



## **COVID-19 Coping: Wellbeing Tips for Uncertain Times**

The outbreak of the Coronavirus and the spread of COVID-19 is an unprecedented moment in the span of human history. This may be one of the only times in our lives when our entire global community will have a shared experience of disruption from our daily patterns due to the exact same challenge.

You may be feeling some worry and anxiety right now, and you're not alone.

Navigating this transition will involve feelings of uncertainty and loss for everyone. And, like all transitions in life, this experience also offers opportunities to consider how we want to respond and what capacities we need to do so effectively.

This overview, written and compiled by the Student Wellness Team with contributions from the Guarini School for items specific to graduate students and postdoctoral scholars, is intended to offer both general and Dartmouth/Guarini School-specific resources and practices that can help to bolster your mental health and overall wellbeing during this trying time. Included are ideas that help cultivate a sense of perspective, facilitate mindful engagement and authentic connection, and can lead to intentional actions that contribute to a sense of meaning and purpose.

There are a wealth of resources out there for [coping with stress](#) during the COVID-19 outbreak. For instance, The Greater Good Science Center at UC Berkeley's [Guide to Well-being during the Coronavirus](#) is a comprehensive, evidence-based site that offers articles, podcasts, and practices related to topics including [stress and anxiety reduction](#) and [fostering connection](#). We have done our best to curate some of these resources into this portal as a starting point for you.

As you consider and experiment with different practices and ideas, listen to your gut instinct, and remember that you are the expert in your own life. You can trust yourself to know what you ultimately need to thrive.

When you identify practices that feel especially helpful, feel free to share them so others can learn from your wisdom!

Sending love and support,

The Student Wellness Center Team



## Guarini School Specific COVID-19 Information & Updates

Guarini-specific COVID-19 updates are available on the [Guarini School website](#). Dartmouth College updates are listed [here](#).

## The Graduate Student Council (GSC)

The GSC is working hard across all areas from academic excellence to social life and wellbeing. You can contact the Student Executive Board members [at the GSC website](#)

The Guarini Diversity Fellows are also working to enhance the student experience on campus. They are: Alberto Ruiz, Hector Sanchez, and Greta Torres.

## The Guarini School Office

**Guarini School staff are here to help you:**

[Victoria Blodgett](#), Assistant Dean of Postdoctoral and Alumni Affairs

[Amy Gallagher](#), Assistant Graduate Registrar/Office Manager

[Gary Hutchins](#), Registrar and Assistant Dean

[Katelyn King](#), Admissions Coordinator/Program Assistant

[Jon Kull](#), Dean

[Kerry Landers](#), Assistant Dean of Graduate Student Affairs

[Jane Seibel](#), Assistant Dean of Recruiting and Diversity, and Communications

[Amanda Skinner](#), Assistant Director of Outreach and Communications

## Postdoctoral Scholars

Although Postdoctoral Researchers and scholars do have access to many on and off campus resources, services at Dicks House is strictly for students. However, you and your family can access physical and mental health supports through your health insurance provider, and by taking advantage of programs offered by offices across campus. HR has updates on accessing health benefits:

**Counseling:** Cigna is providing a free resource to help manage high stress and anxiety levels during this difficult time. Counselors are available 24-hours a day to talk through your fears of covid19, and to help you find a provider or to help you find other options. Call Cigna's toll-free help line at 1-866-912-1687.

**Additional Resources:** For additional help and resources, please visit Dartmouth's Wellness page. Click here to [learn more](#).

In addition, you can take advantage of programs and events being offered by a number of community sources. I encourage you to read the Daily Vox for campus updates and to check out the online [Valley News calendar](#) and subscribe to [Daybreak](#) (a daily online “news” outlet) for community wide events!

Some folks are feeling the urge to talk about what a future career pathway might look like. If

you would like to discuss your career search, please feel free to contact me at [Victoria.a.blodgett@dartmouth.edu](mailto:Victoria.a.blodgett@dartmouth.edu) to talk and strategize about it!

## **The Guarini Office of Career Services**

Reach out to [Kerry.Landers@Dartmouth.edu](mailto:Kerry.Landers@Dartmouth.edu) for career services. In addition, monitor the Guarini Listserv for updates on career workshops, job opportunities, and alumni visits.

Update your LinkedIn profile and join **the Dartmouth Guarini School for Graduate and Advanced Studies University** page <https://www.linkedin.com/school/dartmouthguarinischool/>. Make sure to list us under your education section.

