



## WELLNESS COACHING

<https://www.purdue.edu/recwell/programs/wellnessPrograms/psha.php>

Wellness Coaching is now virtual! Your coach will work with you to determine what distance coaching option is best for you. Wellness coaching is a confidential and supportive partnership between you and the wellness coach. It can be an effective way to motivate and encourage behavior change to help you meet your wellness goals.

## WELLNESS MASTER CLASSES

<https://www.purdue.edu/recwell/virtual-programs/wellness-master-classes.php>

Videos of classes from Purdue's Co-Rec on different aspects of maintaining wellness: keeping our routine, time management, increase positivity, and dealing with change.

## NCFDD RESOURCES: COVID-19 MOVING FORWARD: SELF-CARE<sup>1</sup>

Reasonably so, COVID-19 has caused many to live in a state of stress and anxiety. We know that stress negatively impacts physical health and well-being and limits the ability to function effectively, both professionally and personally. We would encourage folks to review these popular webinars and readings:

- [Resting to Rise: Reduce Burn Out, Find Your Joy for Writing and Life, and Create a Just Academia](#)
- [Academic Life: What's Mindfulness and Compassion Got To Do With It?](#)
- [How to Manage Stress, Rejection & the Haters in Your Midst](#)
- [Teaching in Times of Crisis](#) (Center for Teaching, Vanderbilt University)
- [Dealing with the Unexpected](#) (Center for Teaching, Vanderbilt University)
- [Radical Self-Care](#) (Dear Kerry Ann, NCFDD)
- [Listen To Your Body](#) (Monday Motivator, NCFDD)
- [NCFDD COVID-19 Discussion Forum](#)

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<sup>1</sup> For instructions on how to set up an instructional account – please follow the links in this announcement: <https://www.purdue.edu/newsroom/purduetoday/releases/2014/Q3/purdue-joins-national-center-for-faculty-development-and-diversity.html>

## MOVING FORWARD: REWORK YOUR STRATEGIC PLAN

If you haven't already, consider taking the time to create a [strategic plan](#). If you've already created your plan, now is the time to rework it based on your newly-changed schedule and the expectations placed upon you. You can create or rework [your plan](#) to cover the next week, two weeks, month, or semester. Having this plan will be your roadmap to help you identify personal and professional goals, create a workable plan to accomplish them, and identify the types of community, support, and accountability you need to remain productive.

## MOVING FORWARD: LOWER YOUR STANDARDS

At NCFDD, we've worked with thousands of academic writers through our Faculty Success Program. An important area of the program focuses on "Lowering Your Standards." As you're trying to cope with the enormity of what's happening (within your day-to-day life as well as the world), consider employing some of the strategies provided [here](#). In addition, we've made the video linked below, typically only available to FSP participants, open to all NCFDD members.

## ADDITIONAL VIRTUAL WELLNESS OFFERINGS THROUGH THE PURDUE CO-REC

<https://www.purdue.edu/recwell/virtual-programs/index.php>

- Les Mills on Demand
- Group X Classes
- Cooking Demonstrations
- 1-on-1 Financial Wellness Coaching
- 1-on-1 Personal Training
- 1-on-1 Athletic Training
- 1-on-1 Physical Therapy
- 1-on-1 Nutrition Consultations
- E-sports

## HELPFUL ARTICLES

- CAPS Article: [Adjusting to the New Normal](#)
- [Staying Socially Connected While Social Distancing](#)
- [Going remote: Integrating work, life during COVID-19 stay-at-home order](#)
- [Autism and COVID-19: resources for families](#)
- CDC Article: [Stress and Coping](#)
- SAMSHA publication: [Taking Care of Your Behavioral Health During an Infectious Disease Outbreak: Tips for Social Distancing, Quarantine, and Isolation](#)
- Loyola University publication: [Coronavirus: Effects of the Coronavirus on Mental Health](#)
- [Tips From Behavioral Science to Flatten the Curve on COVID Anxiety: https://www.socialsciencespace.com/2020/03/tips-from-behavioral-science-to-flatten-the-curve-on-covid-anxiety/](#)

## COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS)

<https://www.purdue.edu/caps/>

CAPS will remain open during this time, providing services to assist in meeting students' mental health needs. In light of the recent changes the university is taking to prevent the spread of coronavirus (COVID-19), and consistent with public health recommendations, CAPS has decided to shift to the use of telehealth resources (via telephone) for the foreseeable future. This is consistent with recommendations related to social distancing, while allowing us to continue providing services to support our students.

