

## **Resiliency Tips for Students** in Covid19 response

by: Dr. Kate Tumelty Felice

*May your choices reflect your hopes, not your fears.*  
Nelson Mandela

The coronavirus pandemic has created a variety of concerns and uncertainty specific to students, not only in juggling your new and different learning responsibilities, but also in maintaining your well-being and in helping those around you.

Below you will find some practical suggestions and resources to help you in keeping yourself mentally, physically, and emotionally healthy. Some may be more pragmatic for you than others, and that's okay. Any effort toward self-care is a useful one. Remember that the only way to effectively do all that you need to get done, particularly during challenging times, is to be aware of your own wellness and take care of yourself.

### **Keep up with the Basics.**

- How you sleep and what you eat are foundational. Mindful breathing (tips below) can help you fall and stay asleep, both difficult when stressed. Eating as healthfully as possible, with as many whole foods included as you can, will keep your brain and body machines working optimally.

### **Help yourself help others**

- In challenging times, we often want to help others but feel depleted ourselves. Endless news watching is draining, and panic and fear are part of many interactions. Families being home for social distancing brings new challenges.

Below is a link from an NJ pediatrician that gives some suggestions for kids and family (and you). Knowledge is power, and taking care of yourself is a way to take care of them, too.

<https://www.youtube.com/watch?v=WZqnojHVW20>

### **Practice Self-Care Activities – Use Mindful Breathing**

- One of the most effective things you can do to increase your health, longevity, and resilience is to control your breathing. There is a great deal of research to support this, but perhaps the most effective proof is your own experience.

Here are a collection of resources compiled especially for this challenging time (and they are free!):

<https://www.calm.com/blog/take-a-deep-breath>

and geared toward kids:

<https://www.calm.com/blog/take-a-deep-breath#calmkids>

**Connection and Reaching Out (even with social distancing):**

- Video chat (or call, email, text) other people. With social distancing comes time alone which can make some people emotionally vulnerable and can negatively impact their health. Reduce loneliness and isolation and encourage positive communication by finding opportunities to reach out for people either through video chat or call. This helps reinforce important communication skills, concern and empathy for others, and can improve health outcomes for the person on the other end of the line, too.

**Get Fresh Air**

- Get outside and do anything! Ample research shows us that time outdoors builds immunity and resiliency. Now is that time! Get a jumpstart on weeding, throw around a ball, take a walk... Doesn't matter what, and you still get the benefits. No better time than now.

**Keep to a Routine**

- We thrive from structure and routine, especially during uncertain times. Make yourself a schedule, and be sure to schedule in time for movement, nature, communication, and study. Strive for a healthy balance with downtime, as our brain and bodies crave activity, stimulation, balance, and homeostasis.

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