Mental Health and COVID

- Unexpected leave or disengagement with community - Highly stressful
- Feelings of anxiety and loneliness
  - Changes in sleep
  - Eating Patterns
  - Feelings of fear and worry
- Adjusting
- Social distancing does NOT mean emotional distancing
Strategies

- The Well’s Well-being weekly survey results:
  - Cut yourself some slack. It’s a tough time for everyone.
  - Ask friends to zoom just to catch up! It really helps seeing familiar faces.
  - Call family and friends; go outside for a walk; eat meals; make an academic plan
  - Work on small projects
  - Make sure to take a break
  - Develop healthy boundaries
Staff and Faculty Support

- Transition might be easier for those that already worked online
- What is the shift that many of us must make?
  - Social support
  - Basic Needs/Resource Insecurity
  - Engagement Tools
  - Adding additional self-care tips to lectures, meetings
  - Collaborate to form new curriculum
- Incorporate a weekly wellness survey check in –
  Example: How can The Well as a department further support you? Anonymous response: My internet at home is slow.
Spring 2020: Community Engagement

The Well’s Programs
- Basic Needs: R’Pantry Food distributions, Short Term Grocery Support, and Economic Crisis Response Team
- Peer program virtual events: Active Minds, Golden Arches, Team Fresh Instagram Page

Graduate Program Support:
- Gradsuccess
- International Student Programs R’TIme
- The Well’s Instagram Account