Well-being During COVID-19

Tips for Staying Well During COVID-19

- Go for a walk and say hi to others; create connectedness with a "hello" and smile.
- When talking on the phone, get up and walk around your home; or go for a walk outside, if the situation allows.
- Check out the Wildcats Wellness Initiative, sponsored by Recreation and Athletics.
- Watch SomeGoodNews; a YouTube show sharing Some Good News from around the world.
- Try Breathe, a guided meditation and breathing practice created by Northwestern's Counseling and Psychological Services office.
- Make an appointment with a mental health professional to discuss any stress that you may be experiencing. Remember, employees and household family members have access to free short-term telephonic and virtual counseling.
- Try a Creativity Challenge activity on your own or invite family and friends to join you!
- Get an e-library card and start a book club; choose an e-book to read with friends and set a date to discuss the book or join a virtual book club.
- Call or write letters to elderly family members or friends who may be in nursing homes.
- Offer to go grocery shopping for older family members, friends or neighbors.
- Do you have a federal student loan? Learn about payment and interest breaks being provided through September 30.
- Learn the do's and don'ts of wearing a face mask
- Take a warm bath and try these stretches for better sleep.
- Be patient and kind with yourself and others; we're all in this together.
Tips for Staying Well During Self-Isolation

If you or someone you know has to self-isolate as a precautionary effort, try some of the below tips to help address your well-being during this time.

- Schedule movement throughout the day. This can be as simple as setting a reminder to get up and walk around your home or do some stretches every couple of hours.
- Try the Pomodoro Technique to help break up the day and stay focused, especially if working from home. Try apps like Tomato Timers and Focus Keeper.
- Be intentional about making time for your mental health. Whether that's meditating, spending 30 minutes each night on a puzzle or taking time to chat with friends or family.
- Be open to asking for and receiving help; most people want to help support you.
- Take advantage of virtual doctor's appointments if you are feeling ill. It's not a good idea to go straight to the doctor's office; a call is required first.

Nutrition

It can be difficult to keep up with nutritious eating and planning during this challenging time. Below are resources to help you stay or get on track.

- 10 Tips for Safe Grocery Shopping During the Coronavirus Outbreak
- Listen to Nourishing Notes; a nutrition based podcast by Vicki Shanta Retenly, our resident RDN, who provides free nutrition consultations for faculty, staff and household family members.
• Read one of the many nutrition articles available from the Academy of Nutrition and Dietetics.
• Try eating mindfully. If this is a new concept, start with eating one mindful meal a day.
• Have you jumped on the bread baking bandwagon? Try this whole-wheat sourdough bread recipe.
• Faculty, staff and covered dependents enrolled in any Northwestern BCBSIL PPO plan may be eligible to participate in the Naturally Slim program.

For Caregivers

Parents

• 8 Ways to Set Boundaries Between Work and Kids
• 13 Parents Give Us a Reason to Laugh Amid the Coronavirus Pandemic
• 14 Kids Get Hilariously Honest About Quarantine Life
• Balancing Caregiving and Remote Work
• Download: Picture Schedules and Learning Agreements for Your Child
• How to have a family meeting when everyone’s at odds.
• How You and Your Kids Can De-Stress During Coronavirus. Appropriate for ages 2-8.
• Make DIY thank you signs for essential workers with your kids and hang them in your front window.
• Reminder: Northwestern has a dedicated Illinois Action for Children Resource and Childcare Referral Specialist, Kanella Maniatis, who can assist essential workers who are in need of emergency child care.

Adult & Senior Caregivers

• Balancing Work and Elder Care Through the Coronavirus Crisis
• Caregiving in a Global Pandemic
• Caregiving Through a Crisis
• The Caregiving Action Network has a free caregiver help desk, staffed by experts.
• Coronavirus Tips for Dementia Caregivers

NU Cares

COVID-19 has brought on hardship for many individuals, including members of our Northwestern community. If you are in a position to give back; please consider contributing to NU Cares, our employee assistance fund.

NU Cares is sustained by contributions from faculty and staff and has been available to support fellow colleagues experiencing a medical or financial catastrophe for the past 10 years. Please consider contributing to the fund through a monthly payroll deduction or one-time donation, or applying for support if you are experiencing extreme hardship.
Tips for Effective Remote Work

- **20 Tips for Working From Home**
- **Care-based Approaches to Remote Work**
- **Video:** Office Ergonomics for home/virtual environment: Simple solutions to increase comfort + productivity
- **Supporting documents:** Office Ergonomics for home/virtual environment: Simple solutions to increase comfort + productivity
- **Virtual Presentations, Meetings Require New Approaches for Success**
- **Your Work-From-Home Survival Guide for Self-Care**
- Reminder: If you're engaging in remote learning and professional development, you can access resources at Learn from Where You Are. There's also a Well-being playlist available!

Remote Humor

my boss turned herself into a potato on our Microsoft teams meeting and can’t figure out how to turn the setting off, so she was just stuck like this the entire meeting

Let's Connect! Join the Well-being Microsoft Team

The Office of Well-being has created a "Well-being" Microsoft Team. The intent is to provide a space were we can connect with one another. A tip, article, prompt, etc. will be shared daily. This is also a place where you can share what you've been doing to support your well-being and/or ask for suggestions.

Join

We Want to Hear From You
• What topics or type of resources would you like us to provide?
• Share your well-being tips and strategies. Photos welcomed!

Email Us

References or links in the provided resources to any other business or entity's information, opinions, advice, services, or products do not constitute our endorsement or recommendation by Northwestern University. We are not responsible for the contents of any off-site web pages, companies or persons linked or referenced in the resources.

To reduce and avoid injury, you still want to check with your doctor before beginning any fitness program. By performing any fitness activities or exercises, you are performing them at your own risk. Your participation in an activity is voluntary and Northwestern University will not be responsible or liable for any injury or harm sustained. Thank you for understanding.

If you have any questions or concerns, please contact Evelyn Cordero, Well-being Specialist, at evelyn.cordero@northwestern.edu or 847-467-6246.