
COVID-19 WELLNESS RESOURCES

FOR FACULTY & STAFF

TOOLKITS

- [Supporting Learning and Well-Being During the Coronavirus Crisis](#) (Greater Good Science Center)
- [COVID-19 RESOURCE GUIDE For Higher Education Professionals](#) (The JED Foundation)
- [COVID-19 Resources](#) (NASPA – Student Affairs Administrators in Higher Education)
- [Coping With Coronavirus: How Faculty Members Can Support Students in Traumatic Times](#) (The Chronicle of Higher Education)
- [Moving Online Now: How to Keep Teaching During Coronavirus](#) (Coronavirus Articles Collection, The Chronicle of Higher Education)
- [Pedagogies of Care: Open Resources for Student-Centered and Adaptive Strategies in the New Higher-Ed Landscape](#) (West Virginia University Press Teaching & Learning Series, 2020)
- [Hope4College Resource Guide](#) (The Hope Center)
- [Impacts of COVID-19 on First Generation Students](#) (Center for First-Generation Student Success)
- [COVID-19 Resource & Information Guide](#) (NAMI – National Alliance on Mental Illness)
- [Corona Care Toolkit: Emotional Intelligence in Action](#) (OJI Life Lab)
- [Care for Your Coronavirus Anxiety](#) (by Shine)
- [Peak Mind Starter Pack](#) (Peak Mind: The Center for Psychological Strength)
- [A Digital Resource Toolkit for Getting Through Uncertain Times](#) (by The Mighty)
- [COVID-19 Well-Being Toolkit and Resources](#) (Center for Healthy Minds)
- [Resources for Women During the Coronavirus Pandemic](#) (Lean In)
- [Working Through COVID-19: Guidance for Organizations and Professionals](#) (Society for Industrial & Organizational Psychology)
- [National Consortium for Building Healthy Academic Communities](#)

WEBINARS

The Chronicle of Higher Education

The Chronicle offered a webinar series entitled “**Faculty Resilience and the Coronavirus**” to address the sudden transition to remote learning during COVID-19 and the resulting impact on teaching and well-being.

Available Webinars:

- [From Emergency Remote Teaching to Effective Distance Education](#)
- [The Future of the Faculty](#)
- [Inclusive Teaching in the Online Classroom](#)
- [Supporting Contingent Faculty During the Outbreak](#)
- [Fixing Higher Ed's Inequities in a Time of Crisis](#)
- [How Faculty and Administrators Can Come Together During the Outbreak](#)
- [Online Teaching in an Emergency](#)
- [Faculty Work/Life Balance During the Crisis](#)
- [Adjusting to a Crisis](#)
- [The Remote Institution](#)
- [Models for the Post-Pandemic College](#)
- [Better Student Engagement During Covid-19](#)

School of Professional Studies – Clark University

Clark University's SPS developed a six-part series of discussions addressing the COVID-19 crisis and impact on those working in higher education.

Available Webinars:

- [How to Stay Motivated and Positive in Turbulent Times](#)
- [The Importance of Establishing a Routine in a New Climate](#)
- [The Importance of Communications in Uncertain Times](#)
- [Working on Virtual Teams](#)
- [Organizational Agility During Uncertain Times](#)
- [In an Extraordinary Time, What's Working Well and Why?](#)

McLean Hospital – A Harvard Medical School Affiliate

[McLean Hospital](#) recognizes the need for reliable and helpful mental health resources. With this in mind, they have dedicated the time of their staff to ensure they are making free resources available for the public and professionals in hopes of promoting healthy individuals and communities.

Available Webinars:

- [Supporting College Student Mental Health During COVID-19](#)
- [Meaning and Purpose – A COVID-19 Mental Health Survival Guide](#)
- [Remaining in Control of Our Emotions](#)
- [Supporting Child and Teen Mental Health During a Pandemic](#)
- [Reducing Family Anxiety and Worry About Coronavirus](#)
- [Strategies to Successfully Manage Stress During Difficult Times](#)
- [Frazzled Families and Overcoming Parental Burnout During COVID-19](#)
- [Stress, Eating, and Sleep – Self-Care During the Pandemic](#)

Cambridge University Press

The Online Learning Services team at [Cambridge University Press](#) offered a **Remote Teaching Webinar series** to assist faculty with the sudden transition to remote learning. Cambridge has a [YouTube channel](#) with a number of academic webinars, including the Remote Teaching series.

