



# THE WHALE WATCH


*"Looking Out for Yourself and Others"*

## Loving Kindness and Compassion

It is an understatement to say that our lives have not been drastically changed since the impact of COVID-19. Social distancing has been mandated and for a significant purpose, but this has come at a price.

United we stand fighting COVID-19, but individually, fears and uncertainty plague us. It is the fears and uncertainty that can lead to increased stress, anxiety, depression, and anger and have an impact on how we interact with others.

For the well-being of all, it is important that we continue to extend kindness and compassion to others. This can be done in the smallest ways while still maintaining the required social distancing.



"No act of  
kindness, no  
matter how small,  
is ever wasted."

- Aesop

---

In This Issue:

Ways to Extending Kindness and Compassion  
Words of Encouragement from Your Peers  
TAO-Therapy Assistance Online

---

Suggestions on ways to extend kindness and compassion:

- **Smile and wave to others while enjoying the outdoors .**  
Just think of how much better you feel when others have  
extended the courtesy to you

- **Drop a basket of supplies off to a neighbor** . We recently heard the story from a woman who received a basket on her doorstep and the thought of knowing someone cared, brought her to tears.
- **Pay it forward, if you can** . Maybe it's buying an extra pack of toilet paper and having the cashier hold it back for the next person in line.
- **Reach out to family, friends, peers, neighbors** and check in via phone, email, zoom, mail
- **Create homemade face masks** and donate them to healthcare workers or others in need
- **Write cards and letters** to those in assisted living or nursing homes
- **Have food or cookies delivered to first respondents** (police, firefighters, nurses, or other essential employees like housekeeping and grocery workers)
- **Help an elderly neighbor** with groceries, yard work, or a social distanced porch visit
- **Take your remote work/school lunch break outside**
- **Dress up** and have a nice Friday or Saturday night dinner at home
- Have a **virtual cup of coffee/tea** with a friend
- **Send an encouraging quote** of the day to a friend
- **Do a museum virtual tour** with friend via Zoom
- **Do virtual yoga** with a friend
- Go to a nearby park and **walk or bike**

---

## Words of Encouragement Message Board

---



**Here's a way to show loving kindness to your classmates!**

**Go to [Menti.com](https://www.menti.com)  
and use Code 399598**

**Click here to read  
the [Message Board!](#)**



## ***TAO on Loving Kindness***

Log-in [thepath.taoconnect.org](http://thepath.taoconnect.org)

TAO Tools>Mindfulness Library>Loving Kindness Meditation

## ***Mindful.org on Loving Kindness and COVID-19***

Visit our [CSWCS page](#) for links, lighthearted videos, self-help tools and continue to monitor your NEOMED email for more information from the University and/or our Center as it pertains to this ever-evolving situation.

**The Center for Student Wellness  
and Counseling Services**

**330.325.6757**

**[neomed.edu/cswc](http://neomed.edu/cswc)**

**[counseling@neomed.edu](mailto:counseling@neomed.edu)**