Note: If you are getting your PhD it is from the Guarini School (not the med school). You may also want to join the Dartmouth Guarini School for Graduate and Advanced Studies Studies Group <https://www.linkedin.com/groups/955727/> for career networking.

# Cultivate Perspective



While we cannot control much of what is happening around us, we always have some agency over how we make sense of and respond to these events. The below practices can help you establish a perspective that supports your wellbeing.

## Experiment with or deepen contemplative practices like meditation, prayer, and mindfulness activities

Mindfulness practices can help us [find calm and nourish resilience](#). In the time of this pandemic, more [free, daily, live guided](#) mindfulness meditation classes are available than ever before and renowned mindfulness teachers like [Tara Brach](#) and [Jack Kornfield](#) are offering lots of resources, ideas, readings, and talks for the public.

Meditation App; Offer to Medical Workers!

[Ten Percent Happier](#): [Sanity guide](#) & FREE membership with code: HEALTHCARE. Questions? [Kate Adams](#)

The Student Wellness Center offers a variety of [Relaxation Downloads](#) created by Dartmouth students and staff.

The Tucker Center has curated an array of coronavirus [spiritual resources](#) including meditations, prayers, poems, music, podcasts, and more.

Many spiritual and faith-based campus groups have created online communities, and offer virtual opportunities for practice, prayer, study and meditation individually or with others in the wider campus circle. Search locally or stay connected to [your faith community at Dartmouth](#).

## Write it out: Journaling

The simple act of putting your experiences into words can relieve stress, help you recognize and understand your emotions, increase your self-awareness, and shift your outlook. [This article](#) offers different possibilities to get you started.

[Gratitude journaling](#) is another practice that has been shown to boost mental health and well-being.

## Reframe your mindset

[The story that you tell yourself](#) about your life has a powerful influence on your beliefs and lived experiences. For instance, your narrative for this term could be one of perseverance through adversity, discovering new depths of resilience, or supporting others in their struggles. You are currently playing a vital part in mitigating the damage of this pandemic. When you practice social distancing, you are saving the lives of friends, neighbors, family, and strangers. Remember that in many ways, remote learning makes you a superhero.



# Connect Authentically



Relationships are a profound source of meaning in our lives, and no amount of social distancing can alter that reality. Despite the circumstances, there are a lot of ways to foster connection and belonging right now.

## Compassionately communicate your needs with others

Being back in the same space as your family can easily lead to friction. Practicing [compassionate communication](#) to help strengthen relationships. Try putting yourself in others' shoes before reacting. This is an adjustment for everyone. Be upfront with your [needs](#) and requests, but keep in mind the challenges they may be facing as well and leave space for them to share too.

## Be nurtured by nature

Finding ways to be in [the natural world](#), or even viewing scenes of nature, can improve your mood, boost your creativity, and provide a deep sense of calm & restoration. *Before you go outside to get some fresh air, read the new [guidelines](#) for going outdoors during coronavirus.* Go for local walks (instead of [highly trafficked and popular hikes](#)) to get some fresh air, here are some [trails](#) in the Upper Valley that might be under the radar, and [here](#) are some local trails in Hanover.

## Connecting Through Technology

[Zoom up](#) with friends and colleagues, Facetime with family near and far. If your schedules or time zones don't match up find a "video" pen-pal to send short clips/updates to each other.

## Resurrect classic communication methods

Letter writing or telephone calls can help you connect with folks who aren't as technologically savvy. Don't forget about your grandparents or older neighbors who may feel even more cut off and lonely during this time.

## Actively support others in taking care of themselves

Affirm people's choices that enhance their wellbeing and the health of the community. Applaud them for practicing strict social distancing, exchange healthy meal ideas, ask a friend to be a virtual bedtime buddy or an early morning yoga partner and text each other with updates about your healthy practices.

**Need more ideas?** Here are some [general tips and tools](#) for communication when living apart from others, [innovative ideas](#) that you can try with family and friends to reinforce your connectedness with each other and for [making your interactions more meaningful](#), even from a



distance.

# Engage Mindfully



Enabling ourselves to be in the present moment allows our minds to focus on something other than the stress and anxiety that may be dominating our thoughts. Additionally, some moments can transport us into new experiences of connection with something bigger than ourselves. **Take notice of the sounds you hear, the sights you see, the sensations your body feels, what you smell & taste, and even taking stock of various emotions you feel.**

## Find the Joy & Be in the Moment

Relish in the home-cooked meals, savor the snuggles with your pet, or listen to music that moves you. Focus on things that you have now that you wouldn't have had easy access to if your spring had gone according to plan.

