Daily Mindfulness Sessions with Dr. Neda Gould
Every day (including weekends) at 8am, 12pm, 5pm
https://jhjhm.zoom.us/j/747490420. Meeting ID: 747 490 420

Weekly Nia Dance with Dr. Alba Azola
Wednesdays 5:30pm-6pm
https://zoom.us/j/338871100.
Meeting ID: 338 871 100

Weekly Yoga with Dr. Elizabeth Colantuoni
Fridays 9am-10am
https://jh.zoom.us/j/615002750?pwd=OUxPRjdlU2x2Y3JlVkJxSGs3ejBzUT09

Calm App - Available for all students and Faculty
https://www.calm.com/jhu
Stay Physically Active and Get Outside

• “Take frequent stretch breaks and try getting physical activity in at least 3 times a week from home. YouTube has a plethora of amazing workouts available, from yoga and stretching to dancing lessons”

• “I think it's important to stay physically active despite the social distancing and having no access to gyms and in-person exercise classes. I started taking live yoga classes online and I'm also running outside with a heart-rate monitor to exercise my heart at 83 - 100% of my maximum heart rate to keep up my cardiovascular health. I find this helps with stamina and maintaining a positive attitude.”
Keep to a Schedule and the “New Normal”

• “Schedule, schedule, schedule...the kids love it and it helps us plan the best times to hold calls, Zoom meetings, etc."

• “Try to avoid scheduling an excessive number of video meetings/conference calls in one day (e.g. back-to-back-to back). Also, try to observe some work hour limits. Because people are not in an office environment, I see that meeting times are getting earlier (7:30 am, 8 am in some cases) or extending later into evening. Boundaries are still needed.”

• “Zoom happy-hours, lunches and game nights are ways to keep face-to-face time with your friends and colleagues”
Advice from Dr. Steven Gange – via Twitter

1. Continue your research – Get your lab notebooks up to date, your data organized and backed up, start doing your data analysis and write/write/write

2. Deepen your research – Catch up on your reading and consider writing a review paper

3. Expand your research – Write a grant, learn more about a different field

4. Expand your knowledge - Many online courses are now available for free (including many from @Johns Hopkins at @Coursera!)

5. Expand your toolkit – Become a @Zoom_us, @Panopto, @Onedrive, @MicrosoftTeams etc expert

6. Help the faculty – As they are navigating remote teaching and research tools (many for the first time), volunteer in your department to serve as a liaison and resource to faculty

7. Help your community - As disruption expands, don't forget those who are most vulnerable and in need
Advice from Dr. Nancy Kass – via Twitter

• Each day before finishing your work for the day, pick one main thing to do the next morning and commit to Do it First. Days with less structure can be hard. Days with less contact with others who help to keep us accountable can be hard.

• Go outside. It is safe to go outside as long as you keep a safe distance from others. Whether you go for a walk, a run, a bike ride, or just sit at a table, the fresh air can be therapeutic and help avoid some of the claustrophobia that some people will feel.

• Schedule regular zoom meetings with your advisor. If anything, meet more frequently than you used to. Talk about what are realistic goals for the coming week and talk about how you’ll reach them in your new way of working. Weekly meetings may be appropriate.

• Identify a group of friends/other students who want to do regular check ins. This can be a social check in of how everyone is doing & can be accountability for one’s work.
Other Events

• SpaceConnects.Us – astronauts give advice on how to deal with long periods of isolation and stress in 5 languages
  • Thursday March 26th – 11am – 4pm EDT (English from 3pm-4pm)
  https://asteroidday.org/spaceconnectsus/