

The logo for Georgia Tech, featuring the text "Georgia Tech" in a bold, sans-serif font. To the right of the text is a stylized graphic of a building's facade with a central tower. Below the main text is the tagline "CREATING THE NEXT" in a smaller, all-caps, sans-serif font. The entire logo is set against a dark, textured background that is part of a larger graphic element on the left side of the slide.

**Georgia
Tech**

CREATING THE NEXT

Tips and Resources for Successfully Managing Mental Health

Tools for Life, Georgia's Assistive Technology Act Program

Center for Inclusive Design and Innovation

May 2020

Introduction and Goals

- The Tools for Life team is responding to the COVID-19 pandemic by collecting and vetting resources for individuals with disabilities in the community, as well as their family and circles of support.
- The resources in today's presentation are not meant to replace advice or instruction from a doctor or medical team. These resources are here to educate and empower. We encourage you to take this information, do further research, and share what you've learned with your medical and support teams.
- All presentations and resources are accessible and will be posted on the Tools for Life website www.gatfl.gatech.edu. We ask that you share this information with anyone that will benefit.
- We are in this together and together we are stronger. Stay safe and educated!



Contact Your Statewide AT Program

Visit AT3 Center

www.at3center.net/stateprogram



The screenshot displays the AT3 Center website interface. At the top left is the AT3 Center logo. To the right is a search bar with the placeholder text "search on AT3..." and a "Search" button. Below the logo is a navigation menu with a "MENU" icon and the text "National Assistive Technology Act Technical Assistance and Training (AT3) Center". A horizontal banner of six photographs shows various individuals using assistive technology. Below the banner is the heading "Program Directory - Find Your State Program". Underneath is a link that says "+ Need help searching?". The main content area contains two steps for finding a program: "Step Number 1: Select Directory:" followed by a dropdown menu labeled "Select Directory", and "Step Number 2: Select State:" followed by a dropdown menu labeled "Select State".

Your Presenters

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Online Social Connectedness

Facebook Groups

- Great way to connect with people of like interests
- Four categories: Buy/Sell, Relationships, Sports and Fitness, Hobbies and Interests
- No cost

https://www.facebook.com/groups/?vertical=groups_discover_us&from_ad=true&ref=sem&kpid=go_1904363416_71967890553_349104172033_kwd-1409283255_c_&CMID=100004



Helpful Tip:

Follow the link and Facebook will make suggestions for groups for you to join.

Consider selling some of your pandemic closet and garage clean out items on FB groups!

- Not just for classes and business meetings
- Free for 40 minutes and up to 100 people, unlimited 1 on 1
- Easy way to connect with friends, neighbors, loved ones, hobbyists
- Think coffee breaks, happy hours, book clubs and more
- <https://zoom.us>



zoom

Helpful Tip:

Watch this video to learn how to get started and invite some friends.

<https://www.youtube.com/watch?v=9isp3qPeQ0E>

House Party

- No cost. Invite your friends from FB, contact list, Snapchat, etc.
- Up to 8 people enter a video “room” and there can be multiple rooms.
- Ability to play games with your friends – Trivia, House Party Heads Up
- Sends alerts when a friend is in House Party so you can join if you’d like
- Younger audience. Must be 12 or older.
- <https://houseparty.com>



Helpful Tip:

Watch this video to learn how to get started and have a house party:

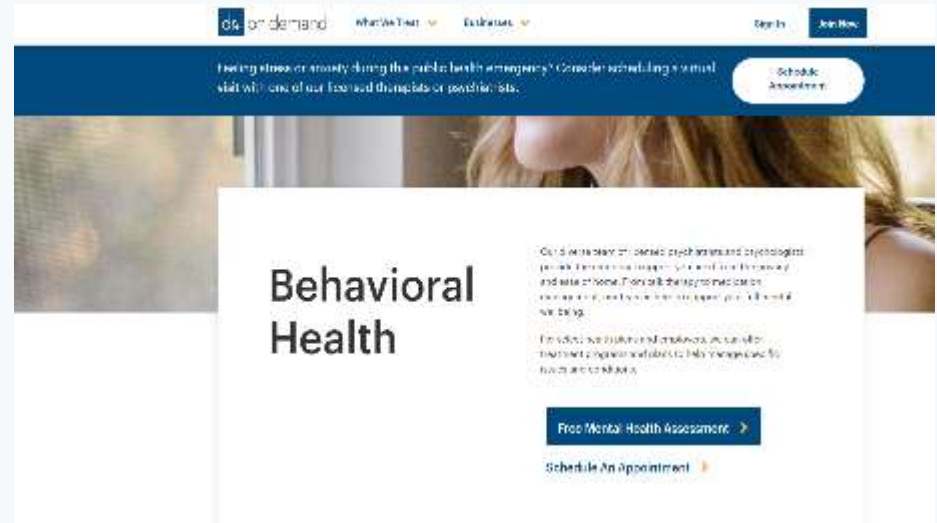
<https://www.youtube.com/watch?v=>



Online Therapy and Doctor Visits

Dr. On Demand

- Find and Access to a doctor 24/7
- Average Wait time 10 minutes
- App available
- Insurance
- Affordable pricing without insurance
- www.drondemand.com



Virtual Therapy

- Ask for Help
 - Facebook Chats
 - Online Groups
- Check with your current therapist or doctor
- Many available:
 - TalkSpace
 - Betterhelp
 - Psychhub.com
 - Child Mind Institute



Therapy - What's Up



- What's up is a free app that uses Cognitive Behavioral Therapy (CBT) and Acceptance Commitment Therapy (ACT) methods to help you cope with Depression, Anxiety, Stress, and more.
- Use the positive and negative habit tracker to maintain your good habits, and break those that are counterproductive.
- "Get Grounded" page, contains over 100 different questions to pinpoint what you're feeling.
- "Thinking Patterns" page, which teaches you how to stop negative internal monologues.

