

Mental Health Resources, Well-Being Tips, etc.

prepared by Maryland Sea Grant staff

Mental Healthcare Resources (UMCES Mental Health Committee)

The UMCES' Mental Health Committee has assembled Mental Healthcare Resources and Contacts with information about national, Maryland, and local resources available in each campus' neighborhood.

Direct link to **Mental Healthcare Resources and Contacts:**

<https://www.umces.edu/sites/default/files/Mental%20Healthcare%20Info%20Sheet%2019March2020.pdf>

Medical Plan Websites

CareFirst BlueCross BlueShield EPO, PPO - www.carefirst.com/statemd

Kaiser Permanente IHM - my.kp.org/maryland

UnitedHealthcare Choice EPO, ChoicePlus PPO - www.uhcmaryland.com

State of Maryland Benefits & Wellness Blog

<https://dbm.maryland.gov/benefits/Pages/BenefitsBlog.aspx>

"Today is the tomorrow you worried about yesterday" - Dale Carnegie

UMCES Coronavirus Preparedness

Lots of good information here: <https://www.umces.edu/coronavirus> including:

COMMUNITY SUPPORT AND WELLNESS

UMCES employees can securely seek help for personal or work-related problems through our Employee Assistance Program, [GuidanceResources](#). Services are available to ALL UMCES students, faculty and staff and their immediate family/household members. To access EAP services online, use the following link: www.guidanceresources.com or access the App searching for GuidanceNow. The web ID is USMEAP.

Creating Your Win-Win: What's Now & What's Next

These online weekly meetings for the UMCES community will engage participants in personal and professional development topics as we gather virtually to share, stretch, and build community. Each session will include a brief mindfulness practice, topics of discussion chosen by the group, and brief training sessions that span the personal-professional continuum. Contact Denise Yost at dyost@umces.edu for details and access information.

Thursdays @ 2:00pm, Staff/FRAs/Faculty/Graduate students

Topic: UMCES Weekly Mindfulness

Join Zoom Meeting

<https://zoom.us/j/238254703?pwd=Y3Rwd2F2ak4xK0V6anRxak50ekxVZz09>

Dial +13017158592

Meeting ID: 238 254 703

Password: 466575

"Today is my favorite day. Yesterday, when it was tomorrow, it was too much day for me" - Pooh

Peer Listening

Mississippi-Alabama Sea Grant Consortium <http://masgc.org/peer-listening/training>

Peer listening is a type of support that occurs when people provide knowledge, experience, emotional, social or practical help to each other. Properly trained peer

listeners can provide a number of services to the community, such as serving as an available ear to assist in problem solving or providing referrals to professionals. Peer listeners drawn from local communities are more often trusted than outsiders because they better understand the community and its relationship to the disaster.

Link to the Peer Listener videos (2 videos)

<http://masgc.org/peer-listening/training>

Link to the Peer Listener Training Manual

http://masgc.org/assets/uploads/publications/523/11-006_2.pdf

Link to the presentation slides for Part 1 (Module 1: Defining Disasters; Module 2: Listening Skills):

<http://masgc.org/assets/images/20-018-01.pdf>

Link to the presentation slides for Part 2 (Module 3: Recognizing Common Symptoms; Module 4: Seeking and Providing Support):

[http://masgc.org/assets/images/Peer Mod34 Final rev.pdf](http://masgc.org/assets/images/Peer_Mod34_Final_rev.pdf)

“Of all your troubles, great and small, the greatest are the ones that don't happen at all.”– Thomas Carlyle

Ted Talks, Podcasts, Articles

(some topics in these podcasts: feeling anxious, overwhelmed, grief, weary)

(Descriptions in italics are from the websites)

1. Ted Talk with author Elizabeth Gilbert (1 hour)

Title: It's ok to feel overwhelmed. Here's what to do next

Description: If you're feeling anxious or fearful during the coronavirus pandemic, you're not alone. Offering hope and understanding, author Elizabeth Gilbert reflects on how to stay present, accept grief when it comes and trust in the strength of the human spirit.

https://www.ted.com/talks/elizabeth_gilbert_it_s_ok_to_feel_overwhelmed_here_s_what_to_do_next?language=en

2. Brené Brown Podcast (25 minutes)

Title: Comparative Suffering, the 50/50 Myth, and Settling the Ball

Description: We have collectively hit weary. This is especially true for the brave folks on the front lines of this pandemic and for the people who love and support them. And, it's also true for all of us. In this episode, I talk about strategies for falling apart, staying connected + kind, and giving ourselves permission to feel hard things.

