

May 2020
Special Edition #1



THE WHALE WATCH

"Looking Out for Yourself and Others"

F.A.C.E. C.O.V.I.D.

Dear Students:

Over the last few months, the Center for Student Wellness and Counseling Services (CSWCS) has provided you with numerous tools to combat stress, anxiety, depression, and improve your overall well-being.

Now we want to take this opportunity to combine these tools into an effective mnemonic device created by author Dr. Russ Harris of the Happiness Trap.

In This Issue:

What is F.A.C.E. C.O.V.I.D?
Russ Harris Resources
TAO Connect



FACE COVID:
A set of practice steps
to responding effectively to the Coronavirus

F = Focus on what's in your control. COVID-19 has had an impact on everyone's lives creating a level of uncertainty, anxiousness, and fear. Continuing to focus on the things out of your control (ex. the stay-at-home order or changes to your academics) will cause you to feel more anxious and while a certain level of fear and anxiety is normal, too much does more harm than good. You do not always have control over the thoughts and feelings you experience but you can control what you do here and now. If it helps, create a list of things out of your control and things in your control and refer to it when you are feeling anxious.

A = Acknowledge your thoughts and feelings. Take a moment and ask yourself: What are you thinking? What are you feeling?

C = Come back to your body. Try focusing on some part of your body, such as the pressure of pushing your fingertips together.

E = Engage in what you are doing. Try utilizing some grounding/mindfulness techniques, such as noticing your 5 senses. Want some more ideas? See our April newsletter focusing on simple but effect ways to ground.

C = Committed action. Consider how you are caring for yourself

and others around you. What can you do right now that improves life for yourself or others? Engage in it fully.

O = *Opening up.* This means making room for some of those thoughts and feelings you've acknowledged and recognizing they are normal. Show yourself some kindness. Treat yourself as you would care for others.

V = *Values.* Consider your values (honesty, kindness, loyalty, love, hard work, etc.) and let your actions be guided by your values.

I = *Identify resources.* Who are the people you call when you need help, advice, support? This includes your social support, emergency services, health professionals. Be a resource for others if you can.

D = *Disinfect and distance.* Given the circumstances, this makes sense. Wash your hands and practice social distance.

Want To Know More?

[How to respond effectively to the Coronavirus \(article\)](#)

[Video Explanation](#)

[ACT Mindfully Workshop Podcasts](#)

***For modules on Acceptance and Commitment
Therapy check out TAO***

Log-in thepath.taoconnect.org

My Pathways>Let Go and Be Well!



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

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