For now, our services will be offered in the following manner:

- Brief Phone Screening
- Individual Therapy
- Group Therapy and Workshops
- Psychiatry
- Care and Case Management
- On-Call
- Outreach

## GREATER LAFAYETTE COVID-19 MUTUAL AID RESPONSE

<https://www.facebook.com/groups/187656082663278/>

Hello Greater Lafayette, I have created this group for the purposes of being able to quickly coordinate to fulfill the needs of people in our community in response to COVID-19. What to post: If someone in the community needs groceries or supplies because they are sick or vulnerable to illness, please post here so we can coordinate someone who is healthy getting supplies for them. If someone in the community is in need of emergency funds because they cannot work due to COVID, please post donation drives here. If someone is in need of funds due to medical costs, please post donation drives here. If vulnerable people in other communities (e.g. prisoners, sex workers, disabled folks, poor folks, people of color, etc.) are in need of supplies or money, please post those donation drives here so we can extend our resources. If people need rides to the doctor/hospital/urgent care, please post here. Please share information about COVID-10 prevention, testing, and preparation here so members of our community can educate themselves and their loved ones. Please post anything else directly related to COVID-19 mutual aid coordination in The Greater Lafayette area. Please invite your friends and share widely!

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## OTHER RESOURCES

There are many community and national organizations also ready to help, such as:

- **COVID-19 Mental Health Resource Hub:** a collaboration among several national leaders in the mental health community – including Anthem and Beacon Health Options – the [COVID-19 Mental Health Resource Hub](#) is a free, digital resource site to help individuals and care providers address behavioral health needs resulting from the COVID-19 pandemic. This Resource Hub provides a range of resources designed to help people, their families and care

providers cope with pandemic-related stress brought on by social isolation, job loss and other challenges. Additionally, Anthem and Beacon will share their COVID-19 related content with Psych Hub, and web sites for [Anthem's affiliated health plans](#) and [Beacon](#) will house educational videos produced by Psych Hub, as well as behavioral health-focused resources authored by Anthem and Beacon mental health experts.

- [The Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#)– SAMHSA's Disaster Distress Helpline – **call 800-985-5990 or text TalkWithUs to 66746** – is available 24/7 with crisis counseling and other support for people who are going through emotional distress from a disaster, including infectious disease outbreaks. **Spanish speakers, text Hablanos to 66746.** See the online brochure [here](#) .
- [Crisis Text Line](#)– **Text HOME to 741741** to connect with a Crisis Counselor. The Crisis Text Line connects you to a live, trained volunteer who can provide support – medical advice is not provided.
- [U.S. Department of Veterans Affairs](#)– [Managing Stress Associated with the COVID-19 Virus Outbreak](#)

#### A GENERAL COVID RESOURCE KIT

[https://docs.google.com/document/d/1Rcan4C\\_e6OBFBI5bUn7MtYK74Ab-WarxyJmDvZUI\\_YA/mobilebasic?fbclid=IwAR1X67P5\\_C2JY9owSWeAnaoir3CyeS\\_-iMCZwaSv4xc3UvLKOKwBmKU7sFo](https://docs.google.com/document/d/1Rcan4C_e6OBFBI5bUn7MtYK74Ab-WarxyJmDvZUI_YA/mobilebasic?fbclid=IwAR1X67P5_C2JY9owSWeAnaoir3CyeS_-iMCZwaSv4xc3UvLKOKwBmKU7sFo)

#### ACE CAMPUS FOOD PANTRY

[https://www.purdue.edu/vpsl/leadership/About/ACE\\_Campus\\_Pantry.html](https://www.purdue.edu/vpsl/leadership/About/ACE_Campus_Pantry.html)

The ACE Campus Food Pantry makes food more readily available to members of the Purdue community who may be experiencing food insecurity on a consistent or inconsistent basis. All you need is your Purdue ID! (Students, Faculty, and Staff)

See their Facebook page for latest updates: <https://www.facebook.com/ACECampusFoodPantry/>

#### AUNT BERTHA

Via [auntbertha.com](http://auntbertha.com), you can search for free or reduced-cost services such as medical care, food, job training and more. Simply type in your zip code and click "Search." Aunt Bertha then generates zip code-specific information.