



March 2020

Finding Calm in the Storm: Coping During COVID-19

It is natural for many of us to experience mixed feelings of anxiety during the world’s response to COVID-19. While we continue to receive daily updates, we wanted to provide you with several resources that can be helpful in addressing your well-being during a time of uncertainty.



In this issue:

- Self-Help Therapy Assistance Online (TAO)
- Helpful Resources
- Center For Student Wellness Contact Info

TAO



For specific techniques and skills to address worry and concern, you can sign into [TAO Connect](#) for free as a student using your NEOMED email address as your log in ID.

There are many resources on TAO Connect that can be personalized to your needs including modules on how to “Calm your Worry” or to address feeling down. TAO also offers a resource library filled with meditation, deep breathing, muscle relaxation, and body scan exercises that can be very helpful for maintaining good mental and emotional health.

Click here [for instructions on how to sign up](#) for TAO Connect.

In addition, the CDC offers many helpful links as our nation navigates this virus:

Mental Health and Coping During COVID-19

Coping With Stress During Infectious Disease Outbreaks

Coping with a Disaster or Traumatic Event

Taking Care of Your Behavioral Health: Tips for social distancing, quarantine, and isolation during an infectious disease outbreak

Center for Student Wellness and Counseling Services

Just a reminder, until further notice, we continue to remain open during normal business hours of M-F 8 a.m. to 5 p.m.

Counseling@neomed.edu

330.325.6757

neomed.edu/cswc

National Suicide Hotline 800.273.8255

Crisis Text Line 741-741