



# Prioritizing Mental Health & Well-being during COVID-19



A resource developed by Student Counselling & Development and York International





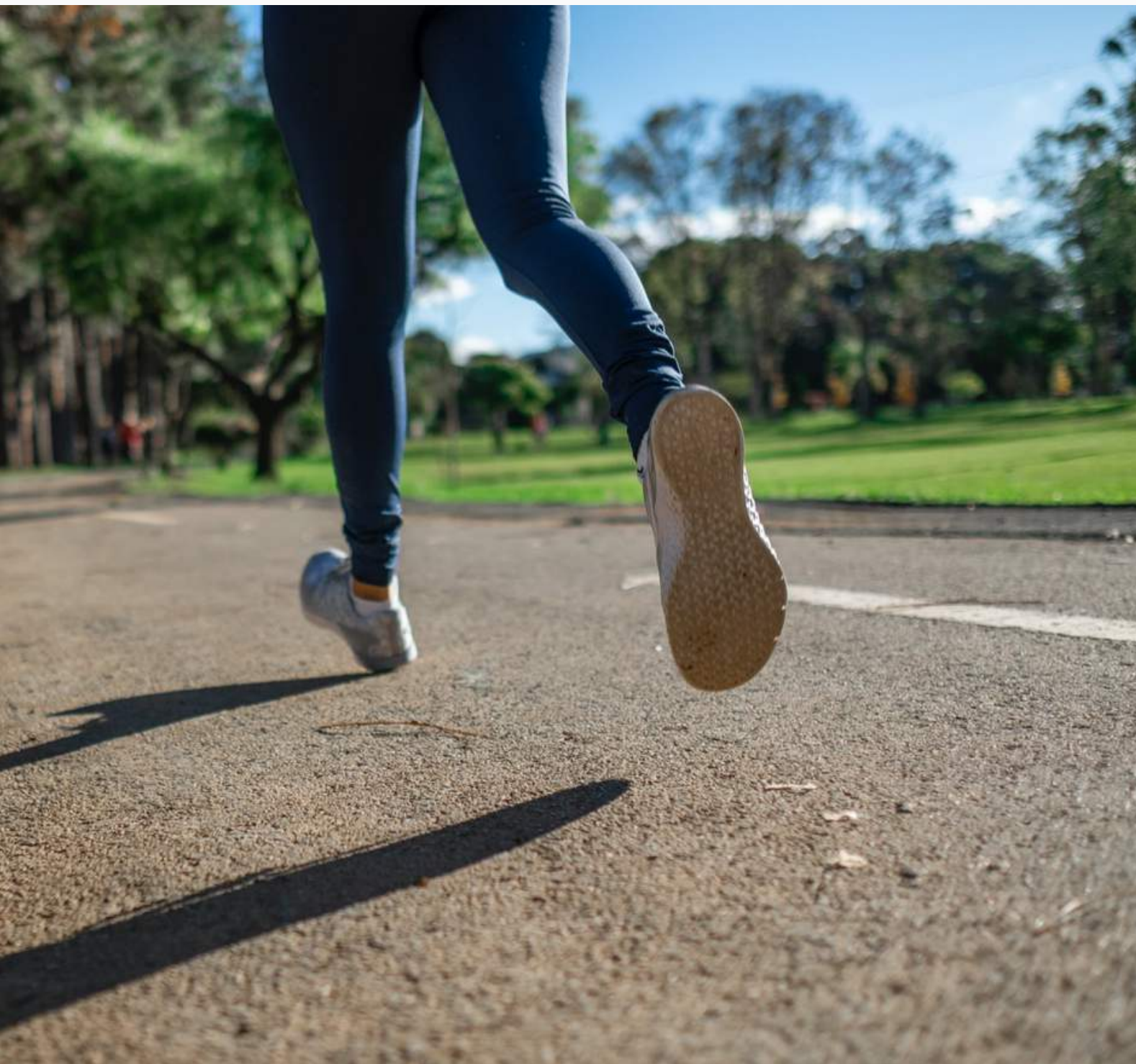
**“When you recover or discover something that nourishes your soul and brings joy, care enough about yourself to make room for it in your life.”**

**– Jean Shinoda Bolen**





**How can we practice self-care  
under social distancing protocols/  
quarantine?**



- Social distancing doesn't mean you have to stay indoors. You can spend time outdoors and get some fresh air while still staying a healthy distance from others
- Take a break from news feeds- Information is useful but too much can be unhelpful
- Practice gratitude: Take a moment to think about what is going right instead of what is going wrong.



