Create a “thought chart”...

Because such a strategy will help you identify and create plans to address your mental health.

To create a “thought chart”...

Identify those worrying thoughts with self-compassionate phrases (i.e., it’s normal to be worried) as well as rational-counterparts...

(i.e., “worrying thought: I’m helping me – I’m pushing away a thought).”

Brooke also offered these wise words: “I want to recognize that not everyone has the privilege to shelter in place, or to do so safely and with financial security. Health care, grocery transit, and other essential workers are on the frontline of caring for us, often putting themselves and their families at great risk. Thank you.”

From “Helping Others Can Help You Cope with Lockdown,” by Lindsey Svoboda

By clicking on the title above you can read the full article from the Greater Good Science Center.

Helping buoys the helper, not just the recipient...

Helping buoys the helper, not just the recipient. By clicking on the title above you can read the full article from the Greater Good Science Center.

Three white circles are shown: “In helping others...,” “In helping other people get through tough times, people can develop new skills,” and “In helping others...”

Helps buoy the helper, not just the recipient. By clicking on the title above you can read the full article from the Greater Good Science Center.

Creative stay-at-home helping ventures abound...

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“Helping others...,” “In helping other people get through tough times, people can develop new skills,” and “In helping others...”

Helping others... By clicking on the title above you can read the full article from the Greater Good Science Center.

From “Six Daily Questions to Ask Yourself” by Brooke Anderson

By clicking on the title above you can read the full article from the University of Minnesota U-CAN.

Visit the UMD Counseling Center’s website to learn more about how to help yourself and to learn how to help to connect with a counselor.

Facing a question or concern about a COVID-related issue?

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