It is natural to feel afraid, exhausted and overwhelmed as we continue to navigate these uncharted waters of life during a pandemic. Maintaining mobility in our bodies and a sense of connection to self and others will help us to ride the waves of our varied emotions, rather than crashing with them.

We hope this quick guide and resource page will serve as a reminder that there are people out there who care deeply about your wellbeing.

Print out our "Quick practice pocket skills" to keep with you. Sprinkle them throughout your day by practicing hourly with a friend or family member, even if only for a few seconds.

THANK YOU for all you are doing for yourself and for others.
Quick practice pocket skills

Deep Breathing
Put one hand on your chest and one on your belly, take 5 deep, slow breaths in through your nose and out through your mouth.

Fear Flap
Standing, slowly inhale as you arch your arms up above your head and exhale as you lower them, gently flapping your arms like a bird. Take 5 breaths this way.

Comfort Cap
Interlace your fingers and place them on top of your head. As you inhale, push through your legs, if sitting push through your seat, to press your head into your hands and feel your spine lengthen. Take 3-5 deep breaths.

Armpit Hug
Take your right hand and put it under your left armpit. Wrap your left arm across yourself so that your left hand is holding your right deltoid. Give yourself little squeezes as you breathe, notice your heartbeat, consider swaying if that feels good.

Joint Rolls
Starting with your ankles, roll each of your major joints one by one in gentle circles. Five circles in each direction per joint.

Follow the Leader
With a friend or loved one, one person will be the leader and will move around however they wish while the other mimics their movements. Switch roles.

Soften
Look at something beautiful or imagine it in your mind. Intentionally soften the muscles around your eyes. Intentionally soften your jaw. Let your tongue rest in your mouth. Take three breaths.

Heart-Centered Breathing
Imagine you are breathing from your heart. As you inhale, say “I welcome calm into my cells” and as you exhale, say “I release what doesn’t serve me”. Then in your mind, send these or other well wishes to those you know. Then imagine sending well wishes to the entire world.
Basic Wellness Guidelines During Crisis

The four pillars of a stable mood are nutrition, connection, movement, and rest. We can easily let go of our healthy routines and boundaries when dealing with crises. Please do all you can to maintain and bolster your four pillars. Ask your colleagues and leaders for support in doing this.

**Nutrition**

- Continue to eat well-balanced meals and snacks at consistent times each day.
- Try to have each of your meals and snacks contain several colors of the rainbow.
- Sometimes our appetite changes when we are distressed or we may just not have time to eat normally.
- Try to withhold judgment if you notice you are eating more or less than usual.
- It can be helpful to keep a supply of nutritious snacks with you at all times so you can meet your hunger cues the best you can whenever they arise.

**Movement**

- Try your best to move for pleasure some each day.
- Make a point to roll your joints and stretch regularly. It’s ok if you only have a moment to do this. Gentle movement helps the body digest tough emotions.
- Take advantage of the free exercise resources available right now through Duke and the community. Many fitness studios are offering free classes for health workers at this time.
- Go for a walk each day, even if only for 5 minutes. Try to notice something beautiful on your stroll.

[wellbeing.dukehealth.org](http://wellbeing.dukehealth.org)
Connection

- Connect daily with someone or something you love. This could be a person, pets or nature. Hug a tree. Play with a pet. Video chat old and new friends.
- Get creative! Do what makes you feel connected to your best self, such as reading, art, dancing, or listening to music.
- Make a point to learn about community support action happening in your neighborhood or city. Anything that reminds you we are in this together.

Sleep & Rest

- Limit the amount of screen time and news you take in each day!
- Turn off all backlit screens, social media, and news sources at least one hour before bedtime
- Instead, read a book, listen to music, have some calming tea or take a bath before bed

Grounding Videos and Classes

- Duke Student Affair's Yoga Mondays 4:00-4:50 pm
- Mindfulness Meditation from Duke Gardens
- Duke’s Resilience Course
- Duke’s Managing Stress Course
- Tara Brach’s “Pandemic Care Resources”

Written Guides and Articles

- “A Brain Hack to Break the Corona Virus Anxiety Cycle” NYTimes
- Mental Health Considerations from WHO
- “Turning Cabin Fever into Relationship Wins” by Carolyn Sharp

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Additional Concerns and Resources

Those with Complex PTSD
It is normal for current traumatic events to “trigger” past traumas as well. “Still Scared After All These Years” from ComplexTrauma

Those with Children
“Helping Children Cope With Changes Resulting From COVID-1” by the NASP
"Talking with children about Coronavirus Disease 2019" by the CDC
"How to Talk to Kids about Coronavirus" from PBS

Those Experiencing Domestic Violence during Quarantine
Durham Crisis Response Center

Duke Health & Well-Being Social Media Channels

Duke Diet & Fitness Center
Facebook @dukedietcenter
Instagram dukedietfitness
YouTube Duke Diet & Fitness

Duke Health & Fitness Center
Facebook @dukehealthandfitness
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