15 ways to practice self-care in the time of coronavirus:

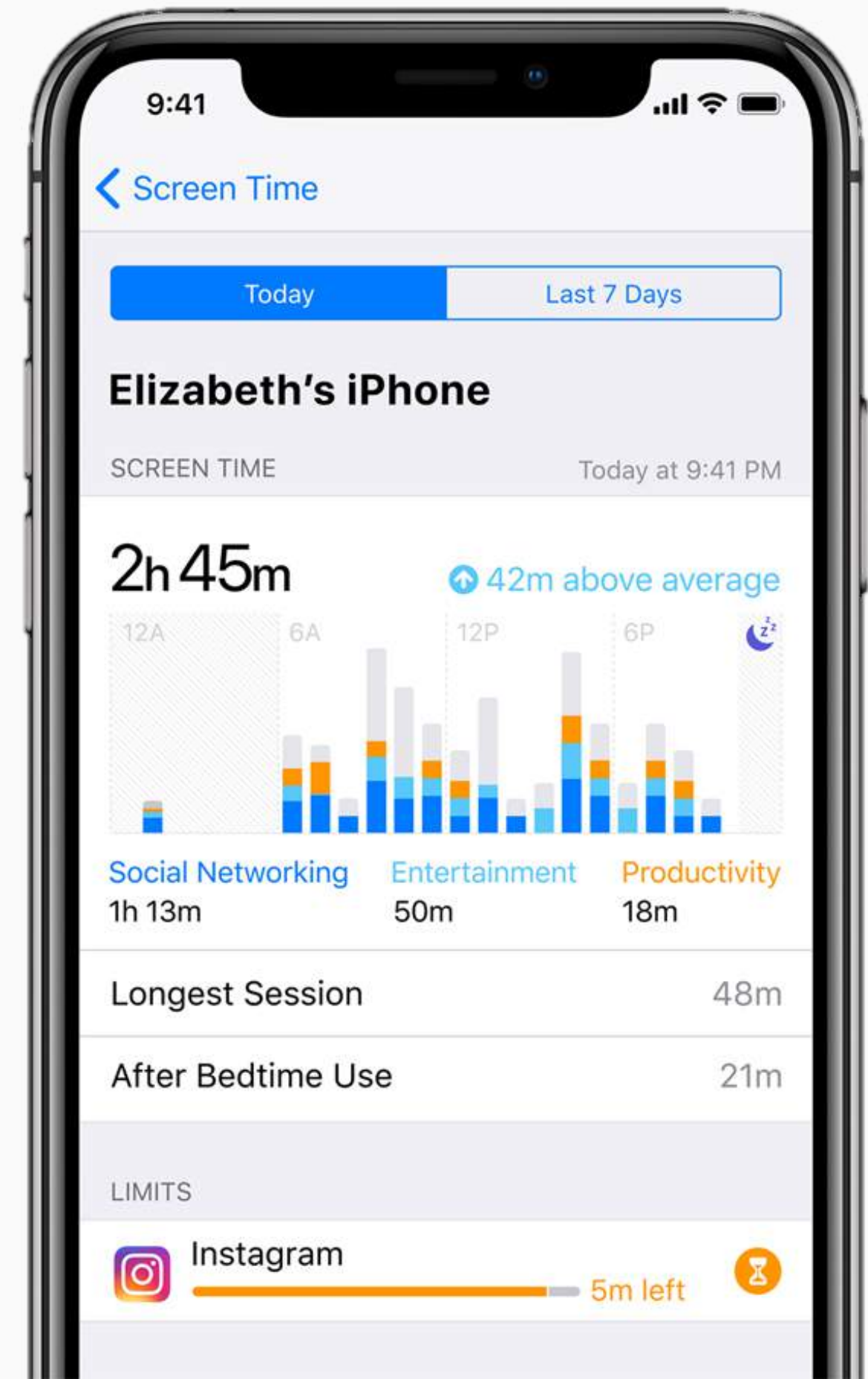
<https://qz.com/1818622/how-to-practice-self-care-during-coronavirus/>

## Practice digital well-being

Check-in with yourself when it comes to screen usage. Most devices have a "screen time" or "digital well-being" setting or feature. If all else fails, you can download an app from a third party to keep yourself on track.

