

## Coronavirus Coping Skills and Emotional Well-Being

### *Access to accurate information*

#### **UM Sites:**

- **Michigan Medicine updates for faculty, staff, learners, patients and visitors**  
<https://www.uofmhealth.org/covid-19-update>  
<https://mmheadlines.org/covid-19-updates/> (Added 4/6/2020)
- **Medical School updates**  
<https://medicine.umich.edu/medschool/news/medical-school-partners-michigan-medicine-campus-share-information-covid-19>
- **MM Headlines FAQs about COVID-19**
  - [https://mmheadlines.org/2020/03/faqs-covid-19-novel-coronavirus/?utm\\_campaign=Newsletter&utm\\_source=Newsletter\\_20200312&utm\\_medium=email](https://mmheadlines.org/2020/03/faqs-covid-19-novel-coronavirus/?utm_campaign=Newsletter&utm_source=Newsletter_20200312&utm_medium=email)
  - For other questions: [coronavirus-info@med.umich.edu](mailto:coronavirus-info@med.umich.edu) (added 4/5/2020)
- **Infection Prevention and Epidemiology – Ambulatory, Inpatient, and Emergency Department Guidelines**  
<http://www.med.umich.edu/i/ice/resources/coronavirus.html>
- **U-M Main Campus Leadership Updates:** <https://coronavirus.umich.edu/>
- **COVID-19 phishing scams:** <https://mmheadlines.org/2020/03/reminder-remain-vigilant-for-cybercrimes-related-to-covid-19/> (Added 4/6/2020)

#### **State & Local Sites**

- **State of Michigan:** <https://www.michigan.gov/coronavirus/>
- **Washtenaw County Health Department:** <https://www.washtenaw.org/3108/Cases>

#### **National & International Sites:**

- **Centers for Disease Control and Prevention (CDC)**
  - <https://www.cdc.gov/coronavirus/2019-ncov/cases-updates/summary.html>
  - <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
  - <https://www.cdc.gov/coronavirus/2019-ncov/whats-new-all.html>
- **World Health Organization (WHO)**  
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
- **Johns Hopkins University & Medicine Coronavirus Resource Center:** <https://coronavirus.jhu.edu/> (Added 4/5/2020)
- **1point3 acres – real-time statistical updates**  
<https://coronavirus.1point3acres.com/>

### *What to do if I develop COVID-19 symptoms?*

- **MM guidelines:** [http://www.med.umich.edu/i/ice/resources/coronavirus/c-19\\_employee\\_info.pdf](http://www.med.umich.edu/i/ice/resources/coronavirus/c-19_employee_info.pdf). Contact OHS at 734-764-8021 or email [occupational-health@med.umich.edu](mailto:occupational-health@med.umich.edu) immediately to report your symptoms.

When OHS is closed, contact Infection Prevention (pager# 30032). If your symptoms develop while you are at work, put on an isolation or surgical mask and call OHS before leaving work. (Added 4/6/2020)

### **Department-Specific Sites:**

#### **Sites offering information about coping with coronavirus**

- [Care for Your Coronavirus Anxiety](#)  
“Resources for anxiety and your mental health in a global climate of uncertainty.” This site has vetted and compiled a wealth of research-backed and helpful tools—articles, meditations, access to mental health experts, anxiety screenings, and more. See the “[Take a Break](#)” section for simple resources and skills to refocus and refresh.
- [Self-Compassion and COVID-19](#) by Drs. Chris Germer and Kristin Neff  
“Self-compassion can help if the virus is causing you unnecessary anxiety, limiting your ability to work or travel, reducing your income, or if you or someone you know has already contracted the virus... Self-compassion boosts the immune system, it reduces anxiety, and it’s the easiest way to keep our hearts open to others. Some measure of fear is a healthy response to a contagious virus, of course. We want to respond to the contagion in a wise manner – with preventive measures that benefit ourselves and others.”  
For self-compassion guided activities: <https://self-compassion.org/category/exercises/>
- **American Psychological Association:** <https://www.apa.org/helpcenter/pandemics>
- **American Psychiatric Association:** [https://www.psychiatry.org/psychiatrists/covid-19-coronavirus?utm\\_source=MEM&utm\\_medium=email&utm\\_campaign=COVID-19](https://www.psychiatry.org/psychiatrists/covid-19-coronavirus?utm_source=MEM&utm_medium=email&utm_campaign=COVID-19)
- **CDC Manage Anxiety and Stress:**  
<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>
- **SAMHSA Tips – Taking Care of Your Behavioral Health**  
<https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf>
- **Resilience in Challenging Times**  
[https://product.soundstrue.com/resilience-in-challenging-times/?\\_ke=eyJrbF9lbWFpbC16ICJkZW50b25sQHVtaWNoLmVkdSIsICJrbF9jb21wYW55X2lkIjogIkpNRGdhcSJ9](https://product.soundstrue.com/resilience-in-challenging-times/?_ke=eyJrbF9lbWFpbC16ICJkZW50b25sQHVtaWNoLmVkdSIsICJrbF9jb21wYW55X2lkIjogIkpNRGdhcSJ9)
- **Coping During COVID-19—How to Stay Happier and Calmer in Difficult Times:**  
<https://gretchenrubin.com/podcast-episode/bonus-coping-during-covid-19>
- **Free meditations and more from CALM:** [https://www.calm.com/blog/take-a-deep-breath?utm\\_source=lifecycle&utm\\_medium=email&utm\\_campaign=difficult times nonsubs\\_031720](https://www.calm.com/blog/take-a-deep-breath?utm_source=lifecycle&utm_medium=email&utm_campaign=difficult%20times_nonsubs_031720)
- **Coronavirus Sanity Guide:** <https://www.tenpercent.com/coronavirussanityguide>
- **Conversing with patients and families about COVID-19:**  
<https://www.vitaltalk.org/guides/covid-19-communication-skills/>
- <https://www.psychologytoday.com/us/blog/call/202003/coping-coronavirus-anxiety-and-stress>
- **The Schwartz Center for Compassionate Healthcare**  
<https://www.theschwartzcenter.org/webinar/caring-for-yourself-others-during-the-covid-19-pandemic-managing-healthcare-workers-stress>

