



# TOCC Times

## Mental Illness Awareness

### "Stay Home, Stay Safe"

Arizona is beginning to open up with movie theaters, restaurants and some schools headed back in person. It is in this time that we take extra care of ourselves and each other.

### What you'll find:

Covid 19 - Reminders **P.1**

Mon, Tues, Wed **P.2**

Thurs **P.3**

Fri **P.4**

## Avoid the Three Cs

Be aware of different levels of risk in different settings.



There are certain places where COVID-19 spreads more easily:



### 1 Crowded places

with many people  
nearby



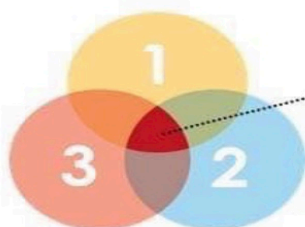
### 2 Close-contact settings

Especially where  
people have close-  
range conversations



### 3 Confined and enclosed spaces

with poor  
ventilation



The risk is higher in places where these factors overlap.

Even as restrictions are lifted, consider where you are going and #StaySafe by avoiding the Three Cs.

## WHAT SHOULD YOU DO?



Avoid crowded  
places and limit  
time in  
enclosed  
spaces



Maintain at  
least 1m  
distance  
from others



When possible,  
open windows  
and doors for  
ventilation



Keep hands  
clean and  
cover coughs  
and sneezes



Wear a mask if  
requested  
or if physical  
distancing is  
not possible

If you are unwell, stay home unless to seek urgent medical care.

## Motivation Monday

For ages, 3-5 is recommended that children engage in active play for about 3 hours per day with a variety of activities. For ages, 6-17, 60 minutes per day of moderate to intense activity. Kids who are active, have better bone health, physical fitness, brain function and academic performance with fewer symptoms of depression.

## TRY IT TUESDAY

We are in unique times and we can forget about our mental well being and our anxiety and stress levels. This Try it Tuesday, take an at home anxiety test. If you feel like you need help dealing with anxiety related to Covid 19 visit some of these resources to learn more about caring for yourself!

## WELLNESS WEDNESDAY

Watch these 2 TEDTalks on Mental Health. Understand you are not alone & then take the stigma out of talking about and caring for your mental health!

# MOTIVATION MONDAY

## "Child Health Day"



Children are our future! For today's

Motivation Monday, get out and be

physically active with your kids!

The amount of activity that your child needs

will vary depending on your child's age.

Be safe and have fun with your kids today!

# TRY IT TUESDAY

## Take an Anxiety Test

<https://screening.mhanational.org/screening->

[tools/anxiety?ref=https%3A//www.google.com/&ipiden=a254a89cb9660d395fd34c25f47c3554&show=1](https://screening.mhanational.org/screening-tools/anxiety?ref=https%3A//www.google.com/&ipiden=a254a89cb9660d395fd34c25f47c3554&show=1)

## Covid-19 Anxiety

Feeling anxious about the coronavirus? You're not alone. This toolkit from @TheShrineApp & MentalHealthAM can help: <http://ett.ec/9acGy+>

We are in this together!!

Visit <https://www.virusanxiety.com/> to learn more about how to care for yourself during this pandemic!

# WELLNESS WEDNESDAY

## Watch these TEDTalks!

You are not alone! The Struggle with Mental Health

[https://www.ted.com/talks/andrew\\_solomon\\_depression\\_the\\_secret\\_we\\_share/up-next?referrer=playlist-the\\_struggle\\_of\\_mental\\_health](https://www.ted.com/talks/andrew_solomon_depression_the_secret_we_share/up-next?referrer=playlist-the_struggle_of_mental_health)

Take the stigma out of talking about mental health and start taking care of your mental health!

[https://www.ted.com/talks/sangu\\_delle\\_there\\_s\\_no\\_shame\\_in\\_taking\\_care\\_of\\_your\\_mental\\_health/up-next?referrer=playlist-the\\_struggle\\_of\\_mental\\_health](https://www.ted.com/talks/sangu_delle_there_s_no_shame_in_taking_care_of_your_mental_health/up-next?referrer=playlist-the_struggle_of_mental_health)

# THERAPUTIC THURSDAY

## National Depression Screening Day

Depression is not something to take lightly. According to the Substance Abuse and Mental Health Services Administration (SAMHSA), 35% of college students deal with mental health issues, the most common are anxiety and depression. If you are suffering from either of these don't try and handle it yourself, reach out and get help! Use the resources below and take care of your mental health!

SAMHSA National Helpline – 1.800.622.4357

Crisis Text Line – Text “HOME” to 741741

Covid-19 Crisis Hotline – Call 211

### National 24 Hour Crisis Hotline

National Suicide Prevention Lifeline – 1.800.273.8255

National Substance Use Hotline – 1.800.622.4357

### AZ County Hotline

Salt River, Pima, Maricopa Indian Community – 1.855.331.6432

Gila River, Ak-Chin Indian Communities – 1.800.259.3449

## THERAPUTIC THURSDAY

Never deal with mental health alone. Reach out and receive professional help. Understand that it is ok to speak up on mental health issues.

2007 50  
2016 344

NUMBER OF STUDENTS  
SCREENED DURING  
NATIONAL DEPRESSION  
SCREENING DAY



40%

NEARLY 40% OF STUDENTS  
FELT OVERWHELMING  
ANXIETY AT SOME POINT IN  
THE LAST 12 MONTHS

15%

15% REPORT THAT  
DEPRESSION HAS  
AFFECTED THEIR ACADEMIC  
PERFORMANCE

## NATIONAL DEPRESSION SCREENING DAY

OCT 4TH, 2017

2015-16 10,564  
2016-17 12,961

BU BEHAVIORAL  
MEDICINE STUDENT  
VISITS

40%

NEARLY 40% OF STUDENTS  
FELT SO DEPRESSED IN THE  
LAST 12 MONTHS THAT IT  
WAS DIFFICULT FOR THEM  
TO FUNCTION



DATA FROM THE BU CENTER  
FOR PSYCHIATRIC  
REHABILITATION

2016 SURVEY BY THE  
AMERICAN COLLEGE HEALTH  
ASSOCIATION



## Fitness Friday

Do this 20 min yoga workout!

# FITNESS FRIDAY

## Yoga Workout

Perform this 20 minute yoga workout! Yoga is proved to not only benefit your physical health but also your mental health.

Some benefits of Yoga include:

Decrease of Stress

Relieves Anxiety

May fight Depression

Promote Sleep Quality

Improve Quality of Life

<https://youtu.be/v7AYKMP6rOE>



# GREAT JOB ON YOUR WELLNESS WEEK!