

Wellness Amidst Coronavirus

This is a space of health, wellness, and self-care resources to utilize during this time of increased stress, fear, overwhelm, you name it. This time calls for self-compassion and gentleness, do what feels good to you to make it through this time. Everyone has different responsibilities, situations, loved ones they're caring for- find what works for you, taking the perfection out of it. Be realistic with yourself, and give yourself permission to bend your own rules. Check the SPH calendar as there are weekly virtual wellness activities and support available.



Self-Care Tips

- How self-compassionate are you? Right now is a good time to develop self-compassion skills, [take this quiz](#) to show you where you're at and find resources to support your journey.
- Read that "I'll get to it one day" book.
- This is a bizarre time that we'll hopefully never get the opportunity to experience again- what can you learn about yourself? How can you grow from the unstructured space and time?
- What's a hobby you've wanted to explore? Or on the flip side, give yourself permission to not focus on a new hobby at all and maybe allow yourself to get more lost on Netflix than you typically would.
- Rely on your community, stay connected; start a selfie text thread, keep each other updated on mundane activities.
- Enjoy springtime- notice flowers blooming around you.
- Noticing/ gratitude for things we don't typically notice, like the sunlight in our living room in the afternoon.
- Drink enough water.
- Ask a friend to be an accountability buddy- to check in with you and make sure you're moving your body and feeding yourself well.
- Go to a virtual support group- Behavioral Medicine and Faculty Staff Assistance Office offer them weekly.
- Journal- write down how you're doing, check-in with yourself.
- Allow yourself to experience the full range of emotions- you're allowed to grieve, feel sad, angry, frustrated, hopeful, all of it. As humans we can experience many emotions at the same time, and all emotions are valid and ok.

Work From Home Tips

- Stick to routines in a day that makes sense for you, and have some form of Monday through Friday schedule.
- Pretend to commute- walk around block so that you/ your family have defined beginning and end to the day.
- It can be tempting to work all the time since we're always near computers, and feel pressure to "prove" how busy we are right now. It can also be tempting when in the middle of work day to start to fold laundry because you see it out of corner of eye. Attempt to make your work time your work time, and your home time, your home time.
- Do one thing at a time. Our brains are like computers, too many tabs open and we crash.
- Make a standing desk (mine is a pile of cookbooks on the counter) to combat all that sitting.
- Get blue light glasses to protect your eyes from excess screen time, I have the Peepers brand.
- Time block- when planning your day, set aside specific time for meetings, working on projects, and checking email.
- With this, set aside specific time to check the news and social media, so that it's not always a constant in your background. Additionally, give yourself permission to *not* keep up to date on every aspect of what's going on right now. When something really important happens, you'll know.
- Communicate with your team and supervisor, set boundaries so you do what you're capable of during this time. Ask for help- right now we're all in quite a fragile space and it's okay to not constantly be on your "A" game; it's a fantastic time to practice vulnerability and expressing your needs.
- Have Zoom lunch dates with colleagues/ their families and yours as a fun way to break up the day and stay connected.



Resources for Families

- Play Chopped, the cooking show at home using what's in your pantry.
- Have movie nights with other families via zoom.
- Rely on community- can your family members "play" with your kiddos via zoom?
- Allow for unstructured time.
- Keep your kiddos informed, and involve them in routine planning.

- Indoor field trips- museums, zoos, aquariums, even national parks!
- Can be a good time to teach kids about mindfulness and meditation, make it into a fun game so that they'll learn the skills and also give you your own breathing space for a bit- the youtube has it all!
- Pat yourself on the back- this is quite hard, what you do doesn't have to be perfect by any means, get through this time, lower your expectations for yourself, and be gentle with yourself and your loved ones.

Sleep Support

- Go to bed and wake up at similar times each day.
- Listen to [yoga nidra meditations](#) or [sound baths](#) to support you in falling asleep.
- Try to get outside every day, and move your body every day.
- Write down all your worries and stressors before bed, to get them out of your brain and onto paper.
- Develop a bedtime routine, that's free from screentime, and includes calming light, scent, gentle movement, reading, breathing, journaling.
- Know that it's hard for a lot of people to fall asleep, stay asleep, and wake up rested right now (many articles are writing about this), know that you're not alone and we are going through a collective trauma, leading to increase in stress hormones thus impacting proper sleep; plus we're moving less and potentially getting less sunlight which could impact sleep as well. Give yourself grace during this time and know that better sleep will come when the world is more stable and normalized (whatever that may look like next.)

