



Student Health and  
Wellness Resource  
Page

This is a very stressful time and can cause a lot of anxiety.

Especially with the cancellation of classes for the rest of the semester and the cancellation of club sports, intramurals, and varsity athletic programs here at Saint Mary's College.

Physical activity, competitive and recreational sports have an enormous impact on your mental and physical health. Most people will not understand the magnitude of the loss that you may feel, please know that Saint Mary's College is still here for you. We can help support and comfort you during this time.

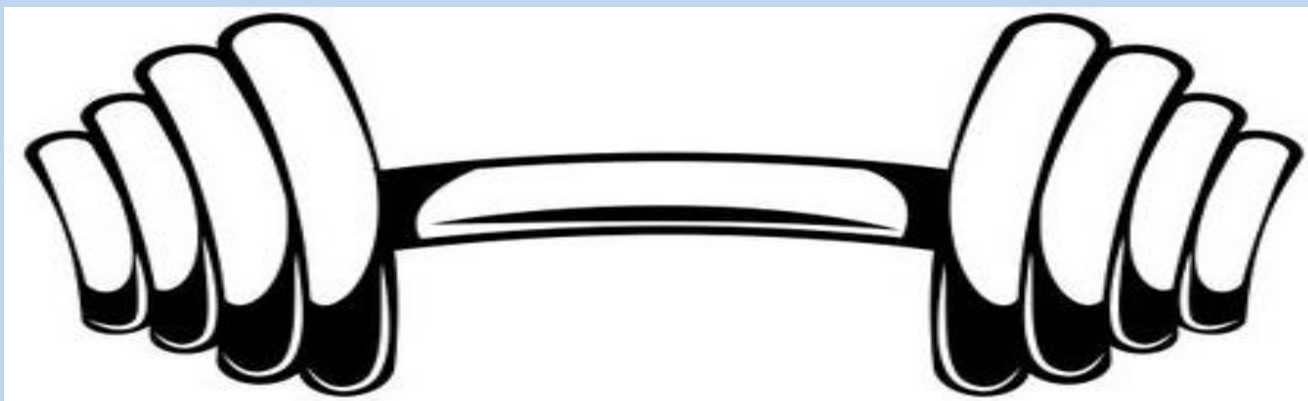
This process may not be easy and the steps to move forward may produce an endless list of emotions, but we will get through this, we will prevail as a nation and as the Belles of Saint Mary's.

*Once a Belle, Always a Belle.*

<https://www.acesconnection.com/blog/resilience-during-a-pandemic>



*"The Most  
Successful people are  
those that are good at  
Plan B" - James Yorke*



## TIME TO GET PHYSICAL!!

### Fun Apps and Courses to try Online or On Your Phone



Free Home Work-  
Outs  
Daily on Facebook  
Live @ 7pm EST.



**Down Dog App**

Free access for Students and teacher until July 1<sup>st</sup> for all  
classes. Yoga, HIIT, Barre, and 7 Minute Workouts.

**Saint Mary's College PE Classes**

Our PE classes will be going online and available  
to all students as a virtual "walk-in" option.



Peloton has extended the free  
trial period to 90 days on the  
Peloton App.

As daily routines continue to  
change, stay active from the  
comfort of home, and stream  
any class from the complete  
library!!



**The Johnson & Johnson 7 Minute Workout App.**

72 exercises and 22 workouts that can be  
customized and modified to create more than  
1,000 variations to keep you moving!

\*\*More on the next few pages

Find a New or Old Hobby to Help Pass Time...

- Spring Cleaning
- Go for a Walk
- Run Outside
- Walk your Dog(s) or Cat(s)
- Meditate – Many free app to help (Calm/Headspace)
- Make a Craft or Learn a New One
- Clean out your Closet for Donations
- Meal Prep or Learn a New Dish to Make
- Make a Fun Bucket List
- Learn a New Language
- Bake
- Journal
- Color
- Listen to Music
- Try Sudoku or a Crossword Puzzle
- Puzzles
- Paint by Number
- Online Shopping
- Board or Card Games (at a reasonable distance from you opponents)



- Play a Video Game
- Read a FUN Book
- Listen to your Favorite Podcast or try a New One
- Build Something
- Practice your Sport
- Binge Watch a New Show
- Call a Friend
- Try out a Free Online Museum Tour
- Learn Guitar Online

**This is a very stressful time and can cause a lot of anxiety. Not to fret, here are some daily strategies that the National Alliance on Mental Illness (NAMI) has for self-care and awareness:**

