

Mental Health Care Package:

# Coping with COVID-19



Mental health and overall psychological well-being may be negatively impacted by the rapidly changing and unpredictable nature of the COVID-19 pandemic. You are not alone in coping through a wide range of emotional reactions (i.e., fear, anxiety, worry, sadness, grief, anger, etc.).

We would like to remind you that Personal Counseling Services are here to help students by providing telehealth services normal business hours: **Monday – Friday (8am – 4pm)**. Call (626) 585-7273, to speak to one of our clinicians. For life threatening emergencies, please call 9-1-1 or Campus Police (626) 585-7484 or go to the nearest emergency room.

The following are some resources that we hope will help you during these unprecedented times.

[Personal Counseling](#)

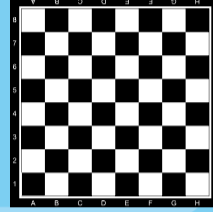
[COVID-19 Resources](#)

[COVID-19 Helpful Links](#)



## STAY CONNECTED

Checkers more your speed? Have a **virtual game night** and using video conference platforms.



Go old school and phone a friend.



Start a **personal/public blog**, website or podcast.



Find a pen pal or write handwritten letters to friends/loved ones.



## WAYS TO USE ART & MUSIC

Explore **art museums** from around the world virtually.



**Virtual concerts and Broadway** shows to watch during the COVID-19 shutdown.



Express your feelings through creative writing, painting, drawing, photography, clay, listening and/or playing music, or experimenting with a new baking recipe.



**Free virtual concerts:**

- Live virtual **concerts** from NPR ranging from Experimental to Jazz and Americana to everything in between.
- Compilation of classical music and opera on demand as well as live streams from the **Guardian** and **Classic FM**.



Create a variety of playlists highlighting different moods or activities.

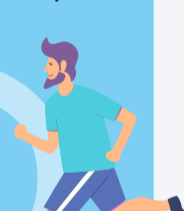


## WAYS TO USE MOVEMENT

**Stretching and movement** can help with anxiety and sleep.



Choose from a variety of **free-trial workout** streaming services.



Suggestions on ways to **stay active** during COVID-19.

Free virtual classes through the **YMCA**, no membership required.



## OTHER WAYS TO CHOOSE SELF-CARE

Being present eases anxiety and worry **free mindfulness exercises**.



**Insight LA** – engage with a self-soothing video, progressive muscle relaxation, breather bubble tool, guided meditations, a journal feature and more.

How about experimenting with some **new recipes**?



Missing sports? Check out these free passes

- Free **NBA** League Pass: games from this season, and classic game replays
- Free **NFL** Game Pass: game replays



**HAHAHA**



**Laughter** can be one of these ways and has been associated with psychological health benefits.

Breathe the fresh air and take in what is around you. Use your **5 senses** to connect with nature.

Purchase a low-maintenance plant. Plants are a great way to brighten up your work station and improve well-being.



Pets are benefitting from our increased time at home. Take your pet out for a walk and find new ways to play with them.



Additional resource:  
[City of Los Angeles Safer at Home Resources](#)