These features can help with monitoring your digital consumption. You may want to set time limits for phone use or the use of certain apps. Give your eyes a break from infinite scrolling and take time to do other things that make you happy.

The best apps for limiting your screen time by Digital Trends:  
<https://www.digitaltrends.com/mobile/best-apps-for-limiting-your-screen-time/>





# MUY ONLINE FITNESS CLASSES SCHEDULE

Join class by going to zoom.us and typing the ZOOM ID when you click Join a meeting

Classes run from March 30 - May 3, updates @yorkurecreation

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9am - 10am <b>Stretch and Meditation</b> Instructor: Vesna ZOOM ID: 689-452-466	9am to 10am <b>Glute &amp; Core</b> Instructor: Vesna ZOOM ID: 187-530-464	10:30 am - 11:30 am <b>Yoga For All Levels</b> Instructor: Hayley ZOOM ID: 874-171-591	9am - 9:45am <b>Cramped Space HIIT</b> Instructor: Steven ZOOM ID: 333-646-354	10:30am - 11:30am <b>Yoga For All Levels</b> Instructor: Hayley ZOOM ID: 874-171-591	9:30am - 10am <b>Cardio Boot Camp</b> Instructor: Monica ZOOM ID: 290-360-882	9:30am - 10am <b>Cardio Boot Camp</b> Instructor: Monica ZOOM ID: 290-360-882
12pm - 1pm <b>Full Body Strength</b> Varsity Lions ZOOM ID: 249-219-164	12pm - 1pm <b>Full Body Strength</b> Varsity Lions ZOOM ID: 249-219-164	12pm - 1pm <b>Full Body Strength</b> Varsity Lions ZOOM ID: 249-219-164	12pm - 1pm <b>Full Body Strength</b> Varsity Lions ZOOM ID: 249-219-164	12pm - 1pm <b>Full Body Strength</b> Varsity Lions ZOOM ID: 249-219-164	10am - 10:45am <b>Strength Calisthenics</b> Instructor: Arvin ZOOM ID: 959-094-542	10am - 10:45am <b>Strength Calisthenics</b> Instructor: Arvin ZOOM ID: 959-094-542
5pm - 6pm <b>Muay Thai</b> Instructor: Patrick ZOOM ID: 834-334-378	3pm - 3:30pm <b>Metafit</b> Instructor: Sabrina ZOOM ID: 403-944-784	5pm - 6pm <b>Bodyweight Blast</b> Instructor: Caroline ZOOM ID: 329-535-929	3pm - 3:30pm <b>Metafit</b> Instructor: Sabrina ZOOM ID: 403-944-784	3pm - 3:45pm <b>Cramped Space HIIT</b> Instructor: Steven ZOOM ID: 880-501-159		
7pm - 8pm <b>Zumba</b> Instructor: Alex ZOOM ID: 694-020-781	7pm - 8pm <b>Power Yoga</b> Instructor: Alex ZOOM ID: 448-883-485	7pm - 8pm <b>Zumba</b> Instructor: Alex ZOOM ID: 694-020-781	5pm - 6pm <b>Muay Thai</b> Instructor: Patrick ZOOM ID: 834-334-378			

\*Schedule is subject to change\*

**Note:** When participating in our online classes please consider your workout history and abilities. To reduce and avoid injury you may want to check with your doctor before beginning any fitness program. By engaging in our online fitness classes, you are performing them at your own risk. York University will not be responsible or liable for any injury or harm you sustain as a result of our classes. Thanks for your understanding.