<https://brenebrown.com/podcast/brene-on-comparative-suffering-the-50-50-myth-and-settling-the-ball/>

3. Brené Brown Podcast (little less than an hour)

Title: Permission to Feel

Description: Dr. Marc Brackett has dedicated his life to studying emotions and to teaching us what he's learning. In this episode, we talk about how emotional literacy – being able to recognize, name, and understand our feelings – affects everything from learning, decision making, and creativity, to relationships, health, and performance.

<https://brenebrown.com/podcast/dr-marc-brackett-and-brene-on-permission-to-feel/>

4. Brené Brown Podcast (45 minutes)

Title: On Grief and Finding Meaning

Description: David Kessler and Brené on Grief and Finding Meaning. Grief expert David Kessler takes us by the hand and walks us into what he's learned about love, loss, and finding meaning. As someone who has a lot of fear about grief and grieving, this conversation is not what I expected.

<https://brenebrown.com/podcast/david-kessler-and-brene-on-grief-and-finding-meaning/>

5. ESPN article. Michael Phelps talks about his experience during this time and how he manages his mental health (short read)

From the article:

How are you?

We are asked that question every day. But how often do we just say "fine" or "good" and move on? How often do we actually admit the truth -- to ourselves as well as others?

You want to know my truth? How am I doing? How am I handling quarantine and the global pandemic? Put it this way: I'm still breathing.

https://www.espn.com/olympics/story/_/id/29186389/michael-phelps-most-overwhelmed-ever-felt

6. ESPN article. How to make mental health a priority during the coronavirus pandemic (short-ish read)

ESPN spoke with Rebecca Colasanto, LCSW, the system director of behavioral health for Bristol Health, about how to manage and respond to the anxiety and stress that come with these rare times

https://www.espn.com/espn/story/_/id/28918521/how-make-mental-health-priority-coronavirus-pandemic

7. Guardian article. I designed myself a syllabus of quarantine goals – then spent weeks eating cereal in bed (short read)

Did anyone end up writing the next King Lear during the coronavirus pandemic?

If you didn't, join the club

It was not the time to be punishing ourselves for seeking comfort in cute animal videos or elastic-waist trousers

We are still grieving. Life is still not normal. Frankly, flapping your arms and shrieking into the sky is a perfectly appropriate response to what is happening.

<https://www.theguardian.com/lifeandstyle/2020/may/20/i-designed-myself-a-syllabus-of-quarantine-goals-then-spent-weeks-eating-cereal-in-bed>

8. NY Times article. How to Tell if It's More Than Just a Bad Mood (short-ish read)

It is understandable if the coronavirus pandemic has put you in a funk, but depression should be evaluated and treated.

https://www.nytimes.com/2020/05/21/well/coronavirus-depression.html?algo=identity&fallback=false&imp_id=270984202&action=click&module=Smarter%20Living&pgtype=Homepage

9. Interview with Elizabeth Gilbert. Surviving and thriving during lockdown; coping with psychological challenges of life in isolation (video-less than an hour)

Elizabeth Gilbert joined Guardian columnist Hadley Freeman to reveal her wisdom for surviving and thriving during lockdown. How is the bestselling world-traveller and author of Eat, Pray, Love coping with the psychological challenges of life in isolation? Find out in this in-depth interview.

<https://www.youtube.com/watch?v=RxV7MwwOOQg>

10. NY Times. Stop Trying to Be Productive (short-ish read)

The internet wants you to believe you aren't doing enough with all that "extra time" you have now. But staying inside and attending to basic needs is plenty. The idea that we have so much time available during the day now is fantastic, but these days it's the opposite of a luxury. We're home because we have to be home, and we have much less attention because we're living through so much.

