



WAYNESBURG UNIVERSITY

WELLNESS RESOURCES

SPRING 2020



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Resources for

MENTAL WELLNESS



CDC Tips: Mental Health & Coping During COVID-19

Reflection Journal

- "What you resist persists." Use this journal to help face emotions directly & process them using guided prompts.

Todoist: The to-do list to organize work & life

- Productivity app that allows you to manage to-dos, set daily schedules, and track habits.
- Great for tracking healthy habits, managing time, or remembering to take care of yourself!
- Structure is so important to our mental health.

SleepTown - Build Healthy Sleep Habits

- Sleep habit app that turns bedtime & wake up times into a game!

COVID-19: Managing Stress in this Anxious Time

- Institute for Disaster Mental Health provides tips for managing

Speaking of Psychology: Coronavirus Anxiety

- Psychological Association Podcast Episode discussing COVID-19 Anxiety & the Effects of being quarantined

Do Nothing for 2 Minutes

- That's it! Sit and rest for 2 minutes. Take a breather.

Waynesburg University Counseling Center



Resources for

MENTAL WELLNESS

Disaster Distress Helpline

- Call or text. Disaster Distress Helpline is available to provide crisis counseling & support for anyone in the U.S. experiencing distress or behavioral health concerns related to natural/human caused disasters, including Public Health Emergencies.

As Coronavirus Alters Our World You May Be Grieving. Take Care Of Yourself : Shots - Health News

- Article that considers how to acknowledge and process grief during these uncertain times

Just Checking In: 10 Minutes, 10 Questions

- Stay connected! IDONTMIND started a campaign to connect people who are practicing social distancing and encourage others to join in using the hashtag #JustCheckingIn on Instagram. Their website contains good self-reflective questions.

The Science of Well-Being by Yale University.

- A free online course that explores building happiness & managing your own productivity
- Approx. 3 hours/week

Sanvello: Home

- On Demand Help for anxiety, depression & stress
- Free premium access during COVID-19

Managing Coronavirus Anxiety: 10 Tips from a Professional Psychologist

- Clinical Psychologist Nick Wingnall suggests tips for managing COVID-19 related anxiety
- Includes sleep tips, exercise tips, & tips for managing emotions

Living with worry and anxiety amidst global uncertainty.

- Psychology Tools guide for maintaining wellbeing during uncertain times



Resources for

SPIRITUAL WELLNESS



Dwell

- Explore scripture through playlists, stories, passages, and plans

She Reads Truth

- “Be a woman in the Word of God everyday”
- Reading plans, shared community plans

He Reads Truth

- “Be a man in the Word of God everyday”
- Reading plans, shared community plans

Bible Memory App

- Allows you to build a bank of verses you are working on memorizing by category
- Uses game-like technology to help with memorization

Spurgeon Morning & Evening Devotional App

- Free, daily devotionals twice per day, in the mornings and evenings

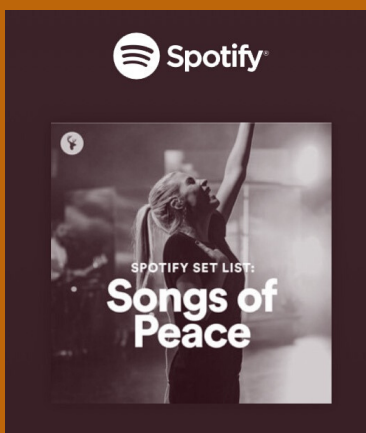
Create spiritual rhythms and habits for quarantine.

- Read the Scriptures
 - Where we fix the eyes of our heart signals into what we are becoming; our mood, hope, delight, fear, and anxiety each will speak to what we spend time beholding.
 - Start and/or end the day by reading Scripture.



Resources for

SPIRITUAL WELLNESS



PATHWAYS CENTER RECOMMENDATIONS

*Worship music that
uplifts and encourages*

Spotify Playlists

- Do Not Fear
- Hold Hope
- Sang on Sunday
- Bethel Music: Songs of Peace

Favorites

- [Christ is Risen](#)
- [Remember](#)
- [I Got Saved](#)
- [It Is So](#)
- [Goodness of God](#)
- [Turn Your Eyes Upon Jesus](#)
- [Still In Control](#)

Create spiritual rhythms and habits for quarantine (continued).

- Rhythms of Prayer
 - Stopping at various times throughout the day to pray helps break up the potential monotonous day, as well as returns us to and reminds us of who we are created to be: communion with God and others.
 - Prayer ideas:
 - Every even hour to begin the hour (ex. 8 a.m., 10 a.m., 12 p.m. ...)
 - Prayer for the safety of the world while washing hands
 - Morning, midday, evening
- "Gather" Safely
 - And let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near.-Hebrews 10:24-25
 - While it is vital to the safety of ourselves and others that we practice social distancing, we are still created for connection. Consider scheduling a weekly Zoom call or FaceTime with a group of friends to check in on each other, share prayer requests, and see one another's faces.
 - The WU Campus Ministry team is hosting bi-weekly Zoom hangouts- Sundays from 8-9 p.m. and Tuesdays from 11 a.m.-1 p.m.

