



## Wellness and COVID-19

Looking back on these past few weeks, there has been so much that everyone has had to go through. The spread of COVID-19 and subsequent efforts to flatten the curve are changes bound to take an emotional toll because they impact our daily routines and our ability to interact with our support networks. With everything going on, motivation can certainly be challenging. It's stressful going from a highly structured day where our schedules dictate how we allot time for class, studying, meals and downtime -- all of which entail some form of interaction with others -- to now being given all this time with no real way to break the day up or gather with others. When looking to take care of yourself and increase motivation, it's important to pay some mind to the following.

- **Maintaining Structure:** Create a daily agenda that list what needs to be covered, making sure to incorporate self care into this agenda so that you do not neglect yourself, as this will lead to burnout and a decrease of focus and motivation.
- **Maintaining Connection:** Social distancing was implemented to flatten the curve. Being mindful of the term, it is important to recognize the importance of the word social, the reason the term social distancing was used instead of "isolation" is to encourage connection. Make sure to call loved ones, or Facetime with peers. When it comes to studying and accountability it could be helpful to connect with peers via Skype, talk through materials, or just have quiet time with someone else in the room to maintain focus.
- **Maintaining a Work Space:** With the closure of the school, so many students lost their dedicated study space. Try creating a space dedicated to work at home. Avoid studying in places that are also used for downtime, as this can create distractions from daily goals.
- **Maintaining Hygiene:** Make sure that health is a priority, from simple handwashing to addressing ailments, it is important that we are making our health a priority at this time.
- **Getting Outside:** Making sure some of the breaks in your agenda are rejuvenating. Engage in outdoor activity, such as walking, hiking, or running as long as you're maintaining the social distancing guidelines.
- **Reducing Distractions:** Try to ensure that downtime contributes to wellness. When taking a break from studying, it is important to do more than scroll on social media, although that's tempting. Try to engage your mind and body in different ways. Give a new exercise at home a try, take a walk around the block, make yourself a fresh snack in the kitchen. Do something that gets you out of your chair and gets your blood flowing.
- **Be Patient:** Give yourself time. These changes are an adjustment for everyone. Try to recognize what you are able to accomplish and validate those accomplishments each day. Motivation comes from recognizing what we can do and giving ourselves the opportunity to do those things.

Lastly, it is important to ask for help. If you find yourself struggling and need to process through some of these changes, or want to work on creating your own plan of action while everything is going on, do not hesitate to reach out to Student Health. Appointments can be made through Terry Waibel at [twaiibel@geisinger.edu](mailto:twaiibel@geisinger.edu) or by calling 570-558-4290.

## Student Health Services

525 Pine Street, Scranton, PA, 18510  
Medical Science Building, 1<sup>st</sup> Floor, 1062 W  
570-558-4290

Office Hours: M-F 8 a.m.-4:30 p.m.  
[www.geisinger.edu/education/student-life/student-health-services](http://www.geisinger.edu/education/student-life/student-health-services)



## Supportive Resources to Promote Well-being

### Student Health Services

1:1 Confidential Appointments with Licensed Professionals	570-558-4290 to schedule an intake
"Quaran-Tales" Weekly Group	Every Tuesday in April & May from Noon to 1 p.m. via Zoom

### Employee Assistance Program

Confidential Emotional Support, Work-Life Solutions, Legal Guidance, Financial Resources, Online Support, & COVID-19 resources for anxiety	888-327-4623 Web ID: GHSEAP Guidanceresources.com
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### Helpful Links & Resources

Mental Health First Aid	Text MHFA to 741-741 to talk to a Crisis Counselor
211 Pennsylvania	Dial 211, text your zip code to 898211, or visit online at PA211NE.org for resources including: food banks, emergency housing, utility assistance, Substance Use treatment, and Crisis Intervention
Taking Care of your Emotional Health	<a href="https://emergency.cdc.gov/coping/selfcare.asp">https://emergency.cdc.gov/coping/selfcare.asp</a>
Corona Virus & Mental Health	<a href="https://www.psychiatry.org/news-room/apa-blogs/apa-blog/2020/02/coronavirus-and-mental-health-taking-care-of-ourselves-during-infectious-disease-outbreaks">https://www.psychiatry.org/news-room/apa-blogs/apa-blog/2020/02/coronavirus-and-mental-health-taking-care-of-ourselves-during-infectious-disease-outbreaks</a>
Coronavirus Anxiety	<a href="https://www.apa.org/research/action/speaking-of-psychology/coronavirus-anxiety">https://www.apa.org/research/action/speaking-of-psychology/coronavirus-anxiety</a>
Orange Theory at Home	<a href="https://www.orangetheory.com/en-us/athome/">https://www.orangetheory.com/en-us/athome/</a>
CorePower Yoga	<a href="https://www.youtube.com/playlist?list=PL4z1_0UdNR70GZE9eGuDY_VIQBE78ebQ8&amp;">https://www.youtube.com/playlist?list=PL4z1_0UdNR70GZE9eGuDY_VIQBE78ebQ8&amp;</a>

### Helpful Apps for both iOS & Android

Flora "Stay Focused Together"	Breathe 2 Relax
Stop, Breathe and Think	Colorfly