



# Student Health Services

## Healthy at Home: Maintaining Mental & Emotional Well-Being!

Over the past several weeks, we have faced new and unexpected challenges. With the sudden onset of these new realities, adapting to lifestyle changes while managing feelings of uncertainty, fear and vulnerability, has made it more important than ever to look after our own mental and emotional well-being.

Amanda Carr, MD 2023 and member of the Mental Health Task Force, has put together universal resources to promote our own mental and emotional health needs and to help others who may need some extra support and care. Please see resources below:

### Looking for a place to start with your mental health and wellness?

HelpGuide is a free online resource that provides a wealth of information regarding an array of topics. From coping with uncertainty and depression from practices such as mindfulness and healthy eating, HelpGuide is an excellent tool to start learning tools and skills to help yourself and loved ones in these uneasy times.  
<https://www.helpguide.org/>

### Breathing + Meditation

Downloadable guided meditation, progressive muscle relaxation and instrumental music helpful for studying!  
<https://students.dartmouth.edu/wellness-center/wellness-mindfulness/relaxation-downloads>

### Feeling the weight of social distancing?

Kindness.org spreads warmth digitally and emphasizes the impact even a simple act holds. Logging in via social media, or your email gives you access to hundreds of stories of individuals performing acts of kindness and provides prompts for ones you can do too. From reconnecting with someone, adding a "thank you" to your to do list or sharing your favorite uplifting song, you can feel a sense of community through kindness. During this time of social distancing, this movement can feel more powerful than ever, and can help you remain connected.  
<https://kindness.org/>

### Breathing + Meditation

For when we can't find our own rhythm.  
<https://www.calm.com/breathe>

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## Healthy at Home: Maintaining Mental & Emotional Well-Being!

**99 Coping Tools Checklist** - a checklist of 99 coping tools you can check off to create your own list. Maybe you don't have an access to a printer at this moment, but having your tailored list open in a browser window, written on your white board or taped to your desk can be a nice reminder of everything you have already identified as coping skills that work for you!

<https://www.yourlifeyourvoice.org/pages/tip-99-coping-skills.aspx>

### Breathing + Meditation

A guide to help you ground yourself when in a panic.

<https://www.winona.edu/resilience/Media/Grounding-Worksheet.pdf>

**Now Matters Now** offers resources and training for dealing with suicidal thoughts. A video-based-resource where people share personal stories of dealing with these feelings and discuss how they got through them. Includes tools such as safety planning guides and diary cards to help keep track of these stressful feelings.

<https://www.nowmattersnow.org/skills>

**Mental Health Support** - 18percent is a free online peer support community. While reaching out to family and friends is ideal, sometimes reaching out to strangers feels like the more comfortable option. Chatting with those experiencing similar feelings may show new perspectives and offer supportive words to lean on. They even have a specific page dedicated as a toolkit for dealing with the uncertainty and anxiety surrounding Coronavirus.

<https://18percent.org/>

## Google Play & Apple Apps

What's Up	Uses CBT methods to combat anxiety and depression among many other emotions. Offers habit tracking, a comprehensive diary, tools for combating negative thought patterns, a grounding game, breathing gifs, forums and more. <a href="https://play.google.com/store/apps/details?id=com.jacksontemptra.apps.whatsup&amp;hl=en_US">https://play.google.com/store/apps/details?id=com.jacksontemptra.apps.whatsup&amp;hl=en_US</a>
Woebot	Another CBT tool, Woebot offers check-ins, the ability to find patterns in moods, and the chance to practice and master skills to reduce stress. <a href="https://woebot.io/">https://woebot.io/</a>
My3App	A suicide prevention app that helps you ID your support system and build a safety plan. <a href="https://my3app.org/">https://my3app.org/</a>
Self-help for anxiety Management	Developed by psychologists and computer scientists, SAM offers a range of tools to help people who struggle with anxiety and panic attacks. <a href="https://apps.apple.com/us/app/self-help-for-anxiety-management/id666767947">https://apps.apple.com/us/app/self-help-for-anxiety-management/id666767947</a>
Working From Home Help	For those really struggling with the new working from home time management, <b>My Study Life</b> can help you get re-organized during this adjustment period. <a href="https://www.mystudylife.com/">https://www.mystudylife.com/</a>