

# UWC Well-Being Check

How to support yourself and others during the COVID-19 Pandemic  
University Wellness Center & Wellness Commons

# Goals

- Support students on and off campus during stressful & traumatic time
- Understand signs, symptoms, and warning signs for mental and physical health problems
- Understand resources and refer as needed
- Provide framework and guidance for conducting a wellness check
- Balance checking-in with coaching and advising
- Understand how to foster resilience and flourishing during a pandemic
- Develop knowledge about self-care resources and practices

# What is Mental Health?

Not just the absence of pathology (mental illness), but more broadly defined as well-being

Well-Being (Ryff, 1989)

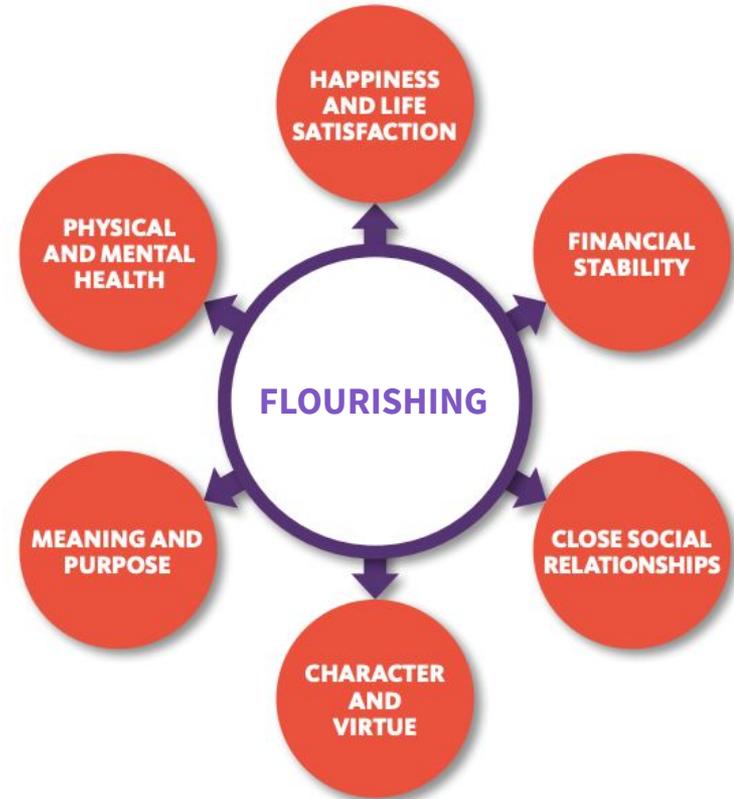
- Self-acceptance
- Positive relationships
- Autonomy
- Environmental Mastery
- Purpose in Life
- Sense of Personal Growth



# What is Mental Health?

Pillars of Flourishing (VanderWeele, 2017)

- Happiness and life satisfaction
- Mental and physical health
- Meaning and purpose
- Character and virtue
- Close social relationships
- Financial stability



# COVID-19

If you develop emergency warning signs for COVID-19 get medical attention immediately. Emergency warning signs include:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

[Sewanee COVID-19 Information](#)

## COVID -19 Prevention

- [CDC: How to protect yourself, your family, your home](#)
- [CDC: How to manage your stress & anxiety](#)

## COVID-19 Care

- [CDC: What to do if you are sick](#)
- [CDC: Caring for yourself at home \(pdf\)](#)
- [CDC: Caring for someone at home](#)
- [CDC: Cleaning and disinfection recommendations](#)
- [American Psychological Association Resources](#)

## SYMPTOMS OF CORONAVIRUS DISEASE 2019

Patients with COVID-19 have experienced mild to severe respiratory illness.

Symptoms\* can include

FEVER



COUGH



\*Symptoms may appear 2-14 days after exposure.

SHORTNESS OF BREATH



Seek medical advice if you develop symptoms, and have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.



[cdc.gov/COVID19-symptoms](https://cdc.gov/COVID19-symptoms)

# Common Reactions to COVID-19

- Pandemic = Trauma = unpredictable, uncontrollable, and aversive
  - Some behavioral changes are to be expected during this time
  - Lead with validation
- Numbing Behavior
  - Mild - Compulsive
- Grief
- Sleep, Nutrition, and Movement Changes
- Heightened levels of stress and anxiety
- Tearfulness
- Feelings of loneliness and disconnection
- Difficulty with focus and concentration
- Monitor over time: may need to refer

# Signs and Symptoms: Need to Refer

- Substance use
- Mood - depressive and/or manic
- Anxiety symptoms
- Disordered eating symptoms
- Psychotic symptoms
- Trauma & PTSD
- Any reported abuse

# How to RESPOND

- **R**ecognize signs
- **E**mpathize
- **S**hare your concerns
- **P**ose open questions
- **O**ffer hope
- **N**avigate resources
- **D**o self-care

# Mental Health Emergencies

## On Campus

- During business hours, call CAPS  
**931-598-1325**
- Sewanee Crisis Line (24/7): **931-598-1700**
- 911

## Off Campus

- National Suicide Prevention Lifeline:  
**1-800-273- 8255**
- Trevor Lifeline (support for LGBTQIAA youth):  
**1-866-488-7386**
- **Steve Fund Crisis Text Line: Text STEVE to 741741**
- **911**

# How to Check-In: On Yourself

- Care doesn't have to be complex:
  - Sleep, Nutrition, Movement, and Connection (virtually if needed)
- Attending to your own self-care
  - Setting up appropriate space for learning/teaching
  - Setting limits (media, work)
  - Managing demands from others
  - Reasonable expectations: [Why You Should Ignore All That Coronavirus-Inspired Productivity](#)
  - Taking space and time for the self
  - Practice self-compassion
  - Have some fun!

