Some suggestions from Dr. Heilmayr to cope with psychological impacts:

* Feeling uninformed and overwhelmed and want clear, direct information about the virus and how we should act? Find clear, reliable information regarding the pandemic. Here are a few suggestions…
	+ A very thorough, evidence-based [reading list](https://www.vox.com/2020/3/14/21175124/coronavirus-outbreak-covid-19-what-to-read-essential-reading-guide?fbclid=IwAR0iuvC36FJ3rsenjkfXhPoQ6w5ItiqXthP4CGmM3jgbpHVOW09hE0D1bmE) that answers pretty much any question we currently can answer about covid-19.
	+ A special episode podcast discussing the virus and its impacts <https://www.alieward.com/ologies/virology>
	+ Here is a coronavirus specific podcasts that has brief episodes about specific topics: <https://www.cnn.com/audio/podcasts/corona-virus>
	+ CDC: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
* Feeling bored but want to maintain social distance?
	+ Go on a virtual museum tour: [https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours](https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours?utm_source=facebook.com&utm_medium=social&utm_campaign=social-share-article&utm_content=20200313&fbclid=IwAR0MEQhY2uHyJNgAc1yoI8wWwB9OwI-wE4WRTATFH850bqgR_FUm6LCYoew)
	+ Skype, Zoom, or Facetime with a friend or loved one.
	+ [Check out](https://open.spotify.com/playlist/3Dz34LnCjmf1TqhU0FZ5cg?si=BI2-NJbpSkiJzyhW41VBsw) what other students in the class are listening to and add songs to our playlist; or, listen to this [Isle of Calm](https://open.spotify.com/playlist/0aphryvk8SEdTdmhxYxLv8?si=sdg_9y_oTvK4zEQWcQte9Q) playlist
	+ Go outside! Hike, bike, sit, get a breath of fresh air.
	+ Watch 100 Humans on Netflix—a new psychology-focused series
	+ Exercise—good for mental and physical health! There are plenty of good, free YouTube channels with exercise videos—my favorite are Yoga with Adriene and Fitness Blender.
* Feeling uncertain? Read [these tips](https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/?fbclid=IwAR1JQ2YbP56AVxv15MAQ8wFQQ8sxcyTTzCXH_CnW6bN8vsmEkbJBa0bSDJc) about working through times of uncertainty.
* Lacking motivation? Rest assured that many other people are feeling similarly. Here are [some tips](https://blog.hubspot.com/marketing/productivity-tips-working-from-home) for working from home that address motivation and the challenges that arise when we lack a daily routine. (Note the article is about working from home, but you can apply this to learning from home as well.)
* Procrastinating? [Here are some tips](https://www.nytimes.com/2020/03/13/smarter-living/tips-to-stop-procrastinating.html?algo=identity&fellback=false&imp_id=52905967&imp_id=871109575&action=click&module=Smarter%20Living&pgtype=Homepage) on managing emotions, which may be the underlying reason for your procrastination.