Food Resources

[Cookie and Kate's 50 Pantry Friendly Recipes](#)

[Ambitious Kitchen's Easy Pantry Recipes For Every Meal](#)

[Homecooking Podcast \(Samin Nostrat\)](#)

[Minimalist Baker's Comforting Pantry Staples](#)

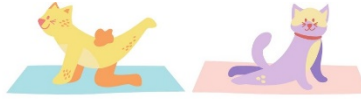
[BUMC Food Resource Guide](#)

[Budget Bytes](#)

[Boston Globe's Running List of Boston Restaurant Updates](#)

[New York Times' Pantry Cooking Series](#)

[Bon Appetit's Cooking Videos](#)



All bodies are good
bodies.



Exercise Resources

[Yoga with Adriene](#)

[Down Under School of Yoga videos](#)

[Tone It Up](#)

[Boston Globe's List of Boston Fitness Resources](#)

[305 Fitness Dance Classes](#)

[Planet Fitness Streaming Classes](#)

[New England Hikes](#) (if you are currently well enough to leave your home)

[Pelaton 90 Day Free Trial](#)

[JP Centre Yoga Sliding Scale Yoga Classes](#)

Social Media Boundaries

- Set aside time for news and social media, if it's always available we may always be in fight or flight mode. Maybe every two hours, you give yourself fifteen minutes of checking social media/ news.
- Unfollow people who are triggering to you on social media.
- Find several trustworthy news sources to get your information from (I follow BU and New York Times.)
- Give yourself a day (or two!) without checking the news- assign one person to be your "emergency news person" who will let you know if you missed something you absolutely should know about.
- Give yourself permission to not know every detail of what is going on right now- we all only have so much bandwidth.
- Can you turn your phone on airplane mode for a few hours?

- Many of us turn to social media or checking the news if we are bored, feel something uncomfortable that we want to numb out from- it can be useful to keep something nearby to occupy yourself with instead, like coloring or reading a book, or if the computer is calling your name, find more heartwarming content (like Bon Appetit's cooking videos!)
- Before you go on social media, check in with yourself- are you in the mental space to be able to handle whatever news you get there? If not, skip it for now.



Helpful Links

- [Oprah's Book Club List](#)- list of all of Oprah's recommendations, fiction and non
- Lovely Authors to Read During Tough Times- Brene Brown, Glennon Doyle, Pema Chodron, Shonda Rhimes, Eckhart Tolle, Elizabeth Gilbert, Kristin Neff, Shauna Niequist, Jen Decurtins
- [Some Good News](#)- from everyone's favorite The Office character, John Krasinski, a roundup of positive news from around the world
- [BU's Well-Being Resources](#)
- [Living With Worry and Anxiety Amongst Global Uncertainty](#)- definitions, tips, and guidance
- [Healing Sound Baths](#) every Sunday via livestream
- [10% Happier Coronavirus Sanity Guide](#)- an extensive list of helpful meditations, podcasts, blog posts for this time
- [Mayo Clinic 30 Day Gratitude Challenge](#)- virtual community gratitude challenge
- [Mutual Aid Networks](#)- all over, check in your local community for assistance/ areas to support
- [Happier by Gretchen Rubin Coping During Covid-19 Podcast](#)- helpful tips from a great author/speaker and her fantastic Hollywood writer sister, and a great podcast to catch up on if you have more free time
- [Gabby Bernstein's Coronavirus Anxiety Spiritual Tools](#)- for those in need of spiritual support from spiritual teacher and leader
- [4 Tendencies Quiz](#)- quiz that teaches you about your motivation and habits, can be helpful now that we have transitioned to home working and schooling
- [Article about the current collective grief](#)
- [Brene Brown's new podcast](#)