<https://www.nytimes.com/2020/04/01/style/productivity-coronavirus.html>

11. Article. Pandemic and Mental Health - Andrew Solomon (medium read)

There are roughly four responses to the coronavirus crisis and the contingent social isolation. Some people take it all in stride and rely on a foundation of unshakable psychic stability. Others constitute the worried well, who need only a bit of psychological first aid. A third group who have not previously experienced these disorders are being catapulted into them. Last, many who were already suffering from major depressive disorder have had their condition exacerbated, developing what clinicians call “double depression,” in which a persistent depressive disorder is overlaid with an episode of unbearable pain.

<http://andrewsolomon.com/articles/pandemic-mental-health/>

12. Cleveland Cavaliers’ Kevin Love: Coronavirus pandemic another reminder of importance of mental wellness (medium read)

https://www.espn.com/nba/story/_/id/29201107/cleveland-cavaliers-kevin-love-says-covid-19-pandemic-another-reminder-importance-mental-wellness

13. Mental Health Awareness Month 2020 - highlighting stories of key athletes to raise awareness (longish read-broken down into smaller articles)

https://www.espn.com/espn/story/_/id/29117241/mental-health-awareness-month-2020-highlighting-stories-key-athletes-raise-awareness

14. Markus Howard brings awareness to his own mental health (4 minute video)

Marquette star Markus Howard speaks out about mental health, seeing a psychologist and dealing with successes and failures on the court.

<https://www.espn.com/video/clip?id=25955842>

15. Helpguide.org. Supporting Your Mental Health During COVID-19 (broken down into specific topics, including Depression, Anxiety, Eating Disorders, Grief & Loss, Helping Children Cope, Coping with Financial Stress)

The global COVID-19 pandemic makes this a deeply distressing time for all of us. Even if you or your loved ones haven't contracted the virus, your life has likely been turned upside down by its spread. Whatever your circumstances, there are ways to help manage your fear, stress, and anxiety and protect your mental health.

<https://www.helpguide.org/home-pages/coronavirus-mental-health.htm>

<https://www.helpguide.org/articles/depression/dealing-with-depression-during-coronavirus.htm>

16. NYT article. The Pandemic Is Stressing Your Body in New Ways (short-ish read)

Tingling feet, digestive troubles, skin issues and more may be caused by some of the stress and life changes that the coronavirus has brought.

If you can't figure out whether what you're experiencing is caused by stress or something else, a physician can help. (Many are available via telemedicine if you don't want to risk going into a doctor's office or hospital, or are concerned your symptoms might be the coronavirus.) A physician can also guide you on what to do to help cope with stress if they feel these new symptoms are stress-related — remedies like exercise, meditation or therapy.

https://www.nytimes.com/2020/06/04/smarter-living/the-pandemic-is-stressing-your-body-in-new-ways.html?action=click&module=Top%20Stories&pgtype=Homepage&contentCollection=AtHome&package_index=1

17. NYT Article. Disordered Eating in a Disordered Time (short-ish read)

Social isolation and unstructured days add to the anxiety of those struggling to achieve a healthy relationship with food.

https://www.nytimes.com/2020/06/05/health/eating-disorders-coronavirus.html?algo=identity&fallback=false&imp_id=27741291&action=click&module=Science%20%20Technology&pgtype=Homepage

18. The Lancet. The psychological impact of quarantine and how to reduce it: rapid review of the evidence (journal article)

<https://www.sciencedirect.com/science/article/pii/S0140673620304608>

19. The Reaction Podcast: Reality Feels Very Tenuous Right Now (30 minute podcast)

Andrew Solomon joins The Reaction Podcast host Alastair Benn for a discussion about the impact of the coronavirus on mental health.

<http://andrewsolomon.com/coverage/reaction-podcast-coronavirus-mental-health/>

20. Beyond Well Podcast: What We Take From This (about 30 minutes)

Andrew Solomon joins Beyond Well host Sheila Hamilton to talk about the less-reported health impacts of COVID-19, the epidemic of depression, and the self-reported increased in anxiety caused by loneliness, job insecurity, and fears for the future.