## Yoga for Calm

Consider yoga being more than a physical exercise, but rather a practice to hone your mindfulness skills (the ability to intentionally pay attention with a kind and curious attitude). Along with [soothing anxious thoughts](#), yoga emphasizes present-moment awareness in body, heart, & mind.

Check out [this site](#) for free yoga classes of all kinds and for all levels. Includes meditations and guided relaxations too!

## Wash your Hands (Mindfully!)

At this point we all know how important it is to wash our hands for at least 20 seconds and follow best practices to [stop the spread of germs](#). If singing Happy Birthday twice is getting old you could use up 20 seconds by [washing more mindfully](#):

- Begin by telling yourself, "I intend to bring all my attention to washing my hands."
- Look at the tap and the sink. Notice the contrasting colors and textures.
- As you turn on the faucet, notice how the metal or plastic feels against your hand. Notice your hand as it moves.
- Hear the sound of the water running. Feel the water caressing your hands.
- Notice the temperature of the water and of the soap.
- Feel your hands massage one another as you lather up the soap.
- Can you smell the soap? Any other smells? Notice how the soap bubbles feel on your skin. Now, pay full attention to the feelings and sounds of the water as you rinse your hands.
- Don't stop there - Continue to focus as you turn off the tap and dry your hands.
- Feel the tap again. Notice the muscles in your hands moving. Notice the texture of the towel, and perhaps the sounds the towel makes. Notice the temperature of your hands and how it changes as they go from wet to dry. When you are done, take a few seconds to take a full, relaxing breath.

# Act Intentionally



With a clearer sense of your needs and desires, you can set intentions for yourself and take actions to start to move toward the outcomes you'd like to realize right now. Here are a couple ways to put your reflections into action!

## **Set a routine, make a schedule, or abandon one!**

If you find the lack of structure unsettling, think of what your ideal day would entail and create a [daily schedule](#) with that in mind. Or consider relaxing your expectations and revel in the freedom to live minute by minute.

## **Interact with news sources intentionally**

Choose when, from where, and how much information you want or need. Hearing about the pandemic repeatedly can be upsetting. Take breaks from watching, reading, or listening to news stories, including social media, and use only reputable sites to get updates and stay informed and educated: [Dartmouth COVID-19](#), [CDC](#), [WHO](#), [NIH](#), and State Departments of Health & Human Services (e.g. [New Hampshire DHHS](#)).

## **Set yourself up for remote learning**

While you couldn't control the circumstances that lead to a spring of remote learning, there are things you intentionally do to [get the most out of it](#). Whether it's [before](#), [during](#), or after class, there are [practices](#) that may help smooth the transition and deepen the experience for you. Other than academics, you can pursue other interests with sites such as [Lynda.com](#), a leading online learning platform that helps anyone learn business, software, technology and creative skills to achieve personal and professional goals.

## **Make time to unwind**

Do activities that bring you joy or experiment with new ones! Knit, read for pleasure, create a photobook, learn or play an instrument, write poetry, draw or [color](#). For some people organizing a pesky closet or junk drawer, working on a mini-renovation, or pitching in on chores can relieve stress and contribute to a feeling of productivity. For others unwinding may involve contemplating literature, [poetry](#), [visual art](#), design, or performances that take you out of the present each day.

## **Take care of your body**

This could be a great time to implement some of those #wellnessgoals you may have for yourself: getting enough [sleep](#), eating healthy well-balanced meals, exercising regularly, reducing or cutting out substances like [alcohol](#) or [cannabis](#). You can still check in with your [Dick's House](#) Primary Care providers through their new telehealth options.



# Bringing It All Together: Live Meaningfully

This term, like any period of time in our lives, will bring many new lived experiences. Some will be challenging and difficult and others may be fulfilling and rewarding. Almost all of these experiences, no matter how tough, will provide us with opportunities to know ourselves more fully, and can help us grow into the people we aspire to be in the world.

Perhaps the most unique opportunity of this term may be the chance to step back from the busy-ness that often characterizes the Dartmouth experience. Your inability to maintain your regular activities and plans for the next ten weeks offers a chance to reconnect with your motivations, hopes, and aspirations in a manner that can deepen your sense of meaning.





