

Resources for student wellbeing & distance learning during Covid-19

Aotearoa New Zealand

1. **Ministry of Health COVID-19** - Taking care of your mental wellbeing <https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-novel-coronavirus-health-advice-general-public/covid-19-mental-health-and-wellbeing-resources>



2. **Mental Health Foundation** - Looking after mental wellbeing during Covid-19
 - a. **10 Top Tips to Get Through** <https://www.mentalhealth.org.nz/get-help/covid-19/top-tips-to-get-through/>
 - b. **Breathing and body scan with the Mental Health Foundation**
https://www.youtube.com/watch?time_continue=180&v=BNdaynrpZrA&feature=emb_title
 - c. **Anxiety NZ – Responding to the Covid-19 Outbreak**
<https://www.mentalhealth.org.nz/assets/COVID-19/COVID-19-and-Stress.pdf>

Looking after mental health and wellbeing during COVID-19

3. **All Right? Campaign - Getting through together**
<https://www.allright.org.nz/campaigns/getting-through-together>

GETTING THROUGH TOGETHER

4. **Study Tips for Distant Learning**
 - a. **Open Polytechnic** <https://www.openpolytechnic.ac.nz/current-students/study-tips-and-techniques/study-tips/top-10-study-tips/>
 - b. **University of Canterbury** <https://www.youtube.com/watch?v=IfHOI3KWkcM>
 - c. **Unitec – Struggling to study from home for Māori and Pasifika students**
https://www.ngawaiatetui.org.nz/covid_19-lockdownstruggling-to-study-from-home/?fbclid=IwAR2yRIQS5_vnuZsLbdHOH9t_2vv0tXKCExbZ8IzywaPQAa6Oo380Gorm8-8

Top 10 Study Tips

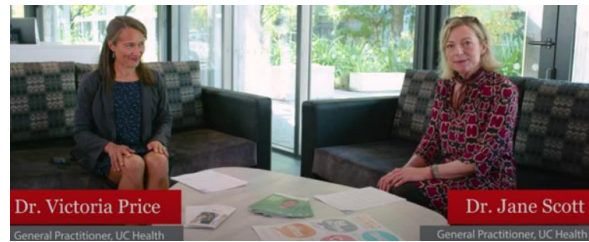
5. **Coping during COVID on campus**
 - a. **Lincoln University** [CopingstrategiesforCOVID19](https://www.lincoln.ac.nz/coping-strategies-for-covid-19)

b. University of Auckland <https://www.auckland.ac.nz/en/students/student-support/be-well/ways-to-stay-well/thriving-at-university/staying-well-during-covid-19-.html>

6. **Campus videos to support student wellbeing**

a. University of Auckland student chat https://www.youtube.com/watch?v=zwPOzv_H4z0

b. University of Canterbury GP chat <https://youtu.be/OErhRqqPehQ>



7. **NZUSA - National Action Plan on Covid-19**

<https://drive.google.com/file/d/1EYZtoYofEkITScgq20PgyWAWX5TB4Nsw/view>

International

8. **University of Melbourne** - Managing Stress and Anxiety

<https://services.unimelb.edu.au/counsel/resources/wellbeing/coronavirus-covid-19-managing-stress-and-anxiety>

9. **Staff putting out videos for students** - Mental Resilience During COVID-19

<https://www.youtube.com/watch?v=tIPAwYFafG8>

10. **Mindwise** <https://www.mindwise.org/blog/mental>

11. **UK Mental Health** - daily meditations and structured mindfulness courses <http://www.calm.com>

12. **Headspace** - Mindfulness for everyday life www.headspace.com

13. **UK student blogs about surviving self-isolation** eg <https://www.truestudent.com/blog/a-student-survival-guide-self-isolation>

14. **International Society for Technology in Education (ISTE)** - Strategies for online learning during a coronavirus outbreak <https://www.iste.org/explore/10-strategies-online-learning-during-coronavirus-outbreak>

15. **Student Minds** - Supporting UK students during Covid-19

<https://www.studentminds.org.uk/coronavirus.html>

16. **Working effectively from home** - How To Manage Your Mental Health

<https://www.youtube.com/watch?v=dHcdIH2By14&feature=youtu.be>

17. **US Chronicle of Higher Education** - **Coping with Coronavirus:** How faculty members can support students in traumatic times

https://connect.chronicle.com/CHE-CS-WC-2020-CVCollection-Faculty_LP.html