- **National Academy of Medicine:** <https://nam.edu/initiatives/clinician-resilience-and-well-being/clinician-well-being-resources-during-covid-19/>
- **Help Guide:** <https://www.helpguide.org/articles/anxiety/coronavirus-anxiety.htm> (added 4/2/2020)
- **Psychology Today:** <https://www.psychologytoday.com/us/blog/call/202003/coping-coronavirus-anxiety-and-stress> (Added 4/6/2020)

### **Free mobile apps**

- **Meditation apps**
  - **Insight Timer** – Download for free for iPhone or Android. Thousands of free guided meditations by category, length, etc. Pay extra for courses, but not necessary. <https://insighttimer.com/>
  - **Headspace** (smartphone app for mindfulness, emotional health, physical health, and sleep exercises) Offered free to all US healthcare professionals who work in public health settings through 2020. Redeem your subscription using your National Provider Identifier (NPI) and email address.
    - <https://www.headspace.com/health-covid-19>
    - If you don't know your NPI number, type your name, city, and state into this website: <https://npiregistry.cms.hhs.gov/>
    - Additional resources are available for workplaces, educators, and families. [Learn more.](#)

### **Sleep**

**Sleep Research Society** (added 4/1/2020):

<https://www.sleepresearchsociety.org/sleeping-tips-when-staying-indoors-during-isolation-period/>

### **Exercise**

- **American Council on Exercise – Online Fitness Library**  
<https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/>
- **Yoga with Adrienne:** videos for varying levels and meditation videos
- **PopSugar Fitness:** many cardio, weight, barre, Pilates, dance workouts that are easy to do at home and range from 10 minutes to 1 hour.
- **41 Best YouTube Workouts:** <https://www.womenshealthmag.com/uk/fitness/strength-training/a704114/best-youtube-workouts/>

#### **For adults**

- The **Peloton app** is free for 90 days. You don't need a Peloton bike, they have lots of other workout videos. Also, if you know someone with a Peloton they can make you your own account for free (not a trial).
- **Orange Theory** free daily workout video during outbreak.
- **Fitting Room** free 30 day trial for HIIT videos.
- **Rumble** daily boxing videos.
- **Down Dog app** is free until April 1st. This includes yoga, HITT, and barre.
- **Obe Fitness** free one month app subscription with code SWEATSANDCITY. Includes cardio, strength, yoga, and stretching.
- **Bandier** is live streaming workouts at 4pm EST each day.

- [Daily Burn](#) app free 60 day trial of premium access for new users.
- [Fit On app](#). This one is free all the time, it has short workout videos.
- [Tone It Up](#) app is free for new users for the next 30 days.
- [Headspace](#). For meditation. There is a free version and a paid upgrade. Free premium subscription available to health care workers.
- [STRONG youtube channel](#). Lots of workout videos you don't need equipment for.
- [24 Hour Fitness app](#) is free to everyone right now.
- [Gold's Gym](#) app is free through the end of May.
- [Planet Fitness](#) is offering free online videos until April 1st.
- [P.Volve](#) 30 days of free streaming, use code ONEPVOLVE.
- [30 Fitness](#) free cardio dance videos live streamed twice daily.
- [CorePower Yoga](#) has both a live stream option and also a set of on-demand videos.
- [Les Mills](#) at home workouts free during outbreak. Some of these require equipment.
- [Fitness Blender](#) free workout videos.