As you reflect on these parts of your life, you can clarify your sense of purpose by [exploring your values](#) or [identifying your character strengths](#). Applying your results back to the academic, social, and professional commitments you're making can help you align your life with the things that matter most to you.

Want to explore meaning even further? Check out [this talk](#), or [this one](#), [take a quiz](#) to explore your primary source(s) of meaning for you, **or schedule a time to meet with your deans in the Guarini School.**



## Resources & Works Cited

### Introduction/Overview

[Coping with stress during the 2019-nCoV outbreak](#) (World Health Organization)

[Guide to Well-being during the Coronavirus](#) (The Greater Good Science Center at UC Berkeley)

### Cultivate Perspective

[Find Calm & Nourish Resilience During the COVID Outbreak](#) (Mindful.org)

[Live Meditation Sessions \(The Insight Meditation Community of Washington DC\)](#)

[Meditation Resources](#) (Tara Brach)

[Pandemic Resources](#) (Jack Kornfield)

[Relaxation Downloads](#) (Dartmouth College)

[Coronavirus Spiritual Resources](#) (Dartmouth College)

[How to Begin Journaling for Stress Relief](#) (PsychCentral)

[Gratitude Journal](#) (Greater Good in Action)

[Is the World an Exciting or Terrifying Place?](#) (Washington Post)

### Connect Authentically

[The Center for Nonviolent Communication](#)

[Learning during COVID-19 for families](#) (Cornell University)

[How does nature impact our wellbeing?](#) And [Bring Nature Indoors](#) (The University of Minnesota)

[Dartmouth Zoom](#)

[How to prevent loneliness in a time of social distancing](#) (Scientific American)

[Try these smart tips to stay connected to the people you don't see everyday](#) (Thrive Global)

[How to be together apart in the time of coronavirus](#) (The New York Times)

### Engage Mindfully

[How Yoga Can Help Soothe Anxiety](#) (Kripalu)

[Free Yoga Classes](#) (Do Yoga with Me)

[Stop the Spread of Germs](#) (Centers for Disease Control & Prevention)

[Have You Ever Really Washed Your Hands](#) (Mindful 15 Podcast)

### Act Intentionally

[Daily Schedule Template](#) (Dartmouth College)

[Getting the most out of remote learning. Preparing for Learning Remotely & Participating in Learning Remotely](#) (Harvard University)

[Learning During COVID-19](#) (Cornell University)

[How to Start a Mandala Practice \(Free Downloadable Coloring Book!\)](#) (Kripalu)

[The Peace of Wild Things](#) (Wendell Berry)

[The Hood Collection of Visual Art](#) (Dartmouth College)  
[Refresh Sleep Improvement Program](#) (Dartmouth College)  
[eCheckUp to Go \(Alcohol\)](#) (Dartmouth College)  
[eCheckUp to Go \(Marijuana\)](#) (Dartmouth College)  
[Dartmouth College Health Service](#)

Live Meaningfully

[Six ways to discover and choose your core values](#) (Psychology Today)  
[VIA Strengths Survey](#) (VIA Institute on Character)  
[Ted Talk: There's more to life than being happy](#) (Emily Esfahani Smith)  
[Ted Talk: Meaning in life, the deep end of flourishing](#) (Michael Streger)  
[What's your pillar? quiz](#) (Emily Esfahani Smith)

## Dartmouth Remote Resources

to support your wellbeing

### The Counseling Center at Dicks House

[The Counseling Center](#) remains committed to supporting students' emotional growth and wellbeing. We are actively working to move all contact to be via teletherapy (phone or HIPAA approved Zoom). We will work with each of you individually to help you continue with services at the Counseling Center or connect to local providers where you are. If you would like to schedule a phone triage appointment, or have questions about current services, please call our office at 603-646-9442.

We continue providing the following: Triage appointments to help determine treatment options, which may include short-term teletherapy or a referral to a local provider; For students who have an established relationship with one of our psychiatrists, we are providing psychiatric medication evaluations and med checks (when appropriate).

For other students, we will help them get connected with appropriate care; On-Call services 24/7 (S&S 603-646-4000); Consultation; Coordinator of our Nutrition Program will provide teleconsultation.

Check the Guarini Listserv for updates on **Mindfulness Mondays** offered by Dick's House Counselor, Todd Lindsey will lead an assortment of mindfulness and relaxation exercises to decrease stress and improve focus for Guarini Grad Students.

