Well-being During COVID-19

Tips for Staying Well During COVID-19

- Without judgement, gauge how many steps you take or minutes of movement you get a day on average. Once determined, set a goal to increase that number by 500-1,000 steps or 5-10 minutes a day.
- Have you incorporated squats into your workout routine? Check out these 7 tips to make the most of your squats.
- Exercise regularly to help stave off depression, anxiety and stress. Break it up throughout the day; go for walks, incorporate body weight exercises and stretching.
- Feeling lonely during this time of social distancing is common; try these tips to connect and find joy and/or 4 ways to soften loneliness.
- Get outside and try some of these outdoor activities on your own, with a friend or family; while being safe and taking the appropriate precautions.
- Take a break and try solving a Northwestern Athletics digital puzzle.
- Beginning tomorrow, try starting or ending each day with a 3 minute breathing practice.
- Celebrating a birthday? Here are 13 virtual birthday ideas!
- Don't get lax with COVID-19 related safety precautions such as hand washing and wearing masks; these practices will need to be followed for the long haul.
- Cook County announced property tax relief for County property owners.
- During this challenging time, practice non-judgement with yourself.
EAP

As a reminder, a variety of COVID-19 and well-being resources are available through our Employee Assistance Program (EAP). Below are a few of the available resources.

- Coping with the novel Coronavirus outbreak (article)
- Emotional well-being in times of uncertainty: Coping with the stress related to COVID-19 (webinar)
- How to cope with loss during the COVID-19 pandemic (article)
- Our experience of grief and loss during COVID-19 (webinar)
- Well-being Care Kit (pdf)
- Working from home - without childcare (article)
- Free and confidential short-term counseling, as well as unlimited LifeCoaching, is available.

Visit www.eapwl.com (username: northwestern, password: eap) or call 855-547-1851 to access services and additional resources.

Thank You Essential Northwestern Employees!

The below notes of gratitude were written by fellow NU staff. Read all of the notes here. Thank you all for carrying out your valuable work during this difficult time.

Thank you All IT Staff
Thank you so much to the IT colleagues who continue to help everyone master the technology we need to work from home. I know it is not easy to manage everyone’s technical questions when conditions are "normal" so throwing in the complexity of everyone being remote was a challenge. Thank you so much!

Thank you to Facilities and Aramark
Sincere thanks for showing up at work - Northwestern could not survive without you.

Thank you Essential Workers
A big thank you to all who are keeping things running every day, especially during these tough times. Looking forward to seeing your faces again hopefully soon!

If you would like to provide your gratitude for a fellow essential employee, unit or department, take a few minutes to complete our form.

Practicing Gratitude: Win, Notice and Action

The practice of gratitude, scientifically known to provide a multitude of benefits including improved relationships, enhanced empathy and better sleep, might feel
overwhelming or inauthentic during a highly stressful time such as we are all
experiencing. So where might we begin to practice gratitude in life? Learn about
**win**, **notice** and **action** and how these practices contribute to experiencing
gratitude.

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**Caregivers**

**Parents**

- [15 At-Home Family Activities for Tweens and Teens](#)
- [A School Psychologist on How to Help Your Kids Cope With the Coronavirus Pandemic](#)
- Consider hosting a co-op summer camp with neighbors or family; divvy up responsibilities, hire a sitter or counselor and apply COVID-19 precautions.
- Learn about parents creative 'alone time' strategies.
- Prioritizing your own well-being benefits your whole family.
- Try these [kids activities/wellness tips](#) curated by Athletics
- With graduation season upon us, check out these [celebration ideas](#)

**Senior & Adult Caregivers**

- [8 Mental Health Tips for Caregivers During Coronavirus](#)
- [COVID-19 Resources for Older Adults & Caregivers](#)
- [Financial Assistance for Home Improvement for Older Adults](#)
- If you're unable to celebrate a special occasion with your loved one in-person, try creating a photo montage to share or mail a card with photos.
- [Quarantine Activities for an Elderly Loved One](#)

**Tips for Effective Remote Work**

- Enlist a disconnect routine; put away your laptop and notes or turn off your "office" lights to help unwind and signify the end of the work day.
- For a fun group activity, collect baby photos of colleagues and guess each other's photos.
- Learn how to [protect your meeting from "zoombombing"](#).
- Start meetings 5 minutes after the hour or half hour to provide those with children engaging in at home learning time to get their children settled.
- [Working Remotely During COVID-19: Your Mental Health and Well-being](#)
- Take a stretch break 2-3 times a day. Try some of the stretches below and incorporate your own.

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![Stretching images](#)
Remote Humor

Finally understood what zoom meetings remind me of.

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

HR Well-being has created a "Well-being" Microsoft Team. The intent is to provide a space where 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

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.