



WAYNESBURG UNIVERSITY

Created by Chi Nu Sigma - A counseling academic and professional honor society international



A HELPING HAND DURING THE COVID-19 PANDEMIC

During this time of isolation, mental health is just as important as physical health. Here are some tips to help take care of yourself!



ACTIVITIES FOR STRESS-RELIEF

- Journaling thoughts, ideas, memories
- Listening to music
- Contacting loved ones
- Sitting outside in the sunshine
- Coloring or drawing
- Playing a game
- Going for a walk
- Taking a hot bath or shower

MINDFULNESS AND GROUNDING

Mindfulness is a mental state achieved by focusing on one's awareness on the present moment. Some of the benefits of mindfulness activities include relieving stress, lowering blood pressure, and improving sleep. Try this mindfulness activity while looking out the window:

- 1. Can you find five of the following? a tree, flower, bird, house, bush, car, children running outside.*
- 2. After you find five objects, can you imagine what four of those objects feel like? the wind blowing by a tree, the fluffiness of the cloud, the warmth of the sun*
- 3. Are there three objects you can hear? birds chirping, children laughing, the wind blowing, your breath, lawnmower mowing*
- 4. Are there two things you can smell? fresh-cut grass, coffee, soap*
- 5. Is there one thing you can taste? A mint, fresh air, etc.*



TAKE A BREATH: HOW TO DEEP BREATHE

Breathing can be a powerful tool to ease stress, relax your mind, and make you feel less anxious. One deep breathing exercise is as follows:

- 1. Get comfortable.*
 - 2. Close your eyes.*
 - 3. Place one hand on your belly and the other hand on your chest.*
 - 4. Breathe in slowly through your nose. Imagine your belly filling with air. Breathe out slowly through your nose. Imagine your belly letting air out. The hand on your belly should move more than the hand on your chest. You may say in your mind, "I breathe in peace and calm." As you breathe out, feel your belly lower. You may say in your mind, "I breathe out stress and tension."*
- Repeat three more times or as often as you need to.*

RESOURCES FOR ASSISTANCE:

Allegheny County Crisis Hotline: 1-888-424-2287

Pittsburgh Crisis & Suicide Hotline: (412) 820-HELP (4357)

Resolve Crisis Network: 1-888-7-YOUCAN (1-888-796-8226)

Childline: 1-800-932-0313 or 412-473-2000
keepkidssafe.pa.gov

Women's Center and Shelter of Greater Pittsburgh: 412-687-8005

Washington County Crisis Hotline: 877-255-3567

Washington Drug & Alcohol Commission, Inc. (724) 223-1181

National Crisis Text Line: Text "LISTEN" to 741-741

Pittsburgh Coalition Against Domestic Violence: 1-800-799-SAFE (7233)

National Suicide Prevention Hotline: 1-800-273-8255

Greater Pittsburgh Food Bank: pittsburghfoodbank.org/covid19

If you need assistance with shopping or running errands during the COVID-19 pandemic, or want to help, Pittsburgh Cares has a buddy program that can match you with an individual to help! Contact: (412) 471-2114 or visit pittsburghcares.org/covid19

Together, we can get through this! 