Emotional Wellbeing During Isolation or Quarantine

So much of our world has been turned upside down, and this impacts all of us in various ways. It’s a time where we really need to pay attention to our wellbeing overall. There are 8 dimensions of wellness (physical, emotional, spiritual, social, environmental, intellectual, occupational, financial), and while all of them are so important during this time, we know that emotional wellness can really take a toll when isolated or quarantined due to COVID-19. Remember that it is a sign of strength to take care of your mental wellbeing and reach out for help.

Tips for emotional wellness:

1. Be Aware of Stress Signals. How does your body feel when you’re stressed? Some common signs are brain fogginess, difficulty concentrating, irritability, deep mood swings, hyper-focused on problems, tension, aches and pains. If we can recognize what we are feeling, we are better equipped to tackle them.

2. Stay Connected. Humans are social beings and we need our support people, so check in with your loved ones in new ways. Maximize connectivity while you minimize physical contact. Utilize communication platforms like FaceTime, Zoom, or Google Hangouts to keep in touch.

3. Maintain Routine. You’re in a different environment for a short period of time and might feel really thrown off. Try to establish some kind of structure, including getting ready for the day and a regular sleeping schedule.

4. Focus on What You Can Control. Focus on what you can control instead of what you can’t. Worrying about things you can’t change wastes energy and doesn’t change the outcome of the situation.

5. Practice Mindfulness. Although this is difficult, try your best to not worry about the future. Be present in “right now” and how you can make the best of your current situation. Seek out 3 good things each day to help balance out the negative. Celebrate successes throughout the day.

6. Reach Out for Help. Again, the experience of your feelings and thoughts during this difficult time of the pandemic is normal. Yet, persistent feelings of sadness, stress, or anxiety should not continue for longer than a few weeks. There are many resources and people here on campus who are here for you.

Campus Resources & Tools:

WELLTRACK

A new app we are launching for WMU students! Once the semester begins, you can log on to take a 5-minute quiz to evaluate your emotional wellness, get self-care tips, and have access to cool tools like the “Zen Room” and Moodchecker. Welltrack is designed to give you custom resources to keep you mentally healthy. Download the app at your app store or visit online at www.welltrack.com.
**SINDECUSE COUNSELING SERVICES**

Sindecuse Health Center’s Counseling Services provides customized psychological interventions through the use of a Stepped Care Model for our diverse student population. Stepped Care is a system where the most effective and least intensive treatment is delivered to match the specific needs for you. They work with you to create a customized, strengths-based wellness plan, care is solution-focused to meet your needs, confidential and no charge to our students.

SHC Counseling Services is providing telehealth counseling, so you can access care while minimizing COVID-19 exposure. Call (269)387-1850 to make an appointment and visit [https://wmich.edu/healthcenter/counseling](https://wmich.edu/healthcenter/counseling) for up-to-date information on group programming, mental health webinars, resources, hours, and any changes related to COVID-19.

**WMU HEALTH PROMOTION AND EDUCATION**

Knowing that wellness encompasses eight holistic dimensions, this office on campus provides virtual educational wellness workshops on topics like mental well-being, physical health, alcohol and other drugs, sexual health, bystander intervention. It’s also the home of the FIRE Place, where students can find support for sexual assault and other bias incidents. Find out more at [https://wmich.edu/healthpromotion](https://wmich.edu/healthpromotion).

**CAMPUS SAFETY & NATIONAL CRISIS LINES**

If you or a friend are in a mental health crisis, please notify WMU Campus Safety at 911. As a campus, we also utilize two national lines, where a trained crisis counselor will respond 24/7 to mental health emergencies. You can text “Home” to 741-741 (Text “Steve” to 741-741 to reach a counselor of color) or dial (800)273-TALK to talk on the phone.