# How to Check-In: On Others

- Logistics (privacy and space)
- Preparation (centering and grounding)
- Introductions - obtain location and call-back number
- Starting: Highlight of the week or Rose and Thorn
- Purpose and framing
- Questions for mental health check-in
- Questions for physical health check-in
- Cultivating resilience and flourishing

# Flourishing amidst COVID-19

- Facing suffering and hardship → suffering is not the opposite of flourishing
- Helping others → improve sense of meaning and purpose
- Strengthening relationships → find creative ways to build and strengthen connection with others
- Finding happiness → engage in happiness-enhancing activities
- Reflecting on life → Take time to reflect on what matters most

# Helpful Links & Resources

- [Strategies to Thrive in Uncertain Times: Free Webinars](#)
- [Discover the Power of Self-Compassion: Free Classes](#)
- [Greater Good Magazine](#)
- [The Science of Well-Being: Free Class](#)
- UWC COVID - 19 Resource Newsletter “Be Well with the UWC”
- UWC Social Media: [@uwcsewanee](#) (Instagram & Facebook)  
[@wellnesscommons](#) (Twitter)

## April 2020 Happiness Calendar

This month, find resilience and reduce anxiety.

Keep up with the latest on the science of connection, compassion, and happiness by subscribing to our newsletters.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Greater Good Science Center <small>ggsc.berkeley.edu greatergood.berkeley.edu</small>		<b>1</b> Find the latest on maintaining <b>well-being during coronavirus</b> on our special resource page.	<b>2</b> Here are three ways school closures can help you <b>strengthen your family</b> .	<b>3</b> Feeling overwhelmed by the world's problems? Here's how to <b>avoid feeling defeated</b> .	<b>4</b> Check out this practice on <b>gaining perspective</b> on negative events. You may find it lessens your anxiety.	
<b>5</b> Are you <b>sheltering in place</b> ? Here are six questions to ask yourself each day.	<b>6</b> In the midst of our panic around COVID-19, we can <b>look to each other</b> to get through it.	<b>7</b> Teachers and parents may be <b>feeling especially fragile</b> . Here are some tools for staying centered.	<b>8</b> Here's some valuable advice on <b>keeping kids busy</b> so you can get stuff done.	<b>9</b> Having a hard time <b>calming your nerves</b> ? Here's how one podcast guest used walking to calm herself down.	<b>10</b> Even in self-isolation, solo walks in nature may still be on the table. Here are five ways <b>hiking is good for you</b> .	<b>11</b> Take care of yourself. Your <b>emotional well-being</b> can also help those around you.
<b>12</b> It's hard for young people to be <b>stuck at home</b> . Here's how to help them see the bigger picture.	<b>13</b> Knowing more facts about COVID-19 can help us <b>fight prejudice</b> .	<b>14</b> Another resource for parents with kids home <b>from closed schools</b> : Playwork's live-stream recess!	<b>15</b> Check out these tips for <b>staying sane</b> in a world that isn't.	<b>16</b> <b>Mindful breathing</b> can be very helpful for anxious times.	<b>17</b> Click through for five science-backed ways to <b>build resilience</b> .	<b>18</b> A <b>huge thanks</b> to you if you are a healthcare worker. Here are some ways to protect your own well-being.
<b>19</b> Checking in with your physical body can <b>bring a sense of calm</b> .	<b>20</b> Social support makes you <b>more resilient</b> —seek it out online or on the phone if you're sheltering in place.	<b>21</b> A body scan <b>meditation can help ease tension</b> .	<b>22</b> There are so many reports of <b>human goodness</b> during the coronavirus pandemic. Here are eight of them.	<b>23</b> <b>Rick Hanson</b> suggests working on these <b>12 inner strengths</b> to grow resilience.	<b>24</b> Make time in your new schedule for these <b>core human needs</b> .	<b>25</b> Now may be the time to try your online course, offering skills to <b>boost resilience and well-being</b> in your life.
<b>26</b> Some people are more anxious than others. Find out how to <b>support loved ones</b> who are struggling.	<b>27</b> A quick trick involving veggies can <b>hack your brain's prejudice</b> .	<b>28</b> Can you find <b>common ground</b> with everyone, rather than excluding certain people from your circle?	<b>29</b> Try this subtle way to <b>induce kindness</b> , particularly in kids.	<b>30</b> A <b>compassion meditation</b> can help you strengthen feelings of concern for the suffering of others.		



# Resources

## **On Campus**

University Wellness Center, Counseling and Psychological Services: **931-598-1325** (during business hours)

After-Hours Crisis Service: **931-598-1700**

## **Additional On-Campus Resources**

Sewanee Police Department: **931-598-1111** (dispatcher) **or 911** (emergency)

Chaplain's Office (confidential resource): **931-598-1274**

Dean of Students Office (non-confidential resource): **931-598-1229**

## **National Crisis Resources**

National Suicide Prevention Lifeline: **1-800-273- 8255**

Trevor Lifeline (support for LGBTQIAA youth): **1-866-488-7386**

Steve Fund Crisis Text Line **Text: START to 741741**

# Thank You

*Link to these slides on the UWC website*

## Our Contact Information

Dr. Nicole Noffsinger-Frazier  
UWC Executive Director, University Wellness Center  
Email: [nanoffsi@sewanee.edu](mailto:nanoffsi@sewanee.edu)

Julian Wright  
Grant & Research Administrator, University Wellness Center  
Email: [jwwright@sewanee.edu](mailto:jwwright@sewanee.edu)