<http://andrewsolomon.com/coverage/beyond-well-podcast/>

“If you want to conquer the anxiety of life, live in the moment, live in the breath.”– Amit Ray

Relax with virtual tours

Smithsonian museums

Natural history

[virtual-tour](#)

National Gallery of Art

<https://www.nga.gov>

National Gallery of Art, Digital Resources for Kids

<https://www.nga.gov/education/digital-education-resources.html>

Here's a nice article with live links to some awesome exhibits

<https://www.smithsonianmag.com/smart-news/ten-museums-you-can-virtually-visit-180974443/>

National Parks (The Hidden Worlds of the National Parks)

<https://artsandculture.withgoogle.com/en-us/>

The Kennedy Center Couch Concerts

<https://www.kennedy-center.org/whats-on/millennium-stage/couch-concerts/>

NY Times: The World Through a Lens

With travel restrictions in place worldwide, we're turning to photojournalists who can help transport you, virtually, to some of our planet's most beautiful and intriguing places.

<https://www.nytimes.com/column/the-world-through-a-lens>

Yoga and Meditation

Yoga with Adriene (lots of short and longer videos on various areas including neck, shoulder, back, yoga for flexibility, yoga for beginners)

https://www.youtube.com/results?search_query=yoga+with+adriene

Meditation with Adriene (short guided meditations on various topics including anxiety, inner peace, mental grounding)

https://www.youtube.com/results?search_query=meditation+with+adriene

"I promise you nothing is as chaotic as it seems. Nothing is worth diminishing your health. Nothing is worth poisoning yourself into stress, anxiety, and fear." – Steve Maraboli

Relax with whales, dolphins, Disney & more

Disney - The Piano Collection (1 hour)

<https://www.youtube.com/watch?v=t0ZH8G7v5GQ&t=978s>

Middle Earth | Rivendell - Music & Ambience (3 hours)

<https://www.youtube.com/watch?v=62j1xAdYKAQ&t=3708s>

The Hobbit - Calm Ambient Mix by Syneptic (1 hour)

https://www.youtube.com/watch?v=JV_PfGcPewY&t=2346s

Arrival of the Birds (from Theory of Everything soundtrack) (30 minutes)

<https://www.youtube.com/watch?v=0GYvLyfa0Lg&t=450s>

Underwater Whale Sounds (1 hour)

<https://www.youtube.com/watch?v=savCA6RyPI&t=231s>

Sleep Music in Underwater Paradise: Deep Relaxing Music (3 hours)

<https://www.youtube.com/watch?v=OVct34NUk3U&t=7716s>

Healing songs of Dolphins & Whales (1 hour)

<https://www.youtube.com/watch?v=GOsfvjwwe2E>

Downton Abbey: Main theme (Extended) (30 minutes)

<https://www.youtube.com/watch?v=5ymEU7A7Fs8>

“Sometimes the most important thing in a whole day is the rest taken between two deep breaths.”– Etty Hillesum

Tea Time

Paromi tea (available at their website or Whole Foods)

Paromi Tea is an oasis from the ordinary. We start with exquisite, carefully selected ingredients. Then, we meticulously combine them in small batches, testing until we reach the perfect balance. The result is uncommon - tea that looks, smells, and tastes unlike any you have tried.

<https://paromi.com/>

Four Elements Herbals (available at their website)

Four Elements Organic Herbals starts your herbal wellness from seed. Jane’s passion of the natural world and healing potential comes from a lifetime of focus on the natural beauty around us.

<https://www.fourelementsherbals.com/product-category/herbal-teas/>

“For fast-acting relief, try slowing down.”– Lily Tomlin

Aquarium of the Pacific Live Cams

Tropical Reef

The Tropical Reef Habitat is the Aquarium’s largest exhibit, containing 350,000 gallons of water and over 1,000 animals from the tiny cleaner wrasse to the zebra shark.

This exhibit represents the famous Blue Corner off the coast of Palau. This area, lush and abundant with life, is considered one of the most beautiful dive sites in the world.

http://www.aquariumofpacific.org/exhibits/webcams/webcam_tropical_reef

Penguin Habitat Below Water

Penguins are expert swimmers—watch as they dive and dart through the water. Penguins are uniquely adapted to swim at high speeds. Their wings are specially shaped to help them “fly” through the water as they hunt for food and evade predators.

http://www.aquariumofpacific.org/exhibits/webcams/penguin_cam_below

“My anxiety doesn't come from thinking about the future but from wanting to control it.” — Hugh Prather

Some infographics for these interesting times

I CANNOT CONTROL

(So, I can LET GO of these things.)

