



## Center for Global Mental Health

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Dear All:

The **Center for Global Mental Health** has compiled a list of **Wellness Resources** (below) from various sources. Many are of broad potential relevance and some are specific. We hope that one or more of these sources may be of use to you as together we engage ways to stay well during this exceptionally stressful time.

As declared by the World Health Organization, there can be ***no health without mental health***. And, as California Senator Kamala Harris has advised: ***social distancing, yes, emotional distancing, no!***

We must all take care of each other, ourselves, and our global community.

Stay well, and warm wishes,

Dr. Janis H. Jenkins  
Professor of Anthropology and Psychiatry  
Director, Center for Global Mental Health  
UC San Diego

## RESOURCES:

### May is Mental Health Month 2020: Tools 2 Thrive:

. . . everyone faces challenges in life that can impact their mental health; some are mild, others moderate, and some more serious:

<https://www.mhanational.org/mental-health-month>



Excerpts from UCSD Office of the Chancellor: May 1, 2020

“In light of recent world changes/challenges due to the COVID-19 pandemic, **it is natural to experience an increase in stress, anxiety and other mental health symptoms. Now, more than ever, it is important to be aware of our mental health and prioritize self-care and wellbeing.** UCSD Counseling and Psychological Services (CAPS) and Tritons Flourish Initiative have partnered with departments across campus to create virtual wellbeing programs and events for undergraduate, graduate and professional students as well as staff and faculty throughout Spring quarter.

Calendar of events: <https://caps.ucsd.edu/may>

Campus mental health and wellbeing support services on campus operate virtually. Currently, CAPS provide student mental health support via telehealth options including video and telephone appointments: <https://youtu.be/yiQSNNHwT8A>.

Contact CAPS at 858-534-3755 or <https://caps.ucsd.edu>.

Campus staff, faculty & postdoctoral scholars can access services through Faculty & Staff Assistance Program (FSAP): 858-534-5523 or <https://blink.ucsd.edu/HR/services/support/counseling/appointment.html>.”

April 7, 2020 -

**STATE of CALIFORNIA: Resources for Emotional Well-being, Behavioral/Mental Health Services, Protective Services:**

<https://covid19.ca.gov/resources-for-emotional-support-and-well-being/#top>



**SAN DIEGO: How to Manage Your Mental Health & Cope During COVID19**

[https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/covid19\\_resources.html](https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/covid19_resources.html)

**Emotional Wellbeing & Mental Health for All:**

- ["Suffering from COVID-19 anxiety? Here's what you can do"](#)  
Jennifer Kong & Steven Chan, 4.23.20



- [Battle Any Pesky Quarantine Demons with Fun Learning: How to Make Sourdough Loaf](#)
- ["How Rituals and Focus Can Turn Isolation Into a Time for Growth"](#)  
Arthur Kleinman, 4.10.20
- ["Feeling Scatterbrained? Here's Why"](#)  
New York Times, 4.9.20. Stress, like a pandemic, puts our brains into "fight or flight" mode, disrupting attention, memory, breathing and sleep. But experts say it's all very normal.



- ["Wellbeing"](#)  
Justin McCarthy, 4.1.20. U.S. Emotions Mixed After a Tense Month of COVID-19 Response. Affecting all, but disproportionately low-income households.
- ["Smarter Living: How to Stay Sane"](#)  
New York Times, 3.30.20



- ["Being Together, Apart"](#)  
New York Times, 3.26.20
- ["Coping with Coronavirus Stress: Tips and Resources for the UCSD Campus Community"°°](#)  
UCSD Division of Social Sciences, 3.26.20

- [“That Discomfort You’re Feeling is Grief.” \(and, we’re all feeling it\)](#)  
Harvard Business Review, 3.23.20: “If we can name it, perhaps we can manage it. . . David Kessler for ideas on how to do that. Kessler is the world’s foremost expert on grief. He is the founder of [www.grief.com](http://www.grief.com), which has over 5 million visits yearly from 167 countries.”
- ["Pre-existing health conditions as risk factors for COVID"](#)  
Claire Gillespie, 3.17.20. By now, most are aware that heart disease, chronic respiratory disease, diabetes. Less awareness of: depression, anxiety, psychotic and other conditions are recognized as preexisting or ‘underlying’ conditions of vulnerability that can be re-activated or exacerbated by crises, catastrophes, and emergencies.