- **Space:** Create a structured, dedicated work environment, and include regular patterns of self-care. Also, be sure to get that precious alone time if needed. The best relationships require space too.
- **Routine:** Try and maintain a routine that reflects on your normal day, including structured lunch/snack breaks, short activity sessions, and how you dress (yes, that means not wearing the same thing 24 hours a day, for three days straight. Let's practice proper hygiene here too, ladies!)
- **Activity:** Regular exercise and mindfulness activities are key during times of crisis. Exercise and mindfulness activities help mitigate depression and anxiety while improving cognition and confidence. Develop a daily routine for both, even if this is as simple as a 15-minute walk and/or quiet time with deep breathing. Remember, athletes are built in the off season!
- **Time and Energy Management:** Be mindful of over- or under-working. Try to structure your daily work in a way that mirrors your normal workplace hours. In addition to time management, be aware of the way in which you eat, self-talk, and communicate with others. Self-compassion and self-care provide stability and confidence. You are your own worst critic, but should also be your biggest supporter.
- **Accessibility:** Develop ways in which you are accessible to colleagues, friends and family. Communication is key!
- **Face Time and Connectivity:** Humans need to feel and be connected. Utilize video tools such as Microsoft Teams, Skype, Facetime, Google Hangouts, Facebook and WhatsApp to connect visually. Don't forget to call your grandma, she wants to hear from you!
- **Resources:** Map out your important resources, ranging from daily necessities to emergency management. The more prepared you are, the less stressed you will be.
- **Support:** The NAMI [website](https://www.nami.org/) provides a comprehensive guide to national and local resources. Know that there is help when needed. Don't be afraid to reach out, we're all here for you.
- NAMI website: <https://www.nami.org/>
- NAMI pdf on COVID-19: <https://www.nami.org/getattachment/Press-Media/Press-Releases/2020/COVID-19-and-Mental-Illness-NAMI-Releases-Importan/COVID-19-Updated-Guide-1.pdf?lang=en-US>
- The CDC website on managing stress and anxiety during this difficult time: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>
- The Substance Abuse and Mental Health Services Administration (SAMHSA) pdf on COVID-19: <https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf>
- SAMHSA's Disaster Distress Helpline: 1-800-985-5990
- Or you can text TalkWithUs to 66746 if you'd rather talk with someone over text instead of the phone







Virtual Hope Box: Contains simple tools to with coping, relaxation, distraction, and positive thinking. Techniques can include family photos, videos and messages from loved ones, music and positive life experiences.



Headspace: Mindfulness app with guided meditation that teaches you essentials of living a healthier, happier life.



Calm: Audio programs to bring clarity, joy, and peace into your daily life. Enjoy less anxiety and better sleep.



ThinkUp: Build self-improvement program that develop motivation and a positive mindset to succeed using positive affirmations. This impacts health, prosperity, and happiness.



Unique Daily Affirmations: Helps to bring you out from under the clouds and make positive changes in your life. Your positive quotes are read daily to envision your personal success.



Happify: Brings you tools to take control of your emotional wellbeing with games and puzzles to reduce stress, overcome negative thoughts, and build resilience.



The Gratitude Journal: Journal your way to a restored sense of daily wellbeing and vitality; each is based on positive psychology, these daily gratitude prompts inspire a consistent habit, improve health, happiness and relationships.



Insight Timer: Guided meditations and talks led by the world's top meditation and mindfulness experts, neuroscientists, psychologists and teachers from Stanford, Harvard, the University of Oxford and more. Music tracks from world-renowned artists. Join millions learning to meditate on Insight Timer to help calm the mind, reduce anxiety, manage stress, sleep deeply and improve happiness.



Nikes Training Club & Running Club: Workouts include core series, glute and hip strengthening, boxer arms, boxer core, boxer burner. 160+ free workouts for beginner to advance. Running club will coach you through your workout and record & voice pace and distance.



8fit Workouts: Rate your fitness level currently and reach your goals with reminders and workouts sent on your app, nutritional meal plans, exercises, HIIT workouts, and planning meals



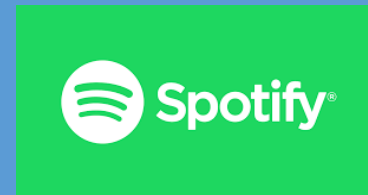
JeFit Workouts: Access to 1300+ exercise and the ability to create your own workouts, track and graph your progress, and supports Apple Watch. View your workouts and keep you motivated for further training and weight lifting.