## Stay physically active

York Recreation & Athletics offers a plethora of free online workouts through Zoom:

<https://yorkulions.ca/sports/2016/4/15/instructional-classes.aspx>

Coronavirus: How to look after your mental health when self-isolating by The Telegraph  
[https://www.youtube.com/watch?v=g2JNs4\\_xO6k](https://www.youtube.com/watch?v=g2JNs4_xO6k)





**How can we cope with feelings  
of anxiety, uncertainty, or financial  
stress during the pandemic?**



# Listen to the Relaxing Sounds of Nature



Relaxing Music with Nature Sounds - Waterfall HD on Youtube  
<https://www.youtube.com/watch?v=IE6RYpe9IT0>

- Open the windows
- Look up a sound track on Youtube
- Download a phone app
- Search for calming nature soundtracks:  
<https://www.calmsound.com/>  
<https://nature.ambient-mixer.com/>
- Try mixing your own sounds:  
<https://www.noisli.com/>  
<https://www.moodil.com/>



## Read News about COVID-19 from Reliable Sources



**Public Health  
Agency of Canada**

Learn about symptoms, the current situation, financial support, and more.

[https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html?utm\\_campaign=not-applicable&utm\\_medium=vanity-url&utm\\_source=canada-ca\\_coronavirus](https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html?utm_campaign=not-applicable&utm_medium=vanity-url&utm_source=canada-ca_coronavirus)



**World Health  
Organization**

Get your home ready: What to do before, during, and after an outbreak.

[https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/get-your-household-ready-for-COVID-19.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fget-your-household-ready-for-COVID-19.html](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/get-your-household-ready-for-COVID-19.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fget-your-household-ready-for-COVID-19.html)



**Centers for Disease  
Control and Prevention**

Public advice, situation reports, research and development, mythbusters, and more.

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>







## See if you are eligible for the Canada Emergency Response Benefit

### **What is the Canada Emergency Response Benefit**

"If you have stopped working because of COVID-19, the Canada Emergency Response Benefit (CERB) may provide you with temporary income support. The CERB provides \$500 a week for up to 16 weeks."

(As of April 16, 2020)

**Learn more about eligibility criteria & how to apply at:**  
<https://www.canada.ca/en/services/benefits/ei/cerb-application.html>



## How to Make a Personal Budget


**Step 2:**  
Add up all  
your income

**Step 3:**  
List your monthly expenses  
and divide into "fixed" and  
"variable" columns

**Step 1:**  
Gather all financial  
statements

**Step 5:**  
Review and adjust  
expenses accordingly

**Step 4:**  
Subtract your expenses  
from your total income

 the balance

## Make a budget!

Tracking your expenses is a great way to hold yourself accountable when it comes to spending, and preparing for a rainy day.

Make a Personal Budget in 6 Steps  
<https://www.thebalance.com/how-to-make-a-budget-1289587>

## Other financial tips:



Get in touch with Student Financial Services. Ask about emergency funding and grants as needed.

<https://sfs.yorku.ca/>

- Review non-essential spending and cut out the extras: Are there any monthly subscriptions you don't need or use anymore? Can you workout from home instead of the gym?
- Wait a day before you confirm a purchase on a non-essential item in case you change your mind.
- Spend on value- not just the cheapest thing, but its usefulness or longevity.
- Ask your service providers about delayed payments on bills. It doesn't hurt to ask!
- Quantify the expenses you're saving on (e.g. not eating out, shortened commute, etc.).
- Connect with a Financial Adviser for a free consultation by phone

## Practice breathing

Did you know? Some ways of breathing are better than others. Benefits of breathing correctly include:

