

To the SUNY Broome community,

No doubt about it but the coronavirus, with constant updates, sometimes shifting information and recommendations, and social distancing, is stressful for all. So how can we remain safe and emotionally healthy amidst all that is going on in the world? Although it is not easy and sometimes harder to do or practice what we know to be true, it is not impossible!

### Here are some tips and guidelines:

- **Get your information from reliable sources** (i.e., CDC, WHO).
- **Limit media coverage.** Don't watch news reports all day which can just increase your anxiety.
- Although we need to socially distance, we don't need to socially disconnect. **Call or virtually chat (i.e., Facetime, What's App, Zoom) with friends, family, or a neighbor.**
- **For those living alone and feeling more isolated, you might try to connect to this link:** <https://www.healthline.com/health-news/quarantine-chat-app-may-help-relieve-loneliness-during-covid-19-outbreak>
- **Explore virtual volunteer opportunities.** Helping others can make us feel good and give us a sense of empowerment.
- **Practice good self-care,** including good diet and exercise. Try YouTube for exercise videos since gyms are closed.
- **Try daily meditation and breathwork.** One I particularly like is the 4, 6, 8 method. Take a breath in to the count of 4. Hold to the count of 6. Let out to the count of 8. Do this 10 times every day. It will slow your system down and feels good too! Pair it with an image of something happy and safe—a person, place, thing, piece of music, anything that has ONLY POSITIVE associations to it. In your relaxed state, your mind can wander, and you don't want it to be triggered to any negative associations.

### Information About Governmental Resources

- [https://omh.ny.gov/omhweb/disaster\\_resources/pandemic\\_influenza/](https://omh.ny.gov/omhweb/disaster_resources/pandemic_influenza/)
- <https://nycwell.cityofnewyork.us/en/>
- <https://www.nimh.nih.gov/about/director/messages/2020/coping-with-coronavirus-managing-stress-fear-and-anxiety.shtml>

### Information on Handling Stress

- <https://www.health.harvard.edu/healthbeat/harnessing-the-upside-of-stress>
- <https://www.cnn.com/2020/03/23/health/sleep-craving-carbs-coronavirus-wellness/index.html>
- <https://blog.sivanaspirit.com/videos/>

## Some Fun Virtual Activities for Your Spirits

- <https://artsandculture.google.com/?hl=en>
- <https://www.berliner-philharmoniker.de/en/titelgeschichten/20192020/digital-concert-hall/>
- <https://www.metopera.org/about/press-releases/met-to-launch-nightly-met-opera-streams-a-free-series-of-encore-live-in-hd-presentations-streamed-on-the-company-website-during-the-coronavirus-closure/>
- <https://www.kennedy-center.org/education/mo-willems/>
- <https://www.nypl.org/blog/2020/03/17/nypl-offsite-digital-resources>