



Mental Wellness and the Coronavirus

March 27th, 2020

INTRODUCTION:

In challenging times such as these, it is important to consider our mental wellness in addition to our physical and spiritual wellness. Azusa Pacific University has been doing its best in these times to keep you updated with important information on all the changes the Coronavirus preparations are causing, and we encourage you to always follow the most recent official information released by the university. We hope that the following information on mental wellness specifically may also be of use to you in this time.

COUNSELING CENTER RESOURCES:

At this time the Counseling Center remains open to serve students through **teletherapy** options where appropriate. Additionally, **24/7 urgent care services** are available over the phone. The best way to request services or access urgent care is to call us at **626-815-2109**.

Some helpful resources can also be found on our website, including an online screening form to check up on your wellness (<https://www.apu.edu/counselingcenter/screening/>), and audio recordings for stress (<https://www.apu.edu/counselingcenter/groups/living-well-workshop/>). Feel free to review all of our website content at your convenience (<https://www.apu.edu/counselingcenter/>).

THIRD PARTY RESOURCES:

The Counseling Center has also compiled a number of third party resources specific to the current challenges which are listed below for you to explore if you wish. Please note that these are third party resources and that the Counseling Center has not created this content, nor is it sponsored by any of these groups or resources.

RESOURCE CENTERS

- CDC: https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Fcoping.html
- Jed: <https://www.jedfoundation.org/mental-health-resource-center/>
- The Hope Center: <https://hope4college.com/surviving-covid-19-a-realcollege-guide-for-students/>

APPS YOU MIGHT LIKE

(Remember to check for free or reduced cost information as many of these app developers respond to the Coronavirus situation)

- <https://www.taoconnect.org/mindfulness-exercise/>
- <https://www.headspace.com/>
- <https://www.sanvello.com/>
- <https://www.calm.com/>
- <https://www.stopbreathethink.com/>

ARTICLES TO CHECK OUT

- <https://www.jedfoundation.org/id-like-some-tips-to-manage-stress-and-worries/>
- <https://www.wku.edu/heretohelp/news/index.php?view=article&articleid=8605>
- <https://thriveglobal.com/stories/mental-strength-stability-hard-times-challenges-opportunities/>
- https://thriveglobal.com/stories/mental-health-in-a-time-of-pandemic/?utm_source=Newsletter_General&utm_medium=Thrive
- <https://thriveglobal.com/stories/gaining-strength-and-resilience-from-the-coronavirus/>
- <https://theconversation.com/7-science-based-strategies-to-cope-with-coronavirus-anxiety-133207>

THINGS TO TRY

- <https://thriveglobal.com/stories/grounding-techniques-for-when-feeling-overwhelmed/>
- <https://thriveglobal.com/stories/hone-your-self-care-skills-in-quarantine/>
- https://thriveglobal.com/stories/working-at-home-focus-microsteps-breaks-calm-connect-friends/?utm_source=Newsletter_General&utm_medium=Thrive
- <https://thriveglobal.com/stories/how-to-stay-connected-others-friends-family-social-distancing-coronavirus/>
- <https://thriveglobal.com/stories/7-tips-to-maintain-mental-stability-amid-coronavirus-social-distancing/>
- <https://thriveglobal.com/stories/try-this-unexpected-tool-to-manage-your-worry-during-this-time-of-uncertainty/>
- <https://thriveglobal.com/stories/morning-meditation-ritual-to-awaken-inner-peace-and-motivation/>