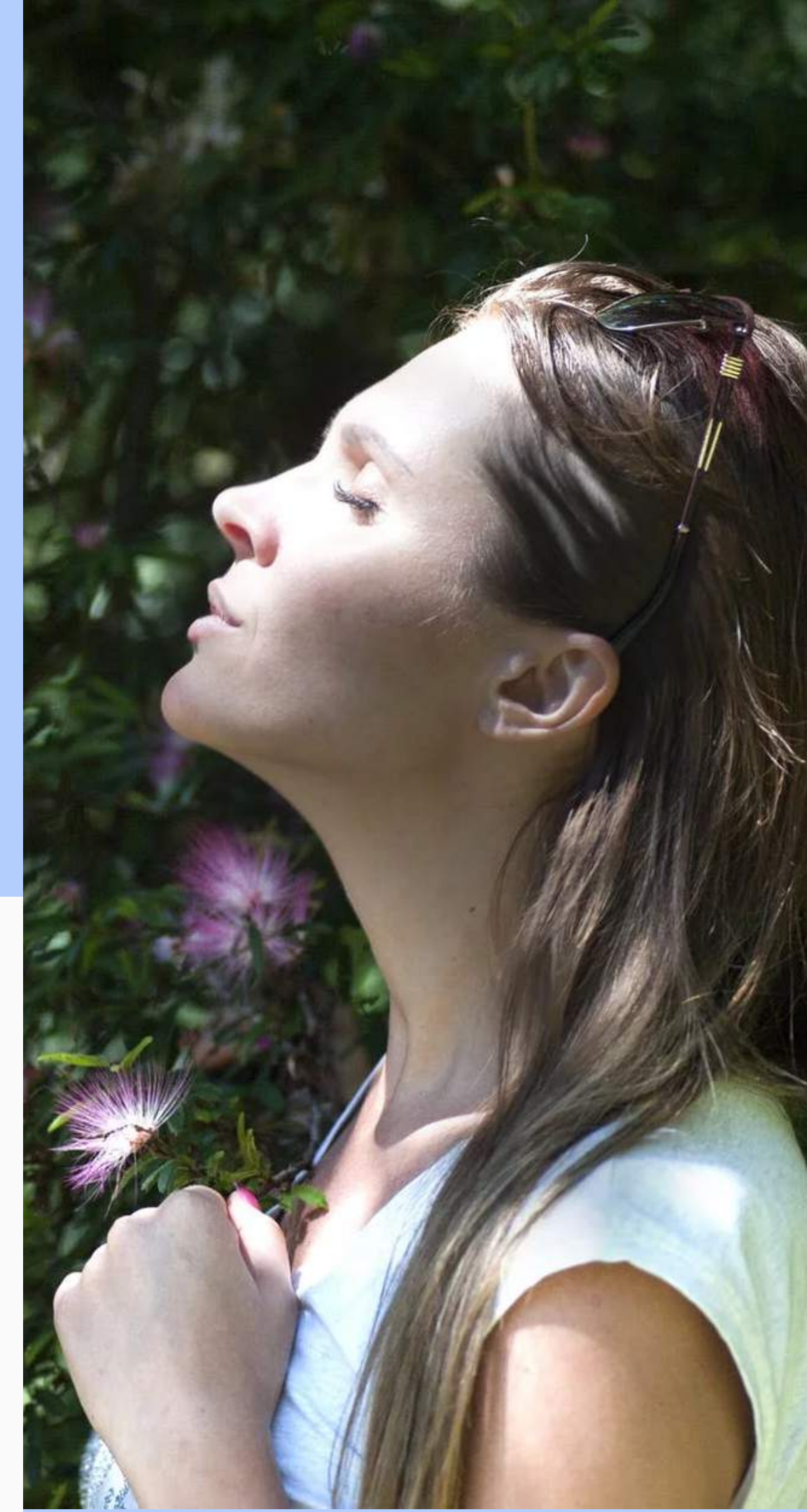
- Slowing down your heartbeat
- Reducing stress
- Lowering blood pressure
- Relaxing the mind and body
- Increasing energy levels
- Stimulating the lymphatic system and leads to a healthier immune system

Deep Breathing Exercises to Reduce Anxiety

<https://www.verywellmind.com/abdominal-breathing-2584115>

Breathing Techniques: 7 Steps To Breathing for Relaxation

<https://www.psychologytoday.com/us/blog/click-here-happiness/201907/breathing-techniques-7-steps-breathing-relaxation>





Breathing Techniques for Anxiety

<https://www.psychologytoday.com/ca/blog/in-practice/201607/breathing-techniques-anxiety>

## Did you know?

Recorded meditations are now available on SCD's website: <https://counselling.students.yorku.ca/scd-resources>

The slides for SCD's Skills Workshop are also available online: <https://counselling.students.yorku.ca/workshops>

York International's schedule of events can be found at: <https://yorkinternational.yorku.ca/calendar/>



