Healthy Choices Task Force &
The Counseling and Health Center

Mental Health Wellbeing

During the “Safer at Home” Order

Our lives have significantly changed over the course of the past month due to the spread of Covid-19. A majority of our day-to-day activities have changed: we are no longer able to attend classes in person, many of us have returned to living off campus, and unless we work for essential businesses, we cannot go to work or are forced to work remotely. Governor Evers’ “Safer at Home” Order went into effect March 25th at 8am and will remain in effect until April 24th at 8am (or unless otherwise specified). For most of us, this may be a stressful time that presents unique challenges. For those who are struggling with mental health issues, this abrupt transition can be even more distressing.

Mindfulness Based Check-List

Given the abrupt changes in our lives and routines over the past few weeks, you may be finding yourself struggling with getting motivated and being productive throughout the day. Since all of our classes are online, we are relying on ourselves even more to be self-directed learners. Consider creating some structure and routine to help get you through this transitional period.

One way to ensure that you are accomplishing what you need to and are holding yourself accountable is to create a check-list. Your check-list can focus on items such as logging onto Canvas, completing an assignment, taking a shower, getting dressed for the day, doing a light workout, caring for a plant; whatever it is that will help you to care for yourself and your wellbeing. Additionally, we know that completing small accomplishments can help boost our moods. And, mindfulness based activities (see links below) can help decrease our stress levels. Finally, don’t forget to connect with those you care about during all of this. Use this time to Facetime, Skype, or send that text message you’ve been meaning to get to. All of these things can greatly benefit your overall emotional well-being during times of stress.

Mindfulness Activities

10 Minute Mindfulness Drawing: [https://youtu.be/0kcAFq7C_CA](https://youtu.be/0kcAFq7C_CA)

Ted Talk: All it Takes is 10 Mindful Minutes: [https://youtu.be/qzR62JJCMBO](https://youtu.be/qzR62JJCMBO)

Body Scan Meditation: [https://youtu.be/QS2yDmWk0vs](https://youtu.be/QS2yDmWk0vs)

Contributed by Stephanie O’Connor, MSW student intern