

## Coping with the Mental, Physical, and Social Impacts of Quarantine



- Stress, fear, and uncertainty about health, loved ones, and job/financial security
- Constant information and many unknowns
- Preparing without panicking
- Unhealthy coping vs. healthy coping (stress eating, smoking, substance use vs. resiliency training, gratitude, exercise)



- Concerns over impacts to physical health from the virus
- Limited access to routines for fitness (gyms, studios, sports, recreational activities)
- Mental stress impacts on the body
- Unhealthy eating/coping behaviors



- Loss over not being able to celebrate weddings, graduations, proms, and other milestone events
- Distancing can lead to feelings of isolation
- Issues with being able to see loved ones who are vulnerable to the virus

## Resources for Fitness

- Free online yoga classes
  - [myogaworks.com](https://www.myogaworks.com) promo code: ONLINE
  - CorePower yoga: [corepoweryogaondemand.com/keep-up-your-practice](https://corepoweryogaondemand.com/keep-up-your-practice)
  - Blogilates: Well known Youtube account, free workouts and 14 day quarantine workout on their website ([blogilates.com](https://blogilates.com))
  - Downward Dog: Free fitness apps with yoga, Barre, and beginner level classes
- Blink Fitness: Live sessions weekdays at 8am EST w/ virtual workouts, tips to stay motivated, and answer fitness questions (Blink Fitness Facebook page)
- Orangetheory: new 30 minute workout each day using household items vs. equipment: [youtube.com/user/Otheoryfitness](https://youtube.com/user/Otheoryfitness)
- Planet Fitness: live streaming free online workout classes weekdays at 7pm EST; 30 minutes and do not require equipment (Planet Fitness Facebook page)

# Health and Well-being: Free Resources

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## Resources for Fitness (Cont.)

- Nike Training Club: App; downloadable free 15-, 30-, and 45 minute workouts. Does not require equipment
- P.volve: Free 10-20 minute workout classes on their Instagram account; free 30 day trial for classes online with promo code "ONEPVOLVE"
- Strong by Zumba: Free HIIT workouts, ranging from 7 minutes to 30 minutes. (Strong by Zumba Youtube)
- Peloton: Free 90 day trial to digital membership. Includes access to 20 live classes per day and on-demand classes

## Resources for Mental and Emotional Health

- Mental health resources on MentalHealth.org
  - [mhanational.org/covid19](https://mhanational.org/covid19)
  - Provides large library of facts, information, information on emergency funding, and managing behavioral health/substance use with COVID-19 concerns
- Headspace: Free meditations in the "Weathering the Storm" series; free premium features for all of 2020 for healthcare professionals (requires National Provider Identifier and email address)
  - [headspace.com](https://headspace.com)
- For attorneys: free mental health resources and practice management from the American Bar Association ([americanbar.org/groups/lawyer\\_assistance/resources/covid-19--mental-health-resources/](https://americanbar.org/groups/lawyer_assistance/resources/covid-19--mental-health-resources/))
- Optum Health free hotline for members and non-members: 866-342-6892
- Crisis text line: [crisistextline.org](https://crisistextline.org) ; free 24/7 support from a trained crisis counselor
- EAP resources
- Mindful: 23 minute anxiety meditations ([mindful.org/a-23-minute-anxiety-practice/](https://mindful.org/a-23-minute-anxiety-practice/))

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