## **Tucker Center**

In a time of change, stress and uncertainty, Tucker staff are here for you! For virtual spiritual resources for those seeking calm, connection and sustenance in relation to the challenges of COVID-19 see the Tucker Center's [Spiritual Care, Practices and Resources](#).

We will also be providing virtual confidential and private [pastoral counseling](#) in relation to every day life or times of anxiety and change.

## **Outdoor Programs Office**

Many people are asking if it is OK to go for a run, a hike, a bike ride, or a walk on the beach right now. Outdoor recreation - even going for a walk - can be important in maintaining physical and emotional health. OPO has some great [recommendations](#) to consider.

## **Additional National Resources**

Active Minds has created a [special online hub](#) for students to support their mental health during COVID-19.

The National Alliance on Mental Illness has developed a page of [guidelines for individuals with mental health concerns](#) as well as a more comprehensive [guide to resources](#) for support.

The Centers for Disease Control and Prevention (CDC) is a primary hub for current information related to the COVID-19. Among their many resources are sections on [managing anxiety and stress](#) related to the outbreak and [taking care of your emotional health](#) in times of stress or loss.

## Meditation & Wellbeing Apps

[10% Happier](#) Specifically geared towards newcomers and skeptics, this app includes guided meditations, videos, talks, and sleep content to help build (or boost) a sustainable meditation practice. Free membership with code: HEALTHCARE. Please email [Kate.e.adams@dartmouth.edu](mailto:Kate.e.adams@dartmouth.edu) with questions.

[Insight Timer](#) A free website and app with a number of free guided meditations varying in lengths, styles, and focuses. It also includes the option to set a custom timer with sounds for your own silent meditation. Developed under the guidance of a Dartmouth alumnus (Jack Kornfield '67) so that's cool!

[Aura](#) A free app with personalize, daily 3-minute meditations and the ability to track your mood.

[Headspace](#) Hundreds of guided meditations & mindfulness exercises on everything from stress to sleep. Offers a free 2-week trial along with subsequent discounted subscriptions for students. Right now, they are also offering a number of modules for free called Weathering the Storm developed specifically for the outbreak.

[Calm](#) A meditation, sleep and relaxation app. The app is free to download and some free content is available, but a paid subscription to Calm Premium unlocks access to Calm's entire content library.



# Quick Guide to Local Community Supports



## Food

### Upper Valley Haven

Food Shelf: Monday-Friday 9am-3pm  
Take-Out Meals: Monday-Friday 9am-10am

### LISTEN

Food Pantry: Monday-Friday 10am-4pm  
Community Dinners (take out): Monday-Saturday 5-5:30pm, WRJ location

### Claremont Soup Kitchen

Take Out Meals:  
Breakfast 9:30 - 10:30am Monday - Friday  
Lunch 12:00 - 1:00pm Monday - Friday  
Dinner 4:00 - 5:00 Every Day of the Week

Food Pantry: Monday-Friday 9am-1pm  
By appointment only, accommodations available

## Housing

### Upper Valley Haven

Call for information

### Southwestern Community Services

Call for information

## Family & Child Support

### TLC (NH)

Family Support Services, Free Diapers, Virtual Support

### The Family Place (VT)

Family Support Services, Free Diapers, Virtual Support

### Good Beginnings

Free infant items (diapers, wipes, formula), Virtual Support

### Women's Health Resource Center

Family Support, Free Diapers, Feminine Hygiene Products, Virtual Class Options

## Bill assistance

### LISTEN

Call for more information

## General Info & Mental Health & Addiction Recovery

NH & VT 211

Dial 2-1-1 for updated information

## Contact Information

**Claremont Soup Kitchen**  
53 Central St, Claremont, NH  
(603) 543-3290

**LISTEN Community Services**  
60 Hanover St, Lebanon, NH  
(603) 448-4553

**The Family Place**  
319 US-5, Norwich, VT  
(802) 649-3268

**The Upper Valley Haven**  
713 Hartford Ave, WRJ, VT  
(802) 295-6500

**Good Beginnings**  
93 Main St, West Lebanon, NH  
(603) 298-9524

**Southwestern Community Services**  
96-102 Main Street  
Claremont, NH  
(603) 542-9528

**TLC Family Resource Center**  
109 Pleasant St, Claremont, NH  
(603) 542-1848

**Women's Health Resource Center**  
9 Hanover St, Lebanon, NH  
(603) 650-2600