

# Mental Health Care Package

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**\*\*\*WE ARE OPEN\*\*\***

Please call **951-827-5531, Select Option 2** to leave a message and we will get back to you as soon as possible during business hours in order to schedule your first appointment or respond to questions. If you urgently want to speak to a crisis counselor for non-emergencies, call 951-827-5531, Option 1 (24/7).

*Please do not call the urgent counselor for questions about schedules.*

All of our sessions are conducted over HIPPA compliant Zoom or phone.

## Resources

We are all adjusting to a new way of life and with that comes new ways of adapting to various types of distress. We care about your well-being and know that self-care continues even outside of therapy.

Please see below for some resources that we have compiled for your convenience!

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## Managing Stress During COVID-19

### Guides

[CDC Guidance for Managing Anxiety and Stress](#)

[Coronavirus/COVID-19 Mental Health Resources](#)

[FACE COVID: How to Respond Effectively to the Corona Crisis \(e-book\)](#)

[DMH COVID-19 Information and Resources](#)

[NAMI COVID-19 Resource and Information Guide](#)

[Coronavirus Sanity Guide](#)

[Free Guide to Living with Worry and Anxiety Amidst Global Uncertainty](#)

[Coronavirus Anxiety Workbook](#)

### Articles

[Tips for Coping with Pandemic Anxiety](#)

[Coronavirus Impact on Mental Health WP article April 2020](#)

[Help Your Family De-Stress During Coronavirus Uncertainty](#)

[Controlling Coronavirus Anxiety](#)

[Just Breathe: 9 Tips for Managing Stress During the COVID-19 Pandemic](#)

[Taking Care of Your Mental Health in the Face of Uncertainty](#)

[Mental Health Amid the Coronavirus Pandemic](#)

[Meditation Tips for Calming Coronavirus Anxiety](#)

[Is Social Isolation Getting to You?](#)

[How to Live Well with Stress — Even in the Coronavirus Era](#)

## Videos

[To All Seniors Graduating During the Coronavirus Outbreak](#)

[Mental Illness During Coronavirus](#)

[5 Ways to Manage Coronavirus Anxiety - COVID-19](#)

[FACE COVID – How To Respond Effectively To The Corona Crisis](#)

[Coping with Coronavirus Anxiety](#)

[5 Tips to Protect Your Mental Health During Coronavirus Crisis](#)

### FOUR CORE STRATEGIES FOR MANAGING STRESS AND ANXIETY

**1. ATTENTION - CENTERING TECHNIQUES**  
To neutralize anxiety, it can often help to use techniques designed to focus attention beyond anxious thoughts.

MEDITATION   BREATHING   VISUALIZATION

**2. EXPRESSIVE, CREATIVE STRATEGIES**  
To channel anxious thoughts or feelings in more productive ways, we might identify specific outlets to express creativity, such as working on a project, drawing, and athletics.

WORKING ON A PROJECT   ARTS   PHYSICAL MOVEMENT

**3. REFLECTION EXPLORATION STRATEGIES**  
To monitor where anxiety arises, become more aware of anxiety triggers, and reflect on anxious thoughts and feelings, we might try strategies that foster self-observation.

JOURNALING   SELF-MONITORING   COMMUNICATION

**4. HEALTHY LIFESTYLE VALUES**  
To reduce residual feelings of anxiety, it could help to turn attention toward healthy habits, healthy relationships, healthy pleasures, and a healthy environment.

NUTRITION   RELATIONSHIPS   EXERCISE

nicabm  
Adapted from Shelly Harrell, PhD

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## Mindfulness and Meditation Resources

### **Meditation Websites**

[Headspace \(free for clinicians with an NPI number\)](#)

[Mindful USC](#)

[Calm Free Meditations](#)

[Online Yoga and Meditation Classes](#)

[UCLA Mindful Awareness Research Center Guided Meditations](#)

[Inner Health Studio Guided Meditation Scripts](#)

### **Free Meditation and Mindfulness Apps**

[Insight Timer](#)

[Smiling Mind](#)

[Stop, Breathe, & Think](#)

[UCLA Mindful](#)

[Ten Percent Happier](#)

### **Meditations (Audio)**

[Leaves on a Stream Meditation](#)

[Self-Compassion Meditation](#)

[Breathing Meditation](#)

[Acceptance of Anxiety](#)

[Acceptance of Thoughts and Feelings](#)

[Body Scan Meditation](#)

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[Meditating and Coping in a Pandemic \(various audio podcasts\)](#)

## **Mental Wellness Through Art, Nature, Movement, and Sound**

### **Mental Wellness through Art**

[Nature Coloring Pages](#)

[Museum Art Coloring Pages](#)

[1500+ Adult Coloring Pages](#)

[The Best Virtual Vision Board Makers](#)

[Virtual Museum Tours](#)

### **Mental Wellness Through Movement**

[125+ Free Streaming Workouts to Do From Home During Coronavirus](#)

### **Mental Wellness through Nature**

[Virtual National Park Tours](#)

[Virtual Tour of Mars](#)

[Live Feed of Monterey Bay Aquarium](#)

[Live Feed of the San Diego Zoo](#)

### **Mental Wellness through Sound**

[Nightly Opera Stream](#)

