



Staying well and calm in the midst of the COVID-19 storm

Evidence-based tactics that work!

This eight-week, online series will equip faculty, staff and students to build important knowledge and skills to sustain their well-being as we experience the impacts of the COVID-19 pandemic. Each session will be delivered by experts and will be accompanied by a skills-building activity that encourages participants to put into practice what they are learning from the content presented. The skills learned will build participant strengths to last well beyond the pandemic. Participants from Ohio State will earn YP4H points for joining at least seven of these sessions!

1. *Stress Buster: Using Cognitive-Behavioral Skills to Allay Anxiety & Depression*
2. *Staying Physically Active While Home: Tips and Tricks*
3. *Be Here Now: Mindfulness Works!*
4. *Sleep Soundly During the COVID Pandemic: You Can Do It!*
5. *Physical Distancing and Loneliness: How to Stay Socially Connected*
6. *Building Resiliency Skills: A Necessity in the COVID-19 Epidemic*
7. *Eating Healthy In Stressful Times: Why it Matters*
8. *Gratitude and Positivity: A Dynamic Duo in the Midst of the COVID-19 Storm*

Wednesdays, 12:30 - 1:00 p.m. | April 8 - May 27

Learn more and register at: u.osu.edu/keepcalmcovid19



THE OHIO STATE UNIVERSITY
OFFICE OF THE CHIEF WELLNESS OFFICER

Partners: College of Nursing, Buckeye Wellness, YP4H, OSU Health Plan, Employee Assistance Program and Office of Student Life