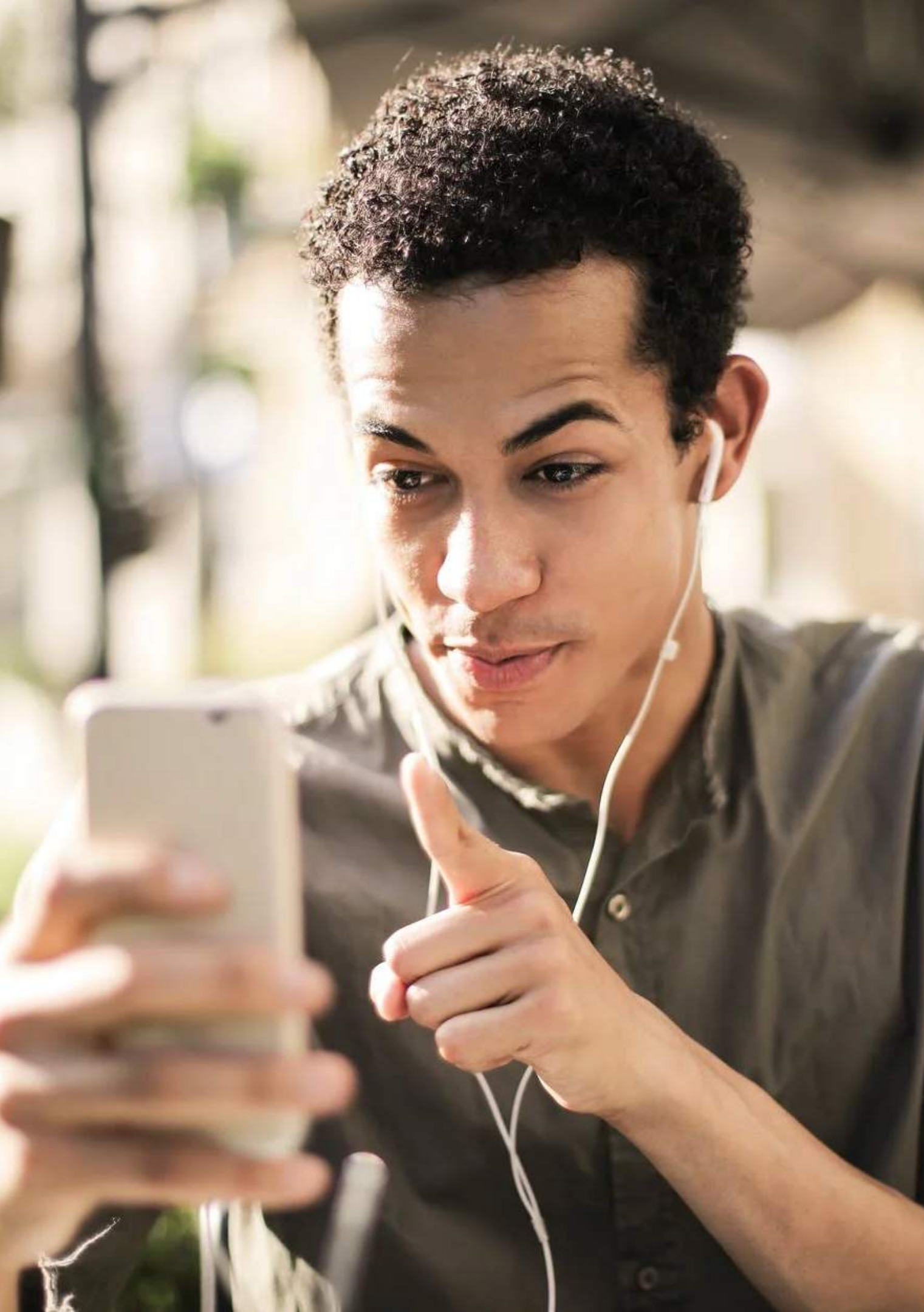
## Connect with Student Counselling & Development

SCD provides confidential telephone/video counselling during Monday to Friday, 9:00 AM to 4:00 PM.

For more information on how to connect with a counsellor, visit <https://counselling.students.yorku.ca/>



**How do we maintain emotional intimacy with our friends and family when we can't spend time with them like we normally do?**



## Keep talking!

- Reach out to friends and family through Facebook, Skype, Face Time, phone calls, text messages, emails.
- Ask them how they are coping with the outbreak.
- Share useful information that you find on government websites with your friends and family. It will help them with their own anxiety.
- Offer to drop off food/ other necessities.
- Talk about what you'd like to do together when the virus passes and social distancing ends- make a plan for fun activities.

