Wellbeing & Mental Health
Resources during times of crisis

In this time of uncertainty, it is imperative that we take an active approach in taking care of our mental health. Managing anxiety, isolation, and stress is hard, specially during times of crisis. This compilation of online resources aims to provide that bit of extra support to cope with the current circumstances.

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Managing anxiety

Oxford Mindfulness Centre
https://oxfordmindfulness.org/

MIND advice on Coronavirus and your wellbeing (includes advice for managing self-isolation).
https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/?fbclid=IwAR1aZ1VCljtJ9YbbG_PE9CqAqNOHxAPbO2U2meWDl7FRQyZzW2QVYf5bDok

Looking after your mental health during the Coronavirus outbreak
https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak

Health and other forms of Anxiety and Coronavirus, Anxiety Foundation, UK.

Health and other forms of Anxiety and Coronavirus Part 2, Anxiety Foundation, UK.

What to do if you are anxious about coronavirus, Young Minds.
https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/

Coronavirus anxiety: how to cope if you’re feeling anxious about the outbreak, BACP.
https://www.bacp.co.uk/news/news-from-bacp/2020/28-february-coronavirus-anxiety-how-to-cope-if-you-re-feeling-anxious-about-the-outbreak/?fbclid=IwAR1HJKIS7dNAgeEHJtJ2DLX077Ae-6NqGMcPE5mSkiaKVZITTL69e86Zccl

Managing Anxiety & Stress, Center of Disease Control, USA.

Coping with stress during infectious disease outbreaks

Guidance on Coronavirus for HIV+
Managing self-isolation

Self-care, University of Oxford.
https://www.ox.ac.uk/students/welfare/counselling/self-help/self-care?wssl=1

Looking after your mental health while self-isolating.
https://youngminds.org.uk/blog/looking-after-your-mental-health-while-self-isolating/

How to look after your mental health and well-being if you are self-isolating, BACP.

15 ways to practice self-care in the time of coronavirus, Quartz
Our calm is contagious: How to use mindfulness in a pandemic, Vox.  

Everything you need to know about self-isolation, Good Housekeeping.  
https://www.goodhousekeeping.com/uk/health/health-advice/a31390884/how-to-self-isolate/

Tips on making self-isolation manageable, T3.  
https://www.t3.com/features/how-to-stay-sane-if-youre-self-isolating

Government ‘Stay at Home advice’  

NHS UK ‘Stay at Home advice’  

Mental ill-Health and Neurodiverse community

“People with pre-existing mental health conditions should continue with their treatment and be aware of new or worsening symptoms”  
CDC, USA.

National Autistic Society Advice.  

OCD and Coronavirus Survival Tips, The National OCD Charity.  

22 ways to leave home without actually leaving the couch, the Insider.  

Families & Children

How to talk to children about COVID-19, Anxiety UK  
The family lockdown guide, The Guardian.  

Activity ideas for kids during self-isolation  
https://www.workingmums.co.uk/activity-ideas-for-kids-during-self-isolation/

Additional support

Oxford University Coffee Ambassadors  
https://www.oucoffeeambassadors.com/

Oxford nightline.  
https://oxfordnightline.org/

The Help Hub - providing free 20-minute online therapy  
https://www.thehelphub.co.uk/ - still under construction

Keep yourself distracted

Vice, ‘100 useful things you can do to kill boredom if you’re quarantined at home’  

3 reasons to meditate in the battle against coronavirus, Psychology today.  

22 ways to leave home without actually leaving the couch, the Insider.  

Zoos and aquariums live streaming,  

Virtual museum tours  
https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours?fbclid=IwAR0Mgn8mRQmi9IUL8EQ2ZsJWMfSHZjQUMB4Qzt_hlVFaP1FoMxJsPnS-mg
Food & Cooking

Making Health and nutrition a priority during the coronavirus (COVID-19) pandemic, American Society for Nutrition

The Guardian, ‘The lockdown larder’

Coronavirus quarantine recipes

Coronavirus self-isolation recipes
https://www.standard.co.uk/go/london/restaurants/coronavirus-self-isolation-recipes-london-chefs-a4390406.html

Half Baked Harvest Cooking blog
www.halfbakedharvest.com

Take care of your body.
Take care of your mind.
Be safe.

This list of resources was compiled by Oxford University’s MCR Welfare Officers and staff for its internal dissemination. Oxford, March 2020.