Additional  
Phone  
Apps you  
can use for  
**FREE!**

- TED Talks Daily
- Crime in Sports
- Anna Faris is Unqualified
- Ctrl Alt Delete with Emma Gannon
- We Do Science! The Guru Performance Podcast
- Nutrition Bytes with Jessica Siegel
- The Psychology of Eating
- Bachelor Happy Hour - The Official Bachelor Podcast
- The Now Age
- The Spiritual Forum

- Ologies by Alie Ward
- Pardon My Take (Barstool)
- Build Your Tribe by Chalene Johnson
- 1609 Podcast
- Ali on the Run
- Citius Mag Podcast
- Master Mind, Body and Spirit
- Keeping Track
- Power In Mind
- The Highlight Real

Podcasts to  
try



## Other resources.....

If you or a friend struggle with mental health issues please contact the Health & Counseling Center at 574-284-4805 to help with the next steps.

National Suicide Prevention hotline:

1-800-273-8255 (TALK)

National Sexual Assault Hotline:

1-800-656-4673

National Domestic Abuse Hotline:

1-800-799-7233

**SMC Health & Counseling:**  
(574) 284-4805.

They can only speak with Indiana residents or anyone still on campus, due to licensing restrictions, but they can point you in the right direction in your hometown.

**BAVO - Belles Against Violence**  
**Office:**

(574)-284-4081 or  
bellesagainstvience@saintmarys.edu

- **CDC Website:**
  - <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
  - <https://www.facebook.com/CDC>
- **Student Health 101**
  - <https://saintmarys.campuswell.com/>
- **Saint Mary's College Website**
  - <https://www.saintmarys.edu/emergency-info>
- **Saint Mary's Wellness Program Website**
  - <https://www.saintmarys.edu/student-affairs/kristine-anderson-trustey-student-wellness-program>
- **ActiveMinds**
  - [https://www.activeminds.org/about-mental-health/bethere/coronavirus/?fbclid=IwAR1vW9XzrRiL8YgHD9isg4cva-INuVoWx8QwgYM0\\_0HgnrzsXnOD4uCwdT0](https://www.activeminds.org/about-mental-health/bethere/coronavirus/?fbclid=IwAR1vW9XzrRiL8YgHD9isg4cva-INuVoWx8QwgYM0_0HgnrzsXnOD4uCwdT0)
- **The Renfrew Center for Disordered Eating**
  - [https://renfrewcenter.com/news/renfrew-center-launches-virtual-dayiop-programs-throughout-country?fbclid=IwAR32t6hd4IRUvWljOOXu8i5HtgDQ-Gr9ap6wiS6ukXqpr\\_SVrjliUpp1V1c](https://renfrewcenter.com/news/renfrew-center-launches-virtual-dayiop-programs-throughout-country?fbclid=IwAR32t6hd4IRUvWljOOXu8i5HtgDQ-Gr9ap6wiS6ukXqpr_SVrjliUpp1V1c)
- **Saint Mary's Campus Ministry**
  - <https://www.saintmarys.edu/spiritual-life/campus-ministry>
  - Regina Wilson
    - [rwilson@saintmarys.edu](mailto:rwilson@saintmarys.edu) or 574-284-5382





# STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



[cdc.gov/COVID19](https://cdc.gov/COVID19)

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# SYMPTOMS OF CORONAVIRUS DISEASE 2019

Patients with COVID-19 have experienced mild to severe respiratory illness.

Symptoms\* can include

**FEVER**



**COUGH**



\*Symptoms may appear 2-14 days after exposure.

**SHORTNESS OF BREATH**



Seek medical advice if you develop symptoms, and have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.



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[cdc.gov/COVID19-symptoms](https://cdc.gov/COVID19-symptoms)

## 8 MORNING AFFIRMATIONS

I am feeling  
healthy and strong today.

I have all that I need  
to make this a  
great day of my life.

I have all the information  
I need to solve any challenges  
that come up today.

I have the knowledge  
to make smart decisions  
for myself today.

I make the right choices  
all day using my inner wisdom.

I am happy and content  
with my life.

I am patient and calm  
and greet the day with ease.

I am filled with gratitude  
for another day on this earth.

*Farnoosh*  
PROLIFIC LIVING

Stay Safe, Study Well,  
and Take some Needed  
Rest and Relaxation.