Available Webinars:

- [Maintaining student engagement remotely](#)
- [Communicating your ideas online](#)
- [Keep the conversation going](#)
- [Planning your course](#)
- [Creating and managing your community](#)

ADDITIONAL RESOURCES

Articles on Teaching:

- [Student Experiences During the Pandemic Pivot](#) (Ithaka S+R)
- [What Does Trauma-Informed Teaching Look Like?](#) (The Chronicle of Higher Education)
- [How Your Syllabus Can Cater to Every Student](#) (The Chronicle of Higher Education)
- [Keep Teaching: During Prolonged Campus or Building Closures](#) (University of Maryland)
- [Incorporating a Student Needs Assessment into Your Course](#) (Chapman University)
- [3 Things That #SAPros Can Do to Support Students in Adjusting to Online Classes](#) | Presence (June 12, 2020)
- [Technology is not Pedagogy](#) | Sean Michael Morris (June 10, 2020)
- [Tips for Building Resilience in Students and Early Career Professionals During COVID-19](#) | Anxiety & Depression Association of America
- [Enhancing online learning](#) | American Psychological Association (June 1, 2020)
- ['I can't get motivated': the students struggling with online learning](#) | The Guardian (May 4, 2020)
- [Adjusting to Remote Learning: The Opportunities and Challenges](#) | Higher Ed Jobs (Mar. 20, 2020)
- [Five Ways Mindfulness Can Support Educators During a Crisis](#) | EdSurge (Apr. 24, 2020)
- [Teaching Strategies of Award-Winning Online Instructors](#) | Edutopia (Apr. 17, 2020)
- [Remote teaching and learning pivots: Resources for institutions and schools](#) | Duke Learning Innovation (Mar. 17, 2020)
- [The Single Most Essential Requirement in Designing a Fall Online Course](#) | Hastac (May 11, 2020)
- [Social-Emotional Learning Should Be Priority During COVID-19 Crisis](#) | Educating Through Crisis/National Education Association

Articles on Mental Health:

- [Mental Health & Behavioral Health is Central to Preserving the Academic Mission](#) | The JED Foundation
- [Low-Income Students Are Disproportionately Hurt by the Pandemic. Here's a Glimpse of the Toll.](#) | The Chronicle of Higher Education (June 23, 2020)
- [Life after COVID-19: Making space for growth](#) | American Psychological Association (June 1, 2020)
- [Promoting Student Mental Health in Difficult Days](#) | Inside Higher Ed (May 19, 2020)
- [Focus, Productivity and Other Casualties of the Pandemic](#) | Thrive Global (May 15, 2020)
- [How Loneliness Hurts Us and What to Do About It](#) | Greater Good Magazine (May 14, 2020)

- [How to Improve Your Sleep During the COVID-19 Pandemic](#) | Psychology Today (May 7, 2020)
- [How To Manage Your Stress During Quarantine](#) | Forbes (May 5, 2020)
- [Mental Health Lessons from COVID-19](#) | Appleroth (Mar. 27, 2020)
- [Seven crucial research findings that can help people deal with COVID-19](#) | American Psychological Association (Mar. 16, 2020)

Articles on Workplace Wellness & Organizational Psychology:

- [7 Essential Tips for Working From Home During the Coronavirus Pandemic](#) | The Muse
- [Why You Should Still Use Your Vacation Days During Quarantine](#) | Readers Digest (June 22, 2020)
- [Stress management for leaders responding to a crisis](#) | American Psychological Association (May 27, 2020)
- [3 signs that your coworker may be struggling with mental health issues](#) | Fast Company (May 23, 2020)
- [This Is Your Brain on Remote Work](#) | Marker (May 20, 2020)
- [How To Avoid Burnout In The Age Of Remote Work](#) | Forbes (May 18, 2020)
- [Leadership For The New Normal: Are You Ready?](#) | Forbes (May 18, 2020)
- [Supporting employee mental health when reopening the workplace](#) | American Psychological Association (May 13, 2020)
- [Connection at Home During Covid-19](#) | Connection Culture Group (May 11, 2020)
- [Feeling Overwhelmed? Stressed? Emotionally Worn Down? Here's Why \(and Some Tactics to Help\)](#) | Appreciation at Work (May 11, 2020)
- [How to Manage Stress as a Newly Remote Employee](#) | Psychology Today (May 6, 2020)
- [Promoting Workplace Mental Health In The Age of COVID-19](#) | Everfi (Apr. 20, 2020)
- [All Leaders Need to 'Think Digital' in the Age of COVID-19](#) | The Wharton School/UPenn (Apr. 20, 2020)
- [Psychologists' advice for newly remote workers](#) | American Psychological Association (Mar. 20, 2020)
- [How leaders can maximize trust and minimize stress during the COVID-19 pandemic](#) | American Psychological Association (Mar. 20, 2020)
- [Using the psychological science of crisis leadership and communications to navigate the coronavirus](#) (PDF PowerPoint) | American Psychological Association (Mar. 20, 2020)
- [Organizational Grit](#) | Harvard Business Review
- [How to Support the People You Lead in Times of Uncertainty](#) | Great Good Magazine

Resources on Parenting:

- [Tips for quarantined parents in the times of COVID-19](#) (American Psychological Association)
- [Parenting in the Age of COVID-19](#) (Facebook page from American Psychological Association)
- [COVID-19 virtual learning and education: Thinking and learning](#) (American Psychological Association)
- [The Pandemic Parenting Guide: How to Improve Your Child/Teen's \(and Your Own\) Emotional Well-Being in Times of COVID-19](#) (Anxiety & Depression Association of America)
- [Coping After a Disaster \(PDF\)](#) activity book for children age 3-10 (CDC)

