

Resource Guide

Mind Over Matter

Graphics & Toolkits

Strategies to Help Combat
the Coronavirus Blues

Finding Help

A Resource Guide

Compiled by the COVID-19 Schools Task Force

FEMA Region VII and HHS Region 7

Kansas City, Missouri

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FEMA



This document summarizes the contents of a three-part resource guide titled, “**Mind Over Matter**, Strategies to Help Combat the Coronavirus Blues.” The goal of this guide is to share information with college and university campus communities about ways to help **combat** COVID-19 fatigue and promote general wellness, both during and after the pandemic.

What is **Mind Over Matter**?

1. A primary [Resource Guide](#)

- This part features a catalog of links to information and graphics that can help college and university students, faculty, staff and administrators manage the challenges of COVID-19 during school, work and daily life. It encompasses a variety of topics to include leadership during the pandemic, understanding feelings and emotions, getting good sleep, managing stress, eating well, moving more and having some fun along the way!

2. [Graphics and Toolkits](#)

- This part features a catalog of links to individual graphics and social media toolkits that support the information detailed in the primary Resource Guide.

3. [Resources: Help is Closer than You Think](#)

- This document features a listing of support organizations and crisis hotlines that point to help 24 hours a day, 7 days a week, along with counseling options.

Authors: **Mind Over Matter** was compiled by a joint COVID-19 Schools Task Force, made up of staff from the Federal Emergency Management Agency (FEMA) and the U.S. Department of Health & Human Services (HHS) offices in Kansas City, Missouri. Since July 2020, the task force has focused on providing information to colleges and universities that will improve individual preparedness and general well-being throughout the entire campus community during the COVID-19 pandemic.

We hope that you will find the toolkit useful, and that our goal of contributing to the overall wellness at colleges and universities during the COVID-19 pandemic and beyond is successful.



"Not every day is good
but there is something
good in every day."

ALICE MORSE EARL

THE Healthy