UNIVERSITY of MARYLAND BALTIMORE

Human Resource Services

UMB's Coping Kit

UMB Covid-19 Coping Kit

Launch Your Life can help get you through this crisis

As UMB is taking precautions to help reduce the spread of COVID-19, it is also important that we each take action to care for ourselves.

The coronavirus outbreak has increased stress and anxiety in nearly every facet of our lives. We are going through uncharted waters and managing a life that has been totally upended; from learning new technology, practicing social distancing, or having to juggle telework with kids at home. How are you coping? How is your emotional health?

We cannot predict how this is all going to pan out, but we can help you to stay calm and keep active. Launch Your Life work life and wellness programs will continue with remote program options. Check back often for future webinars and virtual programs.

Staying Calm and Managing Anxiety

As was summed up in an **article** published by The Greater Good Science Center UC Berkeley:

"One way is to use whatever tools you have at your disposal for keeping a cool head — like practicing mindfulness, which has been shown to both lessen **emotional reactivity** and help us make **better decisions**. We might take a walk in the park or nearby woods and let **nature soothe** us. Or we could talk to a friend — a calm friend, that is — who can help us **reduce our anxiety**. Of course, our normal ways of connecting socially — like singing together at a concert or going to large parties — may have to change. But whatever we can do to maintain an air of calm, and to spread it to those around us, the better. After all, our emotions tend to be **contagious** in our social circles, and we should do our best to keep fear and panic contained."

Tools for Resilience, Compassion, and Stress

PositivePsychology.com - Visit The Crisis Kit which offers free, science-based resources for building resilience in the face of stress.

Tips on Resilience –from positivepsychology.com to help you beat stress, trauma, and adversity with resilience

Scientific Resources and Tools During Covid-19-read about stories and tips for Individuals, families and educators

29k - courses to help manage stress and anxiety and practice mindfulness; includes a nonprofit app, completely free! Download the App or visit the website.

Free Coursera Online Well-being courses -online learning for mental health and well-being during covid-19, includes courses for college and high school students, resources for career development and more!

Health Care Resources to Help Manage Stress and Anxiety

Kaiser Permanente - Visit Kaiser Permanente for helpful online resources to understand and manage stress and anxiety.

CareFirst - Members can register for video visits

Tools to Help Maintain your Mental Health

The following organizations have tools that can help specifically with stress, anxiety, and other important mental health issues:

CDC

National Council on Aging

Maryland Department of Health PDF - Covid-19 Frequently asked Questions about Mental Health

Department Budget and Management-practical advice for teleworking with kids PDF and tips on reducing anxiety PDF.

Online Support Forums

Daily Strength serves as an online forum for mental wellness and stress relief strategies. You can create a free membership on this website to access a wealth of valuable wellness & coping tools.

Tools for Movement

Yoga - Free yoga classes without subscription

YouTube offers a wide variety of free yoga and meditation videos for beginners to advanced. Check out:

YOGA UPLOAD with Maris Aylward

Jessamyn Stanley

Yoga Journal

Many yoga studios are offering their regular class schedule ONLINE! Check in via social media with your local studio to see if they are streaming any of their classes online for free!

Gyms

LA Fitness members can access fitness classes online through their mobile app for FREE. Get your sweat on with an at-home workout!

Check with your local gym for any free programs they may have for members.

Meditation

The Mindful Movement YouTube channel - Discover guided meditations for inner peace and deep relaxation

Calm App - Offering free resources for guided mediations, yoga classes, and other tools for reducing anxiety. The app offers several free guided meditations (access to more with a two-week trial).

Tools for Parents - Learn ways to manage having your work and family all in one place

Today Show - Stories and tips for parents

Baltimore County Public Library

Newsletter for tips and tools on how to keep kids safe and busy!

Visit their website for more resources, like downloadable books and even access to online classes.

The Child Mind Institute has free resources for parents, including a video of the day and links to articles that offer advice and guidance.

CDC has a helpful webpage that includes information for parents.

Greater Good has resources for everyone and some specifically for parents.

Follow **The Greater Good Science Center Facebook page** for FREE video webinars and Q&As.

HeartSmarts Adventure-Free access to ELearning programs for kids aged 4-6+; programs to enrich minds of young children; topics from health, wellness, gratitude and paying it forward.

Positive Psychology for Children

Baltimore County Recreation and Parks - Find a park near you to get some fresh air while still practicing social distancing Also find helpful resources available to residents of Baltimore County and info about COVID-19

Other Tips for Managing Emotional Stress

TIP #1-limit news sources and social media outlets. Find reputable sources and use on an occasional basis.

TIP #2- Faculty, staff, and postdocs can contact the **EAP** at 667-214-1555. All scheduled sessions are being held virtually.

Tip #3 – Substance Abuse and Mental Health Services (SAMHSA) Distress Helpline (related to any natural or human-caused disaster) is accessible 24/7 at 1-800-985-5990 or via text (send TALKWITHUS to 66746; Press 2 for Spanish).

TIP #4 -Contact UMB's COVID-19 Hotline at 410-706-7601 and visit webpage for frequent updates.

Reliable News Sources

Apple News

The Conversation

Greater Good

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