Podcasts:

- **[THE KEY with Inside Higher Ed](#)**: Hear candid conversations with higher ed newsmakers on how colleges and universities are coping with the pandemic and recession -- with a special focus on equity and lower-income students.
- **[Solutions for Higher Education](#)**: Solutions for Higher Education dives into hot topics in the world of colleges and universities. Sometimes it tackles controversies in education, sometimes it looks at current events, sometimes it's innovations and fun. Brought to you by Southern Utah University, but geared toward anyone with an interest in the subjects..
- **[Teaching in Higher Ed](#)**: This is the space where we explore the art and science of being more effective at facilitating learning. We also share ways to increase our personal productivity, so we can have more peace in our lives and be even more present for our students.
- **[SAQ Voices from the Field](#)**: SA Voices from the Field shares the voices and stories from student affairs professionals from around the world. This podcast provides you with practical advice to help you be the best student affairs practitioner you can be, no matter where you are in your career.
- **[The Collegiate Empowerment Show](#)**: If you're a future focused Higher Education Professional, a University Executive, or an Entrepreneurial Educator committed to the long haul of Higher Education, then this show is for you! Join your host Tony D'Angelo, the founder of Collegiate Empowerment, as he and his guests help you increase your professional Clarity, Confidence, Capability and Commitment, so you can Help College Students Get What They Truly Want and Need for success in the 21st Century. From Enrollment through Engagement to Endowment, this show has the insights that Higher Education Professionals like you are looking for.
- **[Future U](#)**: Co-hosts Jeff Selingo and Michael Horn discuss what's next for #highered and talk with the newsmakers in the academy and the Ed Tech industry you want to hear from most. If you're curious about the future of colleges, learning, and human capital, this is a podcast you won't want to miss.
- **[Lecture Breakers](#)**: The place where college professors, instructors, and educators share innovative teaching strategies, practical ideas, teaching tips, and resources to help you break up your lecture, energize your classroom, increase student engagement, and improve learning. Join Dr. Barbi Honeycutt and her guests as they show you how to integrate active learning strategies in your lecture without spending hours redesigning your course, getting overwhelmed, or feeling frustrated. Get advice and tools to help you save time and energy when you're preparing for your next lesson. Let's open the doors to our classrooms, lecture halls, and labs and learn from each other!
- **[EdSurge ON AIR](#)**: A weekly podcast about the future of learning and the intersection of technology and education. Join host Jeff Young and other EdSurge reporters as they sit down with educators, tech innovators and scholars for frank and in-depth conversations.
- **[Regenerative Ed](#)**: A podcast from Grounded Teaching, Regenerative Ed explores how thinking about education as a living system can help all of the humans in this system to grow and thrive...from the ground up.

Mental Health Organizations:

- **Institute for Disaster Mental Health**
 - [COVID-19: Coping as the pandemic continues \(PDF\)](#)
 - [COVID-19: Managing relationships under stay-at-home orders \(PDF\)](#)
 - [COVID-19: Managing stress in this anxious time \(PDF\)](#)
- **Center for the Study of Traumatic Stress**

- [Caring for Patients' Mental Well-Being During Coronavirus and Other Emerging Infectious Diseases: A Guide for Clinicians \(PDF\)](#)
- [Psychological Effects of Quarantine During the Coronavirus Outbreak \(PDF\)](#)
- **Substance Abuse and Mental Health Services Administration (SAMHSA)**
 - [Taking Care of Your Behavioral Health: Tips for so social distancing, quarantine, and isolation during an infectious disease outbreak](#)
- **World Health Organization**
 - [Briefing note on addressing mental health and psychosocial aspects of COVID-19 Outbreak](#)
 - [Coping with stress during the 2019-nCOV outbreak \(PDF\)](#)
- **Centers for Disease Control**
 - [Mental Health and Coping During COVID-19](#)

FOR IMMEDIATE HELP

- Call **911**
- **Disaster Distress Helpline:**
 - CALL: 1-800-985-5990
 - TEXT: "TalkWithUs" for English or "Hablanos" for Spanish to 66746
- **National Suicide Prevention Lifeline:**
 - CALL: 1-800-273-TALK (8255) for English, 1-888-628-9454 for Spanish
 - ONLINE: [Lifeline Crisis Chat](#)
- **National Domestic Violence Hotline:**
 - CALL: 1-800-799-7233
 - TEXT: "loveis" to 22522
- **National Child Abuse Hotline:**
 - CALL: 1-800-4AChild (1-800-422-4453)
 - TEXT: 1-800-422-4453
- **National Sexual Assault Hotline:**
 - CALL: 1-800-656-HOPE (4673)
 - ONLINE: [Online Chat](#)
- **The Eldercare Locator:**
 - CALL: 1-800-677-1116 [TTY Instructions](#)
- **Veteran's Crisis Line:**
 - CALL: 1-800-273-TALK (8255)
 - ONLINE: [Crisis Chat](#)
 - TEXT: 8388255