

The Emotional Impact of the COVID-19 Pandemic: Navigating Current and Future Mental Health Challenges

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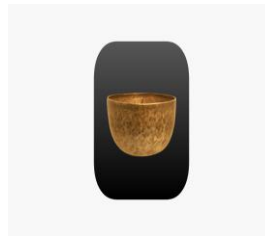
Executive Education

Self-Care

- Eat, Sleep & Exercise
- Guilt-free outsourcing
- Stop Multi-tasking
- Take Time Off
- Take a technology break - Put Down the Phone
- The critical importance of “lunch” and “coffee breaks”
- Talk about something other than work and COVID-19
- Expressive writing
- Mindfulness/Meditation
- Call your health care provider if symptoms persist

Yes...You Can Use Your Phone...For Mindfulness/Meditation, Sleep

- **Headspace**
- **Insight Timer**
- **Breethe**
- **10% Happier**
- **Calm**
- **Yoga Nidra**













Mindfulness/Meditation Apps











Top Meditation Apps in the U.S. for February 2020 by Downloads













Overall Downloads

-  Calm
-  Headspace
-  Meditopia
-  Breethe
-  Synctuition
-  Insight Timer
-  Meditation App
-  Abide
-  Sanity & Self
-  Aura

App Store Downloads

-  Calm
-  Headspace
-  Breethe
-  Meditopia
-  Synctuition
-  Insight Timer
-  Meditation App
-  Abide
-  Sanity & Self
-  Aura

Google Play Downloads

-  Calm
-  Headspace
-  Meditopia
-  Synctuition
-  Insight Timer
-  Let's Meditate
-  Aura
-  Deep Meditate
-  Abide
-  Stop, Breathe & Think

Mental Health Resources

- **National Alliance on Mental Illness:** NAMI Helpline 1-800-950-NAMI or text "NAMI" to 741741
- **The National Disaster Distress Hotline:** 1-800-985-5990 or text TalkWithUs to 66746 to speak to a caring counselor. <https://www.samhsa.gov/newsroom/press-announcements/202003240200>
- **American Foundation for Suicide Prevention** 1-800-273-8255 or text TALK to 741741. <https://afsp.org/>
- **National Suicide Prevention Lifeline:** 1-800-873-2355 <https://suicidepreventionlifeline.org/>
- **National Helpline Substance Abuse and Mental Health Services Administration :**1-800-662-4357. <https://www.samhsa.gov/find-help/national-helpline>
- **Parenting Resources: Child Mind Institute:** <https://childmind.org/>
- **The Family Institute of Northwestern University** provides free or low-cost mental health services provided through their Bette D. Harris Clinic. (847) 733-4300. <https://www.family-institute.org/>

Additional Crisis Resources

- **National Domestic Violence Hotline:** 1-800-799-7233 or text LOVEIS to 22522. <https://www.thehotline.org/>
- **Legal Assistance: Legal Services Corporation (LSC):**
<https://www.lsc.gov/>
- **American Bar Association Disaster Legal Services:**
https://www.americanbar.org/groups/young_lawyers/projects/disaster-legal-services/
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- **Society for Human Resource Management (SHRM)**
<https://www.shrm.org/resourcesandtools/tools-and-samples/toolkits/pages/managingemployeeassistanceprograms.aspx>