

Wellness resources

Stay connected during social distancing:

It is critical that we find new ways to maintain our human connection. Consider reaching out via text, phone, and video conferencing. Challenge yourself to reach out to friends and family daily. Reaching out will remind loved ones and friends that they are not alone.

Create a routine:

A routine is what makes us feel healthy, productive, and accomplished. It is critical to build structure into your day to keep you motivated. This may include setting regular sleep and wake times, maintaining regular hygiene routines, setting time for work, connecting with others, exercise, etc.

Exercise regularly:

As gyms and fitness centers close their doors it is important to find new ways and approaches to incorporate regular exercise in your day. Connect with a friend to create accountability and make sure you get your workouts in. Many local gyms and fitness centers are offering online options. Below are some additional free resources.

- **YMCA:** Free [online exercise class](#) to enjoy at home
- **Yoga with Adrienne:** Check out free [Yoga with Adrienne](#) on you tube
- **Campus Recreation:** Follow @PennStateCRec on Facebook or Instagram for free videos from our student group fitness instructors and Student Affairs staff
- **Peloton:** - lots of [online classes](#), not just cycling; free 90-day trial
- **Planet Fitness:** - free [online classes](#)

Reduce stress:

Finding ways to reduce stress and anxiety is critical to your overall health and wellness. Find ways to create meaningful breaks for yourself throughout the day. Try taking time to read a book, keep a journal, meditate, get out into nature, explore a new hobby, etc. Below are some resources to help you get started:

- [Manage Stress Workbook](#)
- [Mindfulness Toolkit](#)

Maintain a healthy diet

Stress can drive many of us to unhealthy eating habits but now is a critical time to maintain our most healthy approach to eating to give us the energy and stamina we need to deal with all the shifts and changes. Here are a few ideas to inspire you:

- [Healthy Cooking Videos](#)
- [Healthy Eating Recipes](#)

Stay informed, but limit time on social media and news outlets

To help reduce fear and anxiety about the coronavirus, one of the most important things you can do is limit your exposure to news and social media. While it's important to stay informed, set an intentional time limit and then disconnect. Below are some websites that can help you stay up to date with accurate information.

- [Johns Hopkins University & Medicine](#)
- [PA Department of Health](#) (there's a map about PA cases by county)
- [World Health Organization](#)
- [Centers for Disease Control and Prevention](#),

Wellness articles, websites, and other resources:

- <https://greatergood.berkeley.edu>
- [Greater Good Guide to Well-being during the Coronavirus](#)
- [Mindfulness Practices from Greater Good](#)
- [Center for Healthy Minds: COVID-19 and Our Common Humanity](#)
- <https://www.headspace.com/covid-19>
- Free access to daily mindfulness course: [Find Calm and Nourish Resilience](#)
- [Mindful@Home](#): a series of free guided meditations at 3:00 p.m. Monday, Wednesday, and Friday
- Connect with a therapist through: [Inpathy](#) or [Aetna](#) (Both are covered in-network with Penn State Insurance)
- [LinkedIn Learning](#) offers courses on topics such as working remotely, time management, managing people at a distance, and more.
- [University Employee Assistance Program](#)

Just for fun

- [Visit the Zoo](#)
- [Listen to a lunchtime mini concert](#)