### **Food**

- **Online grocery shopping (delivery times vary depending on demand):**
  - Grocery delivery service that works with multiple stores: <https://www.instacart.com/>
  - Costco: <https://www.costco.com/grocery-household.html>
  - Whole Foods: <https://www.wholefoodsmarket.com/amazon/grocery-delivery-and-pickup>
- **Consumer Reports (tips for obtaining groceries and more)**  
<https://www.consumerreports.org/coronavirus/coronavirus-covid-19-updates/>
- **The Corner Health Center Food Pantry** is available to their patients and community members aged 12-25 during clinic hours <http://www.cornerhealth.org/> (Added 4/2/2020)
- **Jewish Family Services of Washtenaw County Food Pantry:** <https://jfsannarbor.org/programs-services-old/food-pantry/> (Added 4/5/2020)
- **GI distress and COVID-19:** <https://healthblog.uofmhealth.org/digestive-health/stress-from-covid-19-upsetting-your-stomach-7-self-comfort-tips-to-try>

### **Attending to your family**

- **Children**
  - **Child Care:**
    - <https://hr.umich.edu/benefits-wellness/work-life/u-m-family-helpers>
    - <https://www.helpmegrow-mi.org/essential>
  - **Being with children & talking to them about coronavirus:**
    - <https://www.consumerreports.org/coronavirus/home-with-kids-during-cornavirus-outbreak/>
    - <https://zerotothrive.org/covid-19/>
  - **Story time at the Ann Arbor District Library for young children:** The Ann Arbor District Library, closed indefinitely on March 13, launched [a new YouTube](#) series for children called “Storytime with Elizabeth.” The series will stream at 10 a.m. every weekday. Parents can get “a moment of zen” from their children by going to [this website](#) at that time.
  - **Project Healthy Schools:** <https://sites.google.com/umich.edu/phsresources/home> (Added 4/6/2020)

***Mental Health sites:***

- **For those with substance use disorders and addiction:**  
<https://medicine.umich.edu/dept/psychiatry/programs/addiction-center/coronavirus-covid-19-addictionrecovery-resources>
- **For those with depression: Michigan Medicine Depression Center Toolkit**  
<https://www.depressioncenter.org/depression-toolkit>

***Local resources:***

- **Jewish Family Services:** <https://ifsann Arbor.org/responding-to-covid-19/>
- **Laundry & Dry Cleaning Services or frontline faculty and staff:** <https://mmheadlines.org/2020/04/laundry-and-dry-cleaning-services-available-to-front-line-faculty-staff/> (Added 4/6/2020)

<b>Websites for Learners</b>	
<b>Program</b>	
1. Medical Student Mental Health Program UM Department of Psychiatry	<a href="https://medstudents.medicine.umich.edu/student-health-resources#mental-health-resources">https://medstudents.medicine.umich.edu/student-health-resources#mental-health-resources</a>
2. Medical Student Peer Support Advocacy	<a href="https://medstudents.medicine.umich.edu/student-support/peer-support-advocacy">https://medstudents.medicine.umich.edu/student-support/peer-support-advocacy</a>
3. Office of Graduate & Post-doctoral Studies Counseling	<a href="https://ogps.med.umich.edu/resources/health-wellness/">https://ogps.med.umich.edu/resources/health-wellness/</a>
4. UM Counseling & Psychological Services (CAPS)	<a href="https://caps.umich.edu/">https://caps.umich.edu/</a>
5. Michigan Medicine Psychiatric Emergency Service	<a href="https://medicine.umich.edu/dept/psychiatry/patient-care/psychiatric-emergency-service">https://medicine.umich.edu/dept/psychiatry/patient-care/psychiatric-emergency-service</a>
6. Online Screening	<a href="http://screening.mentalhealthscreening.org/UMICHIGAN">http://screening.mentalhealthscreening.org/UMICHIGAN</a>
7. National Suicide Prevention Hotline	<a href="https://suicidepreventionlifeline.org/">https://suicidepreventionlifeline.org/</a>
8. Crisis Text Line	<a href="https://www.crisistextline.org/textline">https://www.crisistextline.org/textline</a>
9. Disaster Distress Helpline	<a href="https://www.samhsa.gov/find-help/disaster-distress-helpline">https://www.samhsa.gov/find-help/disaster-distress-helpline</a>