## Set-up time for a remote group activity over video chat

- Play cards or board games through video chat
- Host a home tour or room tour
- Invite your family and friends to participate in a photo challenge with you. Arrange a time to share your photos with each other:  
<https://www.pinterest.ca/pin/841680617845827965/>
- Play pictionary where one video chat member describes an image to be drawn by others
- Have an origami folding contest
- Play online jeopardy: <https://jeopardylabs.com/>
- Have a virtual dance party





- Race to recreate a "Google Pixel Art" on Google Spreadsheets
- Have virtual karaoke
- Host an online book club
- Demonstrate how to prepare a favourite recipe
- Have a meal together



17 of the best online activities to keep you connected while you're away from family and friends

<https://www.insider.com/online-games-activities-to-try-with-long-distance-friends-family-2020-3#challenge-friends-to-monopoly-without-the-complicated-board-game-setup-7>



**What can folks living with  
their family do to prevent  
“cabin-fever”?**

## What is cabin fever?

"Cabin fever is a popular term for a relatively common reaction to being isolated in a building for a period of time...

If you are experiencing cabin fever as a result of social distancing or self-quarantine in the wake of the coronavirus (COVID-19) pandemic, you may be feeling additional stress beyond that which stems from simply being isolated. There are ways to combat the anxiety you may be feeling."

- verywellmind



## How to tackle cabin fever:

Dealing with cabin fever during coronavirus isolation – video by The Guardian

<https://www.theguardian.com/world/video/2020/mar/18/dealing-with-cabin-fever-during-coronavirus-isolation-video>



Staying positive during the Coronavirus crisis

**Dealing with cabin fever**

### Other Articles:

Cabin Fever Symptoms and Coping Skills by verywellmind

<https://www.verywellmind.com/cabin-fever-fear-of-isolation-2671734#citation-4>

Combating Cabin Fever and Staying Productive in These Times by PsychologyToday

<https://www.psychologytoday.com/ca/blog/unlock-your-true-motivation/202003/combating-cabin-fever-and-staying-productive-in-these-times>



- Recognize that like you, others may be more prone to frustration/ have a “shorter fuse” while being cooped up indoors. Try to be more forgiving of yourself and others
- Set Goals: When you are stuck indoors, you may be more likely to waste time lounging around. Set daily/ weekly goals and reminders so you can track your progress towards a task and feel more productive

## **Stay mentally stimulated to reduce feelings of isolation and loneliness**

- Complete online brainteasers: <http://brainden.com/logic-puzzles.htm>
- Complete a jigsaw in-person or online: <https://www.jigsawexplorer.com/>
- Order a "paint by numbers" set online



## Take advantage of online promotions:

- The Science of Well-Being offered by Yale: <https://www.coursera.org/learn/the-science-of-well-being>
- NBA League Pass: <https://www.nba.com/nba-fan-letter-league-pass-free-preview>
- CS50 Introduction to Computer Science offered by Harvard University: <https://online-learning.harvard.edu/course/cs50-introduction-computer-science>

## Go on a virtual museum tour:



### The Museum of the World

A collaboration between the British Museum and the Google Arts & Culture Lab, The Museum of the World is an interactive experience through time, continents and cultures, featuring fascinating objects in human history.

<https://experiments.withgoogle.com/the-museum-of-the-world>


### Listings of other Virtual Museum Tours:

<https://www.timeout.com/travel/virtual-museum-tours>

<https://www.top10.com/virtual-museum-tours>



- Do some spring cleaning
- Rearrange your furniture to liven up the space or to create more space by de-cluttering
- Start a new hobby (e.g. crafts, video editing, fiction writing)
- Research your family history and create a family tree
- Write a letter to an old friend or family member



**"Nourishing yourself in a way  
that helps you blossom in  
the direction you want to go is  
attainable, and you are worth the  
effort"**

**- Deborah Day**





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**Do you have additional tips or suggestions that you'd like to see included in this resource?**

Let us know by filling out the SCD Website Survey at:  
<https://forms.students.yorku.ca/view.php?id=31467>

**Take care of yourself  
and stay safe!**



For more information, you are welcome to contact Student Counselling & Development at 416-736-5297 between the hours of 9:00 AM – 4:00 PM or York International by emailing [yiinfo@yorku.ca](mailto:yiinfo@yorku.ca).