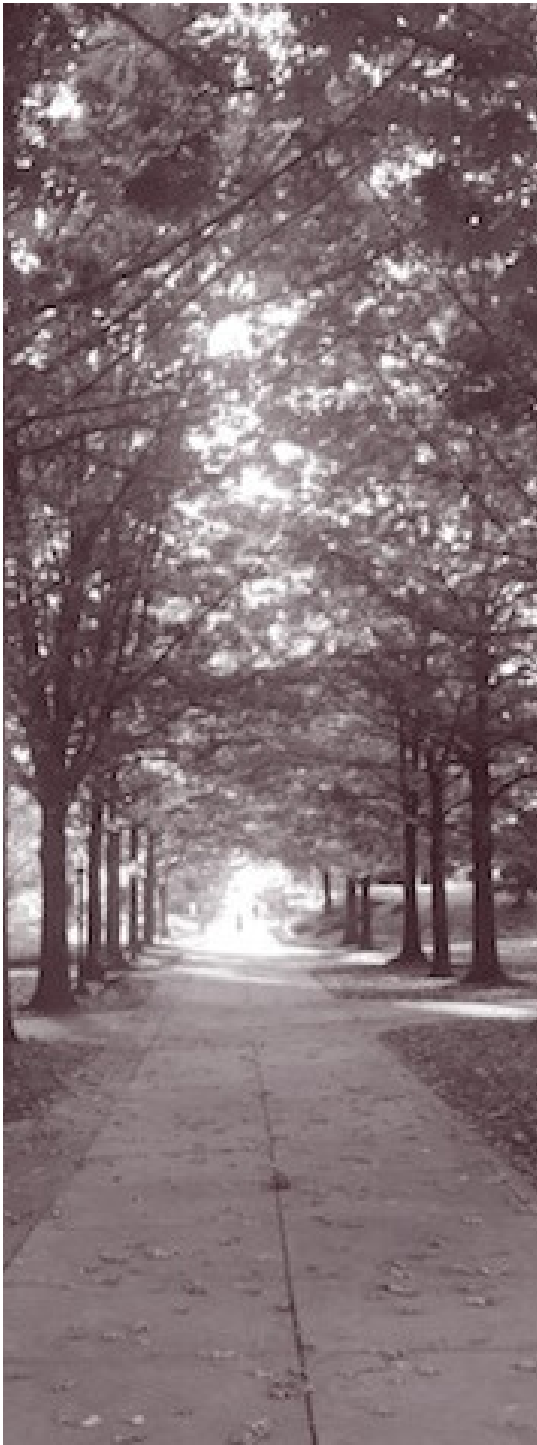
Bible Study Tools

- Free access to the largest library of study Bible versions



Resources for

PHYSICAL WELLNESS



Peloton Website & App

- Free 90-day trial
- Download-able workouts including cardio, strength training, walking, running, and yoga
- Also offering live work outs

Orangetheory At Home

- Free, 30-minute, no-membership-required daily at home workouts
- Minimal equipment (household items) used

Nike Run Club App

- Guided runs
- Ability to track and share progress

Nike Training Club App

- Free workouts in an array of forms
- Body-weight, yoga, cardio, HIIT, equipment use or not
- Guided programs available

5 Minute Yoga Workouts

- Each workout is no longer than 5 minutes
- Helpful tool for beginners trying yoga

Top 25 At Home Exercises

Daily Burn At Home Exercise Classes

- Free 60 day trial
- Choose from: at home, running, yoga, HIIT



Resources for

TAKING A BREAK



Google Arts & Culture Tours

- [10 Museums to Explore](#)
- [National Park Tours](#)

Animals - In the Wild & at the Zoo

- [Animal Live Streams](#)
- [Pittsburgh Zoo Webcams](#)
- [Other Virtual Zoo Tours](#)

Good News

- [A Newsletter that Only Shares Good News](#)
- [Instagram: @goodnews_movement](#)
- [Some Good News with John Krasinski](#)

Meditation, Mindfulness & Relaxation

- [Calm - The #1 App for Meditation and Sleep](#)
- [The Smithsonian Institute Workshops: Meditation and Mindfulness - Free, 30 minutes, 4 times each week](#)
- [Nonogram Puzzles](#)

PATHWAYS CENTER RECOMMENDATIONS

Books we read when we need a good distraction

- Alexa:** Ragamuffin Gospel by Brennan Manning
Courtney: Try Softer by Aundi Kolber
Sarah: Educated by Tara Westover
Brian: The Bible

[Read free ebooks/audiobooks on the Libby app.](#)



Pathways Center

LET'S CONNECT



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- Scheduling Assistance
- Vocational Exploration
- Major Change Assistance
- General Student Success

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- Resume and Cover Letter Assistance
- Study Abroad
- Federal Work Study