getting too much or not enough sleep
7. Changes in appetite and eating behaviors
8. Excessive crying
9. Isolating or withdrawing from others, fear of going into public situations
10. Unhealthy coping (e.g., increased alcohol or drug use, engaging in risky/impulsive behaviors)

## ONLINE RESOURCES:

<https://student.korumindfulness.org/COVID-19-resilience.html>

<https://student.korumindfulness.org/resources.html>

[https://youtu.be/xrxMDan\\_5Fc](https://youtu.be/xrxMDan_5Fc)

<https://abcnews.go.com/GMA/Wellness/mindfulness-coronavirus-harvard-professors-tips-lower-anxiety/story?id=69555324>

[DIPD Canvas Course Module COVID 19](#)

<https://acheedu.org/covid-19/>

# Cultivating Resilience during the COVID-19 Crisis with Koru Mindfulness

When the future is unclear and our path forward is out of our control, it can be tricky to stay calm and grounded. Here are a few options.

- Register for our un-course (a course without meetings, so kind of like a course, but not) and get started using our app:

» [koru.site/coronaresilience](https://koru.site/coronaresilience)

The Koru App is typically only available to folks who are enrolled in a Koru class. But there are features on the app that can help you de-stress, develop your mindfulness skills, and build up the skill of gratitude (which can decrease stress even further). We've made it available to anyone, just register for the un-course and download the app. If you submit meditation logs, you'll get some coaching from Koru faculty member, Libby Webb.

- We've compiled a guide with free resources for cultivating resilience during the COVID-19 crises. Check it out at [student.korumindfulness.org](https://student.korumindfulness.org).
- Say a meditation poem during hand washing. Make your own, use the one we've provided on our site, or search the web for one you like.
- When you are feeling especially overwhelmed, stop and take 10 breaths. This will center and ground you.