IF OTHERS
FOLLOW THE
RULES OF SOCIAL
DISTANCING

THE AMOUNT
OF TOILET
PAPER AT THE
STORE

I CAN CONTROL

(So, I will focus on these things.)

THE
ACTIONS
OF
OTHERS

MY POSITIVE
ATTITUDE

TURNING
OFF THE
NEWS

FINDING FUN
THINGS TO DO
AT HOME

HOW
LONG
THIS
WILL
LAST

HOW I FOLLOW CDC
RECOMMENDATIONS

LIMITING MY
SOCIAL MEDIA

MY OWN SOCIAL
DISTANCING

MY KINDNESS &
GRACE

PREDICTING
WHAT WILL
HAPPEN

HOW
OTHERS
REACT

OTHER
PEOPLE'S
MOTIVES



Credit: TheCounselingTeacher.com
Clipart: Carrie Stephens Art



✓ SEPARATE WHAT IS IN YOUR CONTROL FROM WHAT IS NOT.

PROTECTING YOUR MENTAL HEALTH DURING UNCERTAINTY

SOURCE : AFSP.ORG



LIMIT *Media* EXPOSURE

STICK TO *Reliable* SOURCE



WASH HANDS



DO WHAT HELPS YOU FEEL A SENSE OF SAFETY.



STAY HOME



STAY CONNECTED AND REACH OUT IF YOU NEED MORE SUPPORT

✓ BE PRESENT

SLEEP WELL

NOT OVERBUY BUY WHAT YOU ACTUALLY Need



Eat well

EXERCISE



PROTECT THE Vulnerable



SOCIAL DISTANCE



GET OUTSIDE IN NATURE - EVEN IF YOU ARE AVOIDING CROWDS



ayangcempaka

5 TIPS FOR STAYING HEALTHY WHILE WORKING FROM HOME



Find a Calm Space

Identify a designated, quiet workspace and consider wearing headphones to tune out potential distractions.



Take Breaks

Take frequent breaks during the day and get away from your desk for a few minutes every hour or so.



Stay Clean

Wash your hands often, use hand sanitizer, and keep your desk and workspace clean and free of germs.



Improve Ergonomics

Adjust your chair so that your knees are level with your hips, and your monitor is near eye level.



Eat Well & Hydrate

Eat a healthy lunch to promote a strong immune system and don't forget to stay well hydrated.

5 TIPS FOR CREATING A PRODUCTIVE HOME OFFICE

by CompuVision
Manage · Protect · Accelerate

Work with what you have

Don't blow your entire budget on day one. Working with what you have, and decide what you need later.

TIP
01

TIP
02

Focus on great lighting, and a view

Use proper lighting to avoid unnecessary eye strain; and find a spot with a view.

Get comfortable

Find a desk with the right height and a chair with proper back support.

TIP
03



TIP
04

A designated workspace

Identify a designated workspace and keep it clean and organized.

Create a distraction free environment

Interruptions can hamper productivity. Free yourself from distractions and consider headphones.

TIP
05

HOW TO LOOK AFTER YOUR MENTAL HEALTH DURING A TIME OF UNCERTAINTY

You're likely to be in a period where the amount of worry you experience is going to be higher. Anticipate this and be ready to find out how well you can tolerate this level of worry

 @BELIEVEPHQ



1 Speak to friends or family and ask how they cope with uncertainty. Could you learn anything from them?



2 Think back to past experiences where you have coped well with uncertainty and pick out what really helped you feel better back then



3 Take each day one step at a time. Focus on the present moment. A routine can help give you some structure



4 In times like this, increase your focus on self care and kindness. Take time to slow down, to breathe, to connect and to relax



5 You're likely to be having lots more worry-type thoughts. Be ready not to react to them. Make a commitment to noticing them, rather than trying to respond to them



6 Rumination is a common factor during times of uncertainty - If your mind starts to wander, use your senses to refocus on what you are doing in the present moment



7 Write down a list of helpful facts that you want to stay focused on, so when your mind wanders, you come back to solid ground