### **Several resources: Wellbeing & Mental Health**

- <https://insighttimer.com/> (meditation with themes, free)
- <https://www.calm.com/> (meditation; sleep; stress; free trial, by subscription)
- <https://www.sacredjourney.earth/pages/online-yoga-meditation> (yoga/meditation, free)
- <https://www.headspace.com/covid-19> (link with free resources, free subscription for healthcare workers)
- <https://emergency.cdc.gov/coping/responders.asp> (Emergency Responders: Tips for taking care of yourself)
- [5 Tips to Protect Your Mental Health During Coronavirus Outbreak](#) (1-minute UCSD you tube video)
- [Managing Anxiety: Breathing Exercises](#) (1:36 min UCSD video)
- <https://adaa.org/finding-help/coronavirus-anxiety-helpful-resources> (Anxiety and Depression Association of America)
- [https://www.cstsonline.org/assets/media/documents/CSTS\\_FS\\_Sustaining\\_Well\\_Being\\_Healthcare\\_Personnel\\_during.pdf.pdf](https://www.cstsonline.org/assets/media/documents/CSTS_FS_Sustaining_Well_Being_Healthcare_Personnel_during.pdf.pdf) (Sustaining the Well-Being of HealthCare workers)
- <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>
- [The Science of Well-Being](#). Dr Laurie Santos, Yale University, Coursera, free <https://www.coursera.org/learn/the-science-of-well-being>
- Text SHARE to 741741 to be connected to someone you can talk with
- Substance Abuse and Mental Health Services Administration Disaster Distress hotline: (800) 985-5990 or text TalkWithUs to 66746
- Safe Call Now: (206) 459-3020. Staffed by first responders for first responders & family
- National Suicide Prevention Lifeline: (800) 273-8255
- Frontline Helpline: (866) 676-7500 for frontline/first responders
- Kristin Brooks Hopeline (800) 442-4673. General mental health hotline

### **Physical Health (mind-body inseparable, exercise/relaxation &**

## mental health reciprocal processes)

- <https://www.youtube.com/watch?v=vc1E5CfRfos> (The Perfect Home Workout - Athlean X)
- <https://darebee.com/> (exercise resources)
- <https://www.youtube.com/channel/UC-0CzRZeML8zw4pFTVDq65Q> (free you tube yoga video channel)

Apps with Free subscriptions for at least 2 weeks

- <https://www.onepeloton.com/app> (not just for biking!)
  - <https://www.downdogapp.com/> (yoga)
  - <https://www.glo.com/> (yoga/pilates/conditioning)
  - <https://fitonapp.com/posts/> (wide variety of workouts)
  - <https://www.fitnessblender.com/> (workout videos)
- CORE POWER:**
- 16 free hour-long yoga classes + 4 meditations  
(<https://www.corepoweryogaondemand.com/keep-up-your-practice>)
- DAILY BURN:**
- 60-day free trial of the Daily Burn's at-home classes  
([https://portal.dailyburn.com/?property=at\\_home](https://portal.dailyburn.com/?property=at_home))
  - **GOLD'S GYM:** 600+ audio and video classes via the Gold's Amp app  
([https://www.goldsgym.com/anywhere/?click\\_referral=home-vid](https://www.goldsgym.com/anywhere/?click_referral=home-vid))
  - **PLANET FITNESS:** Free Daily Class at 7pm ET on its Facebook Live page  
(<https://www.facebook.com/watch/?v=239708917211216>)

## Food

- [ChefsForAmerica — World Central Kitchen](#)
  - <https://wck.org/chefsforamerica>

**#ChefsForAmerica** . . . WCK is working across *the U.S. (and worldwide)* to safely distribute individually packaged fresh meals to people.

<https://time.com/collection/apart-not-alone/5809169/jose-andres-coronavirus-food/>

**3.26.30 Without Empathy, Nothing Works.”** Chef José Andrés Wants to Feed the World Through the Pandemic.

- America's Test Kitchen: America's test kitchen has 50 free recipes on their websites available to everyone (<https://bit.ly/39nUcbn>)

## Caring for Kids at Home

- Daily at-home lesson plans for kids of all ages: [Scholastic Learn at Home](#)

- Public schools expected to remain closed for the rest of the academic year, Newsom says <https://www.latimes.com/california/story/2020-04-01/coronavirus-school-closures-california>
- Just for Kids: A Comic Exploring the New Coronavirus <https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>
- Curated list of virtual tours and e-learning from museums and other institutions: [The Ultimate Guide to Virtual Museum Resources, E-Learning, and Online Collections](#)
- How to discuss coronavirus with your children: [#COVIBOOK Supporting and Reassuring Children Around the World Helping Children and Teens Cope with Anxiety About COVID-19](#)
- Database of Education Companies Offering Free Resources or Subscriptions <http://www.amazingeducationalresources.com/>

## **Entertainment**

### **1. To watch:**

- The MET is offering free [live streams](#) of opera every night.
- AMC+ has a [free 30 day trial](#) (AMC, Acorn TV, Sundance, etc). Code: Free30
- [Here](#) are 12 museums offering virtual tours
- Check out the [otter cam](#) from Monterey Aquarium!
- [Cincinnati Zoo and Botanical Gardens](#)
- [BroadwayHD.com](#) Stream your favorite Broadway hits with 7-day free trial

### **2. To play:**

1. Team Alto is allowing [free access to games](#)
2. Epic is allowing [free access](#) to several games

### **3. To listen/read:**

- [Audible](#) is now offering 3 free titles with the 30 free trial
- <https://apps.npr.org/best-books/#view=covers&year=2019> (Need a good book recommendation? Take a peek at NPR's Book Concierge)
- <https://www.spotify.com/us/> (Spotify has both free and paid options. Access to a ton of music, playlists, and podcasts)

### **4. New things to learn:**

- <https://artsandculture.google.com/> (See museums, monuments, learn about art history, and more through Google's Arts & Culture Page)

- <https://www.overdrive.com/apps/libby/> (Download library e-books (and audiobooks!) straight to your device through Libby for free)
- Learn a new language w/ Duolingo (<https://www.duolingo.com/>)