

SANTA MONICA COLLEGE

COPING *with* COVID-19



Mental health and overall psychological well-being may be negatively impacted by the rapidly changing and unpredictable nature of the COVID-19 pandemic.

You are not alone in coping through a wide range of emotional reactions (i.e., fear, anxiety, worry, sadness, grief, anger, etc.).

We would like to remind you that **The Center for Wellness and Wellbeing** is here to help students by providing telehealth services. If you would like to schedule an appointment please click the link to view CWW's updated hours and contact information. For life threatening emergencies, please call **9-1-1** or go to the nearest emergency room. The following are some resources that we hope will help you during these unprecedented times.

SMC LINKS

[Personal Counseling](#)

[COVID-19 Student Resources](#)

[COVID-19 Helpful Links](#)



Stay Connected

- Have a **virtual game night** using video conference platforms
- Go old school and phone a friend
- Start a **personal/public blog**, website or podcast
- Find a penpal or write handwritten letters to friends/loved ones



Ways to use Art & Music

- Explore **art museums** from around the world virtually
- **Virtual concerts and Broadway shows** to watch during the COVID-19 shutdown
- Express your feelings through creative writing, painting, drawing, photography, clay, listening and/or playing music
- Create a variety of playlists highlighting different moods or activities
- Free virtual concerts
 - ◆ Live virtual **concerts** from NPR ranging from Experimental to Jazz and Americana to everything in between
 - ◆ Compilation of classical music and opera on demand as well as live streams from the **Guardian** and **Classic fm**



Ways to use Movement

- **Stretching and movement** can help with anxiety and sleep
- Choose from a variety of **free-trial workout** streaming services
- Suggestions on ways to **stay active** during COVID-19
- Free virtual classes through the **YMCA**, no membership required



Other ways to choose Self-Care

- Being present eases anxiety and worry **free mindfulness exercises**
- **Insight LA**-engage with a self-soothing video, progressive muscle relaxation, or guided meditations.
- How about experimenting with some **new recipes**?
- Missing sports? Check out these free passes
 - ◆ Free **NBA** League Pass: games from this season, and classic games
 - ◆ Free **NFL** Game Pass: game replays
- **Laughter** can be one of these ways and has been associated with psychological health benefits.
- Breathe the fresh air and take in what is around you. Use your **5 senses** to connect with nature.
- Purchase a low maintenance plant. Plants are a great way to brighten up your work station and improve well-being.
- Pets are benefitting from our increased time at home. Take your pet out for a walk and find new ways to play with them.