[Broadway Performances \(7 day free trial\)](#)

[A List of Live Jazz and Classical Virtual Concerts to Watch during the Coronavirus Shutdown](#)

[Billboard List of Live Concerts and Performances to Stream During Coronavirus Quarantine](#)

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## Self-Care During Self-Quarantine

### Articles

[Making Time for Self-Care During a Quarantine](#)

[Social Distancing, Self-Quarantine and Self-Care](#)

[How to Practice Self-Care During Coronavirus](#)

[How to Practice Self-Care in Self-Quarantine](#)

[15 Self-Care Quarantine Ideas](#)

[17 Self-Care Ideas to Do during Self-Quarantine](#)

[Self-Care in the Age of Quarantine](#)

["Self-Care-antine": How to Practice Self Care When You're Quarantined](#)

### Videos

[15 Self Care Ideas for Coronavirus Quarantine](#)

[Quarantine Questions to Ask Yourself for Self-Care](#)

[15 Self Care Ideas for Coronavirus Quarantine](#)

[12 Ways Health Editors are Practicing Self-Care During Quarantine](#)

[Minimalist Self-Care During Quarantine](#)

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## COVID-19 Community Resources

### Articles

[What is Coronavirus?](#)

[What is Social Distancing?](#)

[What are Symptoms of Coronavirus?](#)

[Stress and Coping with Coronavirus](#)

[NAMI - Mental Health Coping Strategies with Coronavirus](#)

[10 Mental Health Tips for Coronavirus Social Distancing](#)

### Websites

[CDC Covid-19 General Information](#)

[Virtual Concerts](#)

[Virtual Fitness Classes](#)

[Virtual Museum Tours](#)

[Virtual National Park Tours](#)

[UCI Coronavirus Updates](#)

### Videos

[What Actually Happens if You Get Coronavirus?](#)

[What is Coronavirus?](#)

[What is Social Distancing?](#)

[Coronavirus Prevention](#)

[How to Practice Self-Care](#)

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[5 Mental Health Tips](#)

## **Infographic**

[Infographic - Coping with Stress](#)

[Infographic - What is Social Distancing?](#)

[Infographic - Four Core Strategies](#)

[Infographic - How to Touch Your Face Less \(Funny\)](#)

[Infographic - Novel Coronavirus General Information](#)

[Infographic - Help Prevent the Spread](#)



# HOW TO TOUCH YOUR FACE LESS

The average person touches their face over **20 times per hour**. Breaking this habit is really, really difficult. It's so ingrained in what we do, it should be considered human behavior, not a bad habit. That being said, there are still ways to learn to touch your face *less*. These tricks are stopgaps intended to train your foul little fingers to stop prodding that extraordinary, marvelous face of yours.

## Touch a different body part

Creating a counter-behavior is a proven way to break a bad habit. Every time you feel the need to touch your face, try touching your arm instead.



I am touching my muscles ... for safety.

## Hold a toy



Try holding a (disinfected) Rubix Cube, stress ball, or action figure. This will keep your hands busy and cut down on the number of times you touch you face.



Play with me. Play with He-Man. Do it for the greater good.

## Wear a stupid thing

Put on a wristband, costume jewelry, or even colorful rubber bands. This won't stop the spread of disease, but it's a clever way of interrupting your brain's bad habit of jamming your fingers into your eyes, nose, or mouth.

A foreign object can act as a sensory clue that helps turn an unconscious habit into a *conscious* one. It's a way of telling your brain to pay attention to this strange phenomenon happening on your hand.



Don't do it, Cheryl. Don't put me into that dark hole again.

\* Just be sure to remove and wash the object every time you wash your hands.

## Acknowledge the urge

Simply reminding yourself not to touch your face isn't going to get you anywhere. Suppressing urges only makes them worse. Instead, acknowledge the urge and then practice your counter-behavior.



I am once again touching my extraordinary muscles ... for safety.

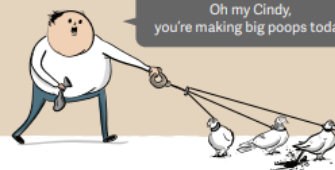
## Use a tissue to touch your face.

And wash your hands first, otherwise you're just touching your face with a contaminated tissue.



## Remember: your fingers are like pigeons.

they are dirty, mindless creatures. And unless properly trained, they will wander.



Oh my Cindy, you're making big poops today!

The Oatmeal

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## Social Connecting While Physical Distancing

### Tips to Stay Socially Connected

Send someone a virtual hug!

Coordinate regular FaceTimes/Skype/Zoom chats with friends

Sweat together & take an at-home exercise class together via Zoom.

Thinking of someone? Maybe let them know via text, phone call, or hand-written note.

Pop some popcorn & host a virtual [Netflix Party](#) that lets you have a watch party with friends.

Show off your moves and have a live, virtual dance party with friends via Zoom.

Host a virtual game night/[House Party](#)-- play Pictionary or charades via Zoom, [Scrabble](#), [Codenames](#), [Cards Against Humanity](#), [Jack Box Game](#), and more!

Spirituality and religion could also offer a sense of connectedness during a challenging time.

**STAY SAFE AND HEALTHY!**

**WE ARE HERE FOR YOU!**



Thanks to UCI Counseling Center for compiling these resources!