Therapy - Mind Shift



- Designed specifically for teens and young adults with anxiety.
- Stresses the importance of changing how you think about anxiety.
- Take charge of your life, ride out intense emotions, and face challenging situations.

Therapy - SAM



- Self-Help for Anxiety Management (SAM)
- This is a great one if you're interested in self-help, but not really into meditation.
- Users are prompted to build their own 24-hour anxiety toolkit that allows you to track anxious thoughts and behavior over time, and learn 25 different self-help techniques.
- Use the "Social Cloud" feature to confidentially connect with other users in an online community for additional support.



Resources without Technology

Remain Calm

Find ways to keep calm and positive in these trying times using these calming and meditation apps.

- Calm
 - Two-week free trial
- Headspace
 - Weathering the Storm
- Greatcourses.com
 - Yoga
 - Tai Chi



Meditation and Mindfulness

Podcasts and music playlists are great ways to foster new mindfulness habits, including guided meditation.

- Spotify
- Apple Podcasts
- Google Play Music
- Stitcher
- Audioboom





- Walking
 - 12 minutes can change your mood
 - Explore new places
 - Benefit from sunshine and nature
 - Add variety to your daily routine
- Low impact / Low resistance
 - Shepherd Center
 - Ability 360
- YouTube
 - Videos on various exercise
 - Dancing / Kickboxing / Chair exercises

Exercise

- Social Media
 - Celebrities and celebrity trainers hosting live workouts
- Yoga
 - Slow movements and deep breaths
- Use items around your home
 - Soup Cans
 - Laundry detergent
 - Couch / Chairs
 - Books
 - Other people



Gratitude Journal

- We are living through a historic time
- We are all trying to make it through
- Look for at least one thing a day
- Write it down - no matter how small it sounds
 - Beautiful Flower
 - Yard full of inflatables
- Write down thoughts



Discover a Hidden Talent

- Paint
 - *We don't make mistakes, just happy little accidents - Bob Ross*
- Sewing
- Knitting
- Building Something
- Writing
- Singing
- Arts and Crafts



Reading

- Start a book club with friends
- Choose books that you have been wanting to read
- Many libraries are allowing you to check out more audiobooks and ebooks at one time now

I tried to form a gang once,
but it turned into a
book club.



someecards
user card

Water Helps

- Studies have found that aquarium-watching helps reduce stress and anxiety, increase feelings of relaxation, and decrease heart rate and muscle tension.
- Staring at a fish tank for as little as five minutes has an almost hypnotic effect, calming us down because of our genetic predisposition to regard some natural environments as non-threatening and essential to survival.



Helpful Tip:

Check out live aquarium streams online!

Georgia Aquarium Live Webcams

<https://www.georgiaaquarium.org/webcam/ocean-voyager/>

Blue Cavern Aquarium, Long Beach, CA

<https://explore.org/livecams/aquarium-of-the-pacific/aquarium-pacific-live-cam-2>

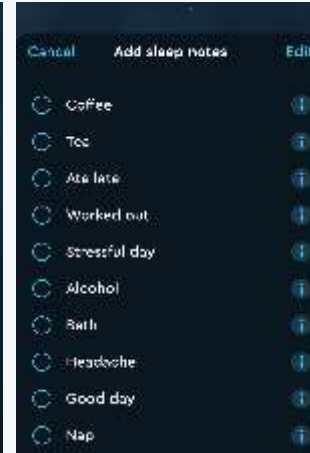
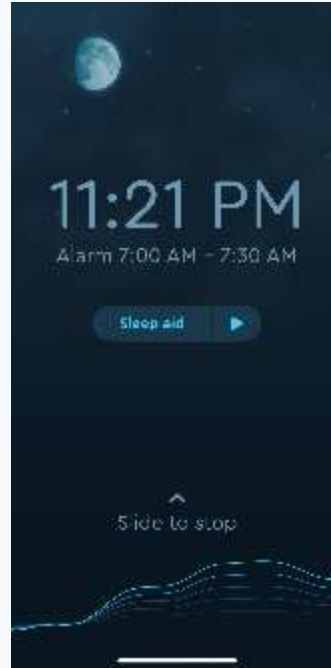


Relaxation and Sleeping

Better Sleep with Sleep Cycle

Sleep Cycle is a smart alarm clock app that tracks your sleep and will wake you at the best time to ensure you are well rested.

- Tracks your sleep and movements through your phone's microphone
- Add sleep notes to see how your daily activities affect your sleep
- Fall asleep to stories, music, and guides



Rest, Relaxation and Exercise

- Getting the correct amount of quality sleep is essential to your ability to learn and process memories.
- Additionally, sleep helps restore your body's energy, repair muscle tissue and triggers the release of hormones that affect growth and appetite.



Tips for Getting a Good Night's Sleep

- Avoid stimulants like caffeine in the evening.
- Set a wake and sleep schedule to go by every day of the week, including weekends.
- Your body temperature drops during sleep--keep your thermostat at a cool, but comfortable, temperature between 60-70 degrees.
- Avoid afternoon naps.
- Try not to watch TV or do work in bed; if you do, stop an hour before you would like to be asleep so your brain has time to unwind.
- If you typically exercise in the afternoon or evening, try to fit your workout in earlier in the day.

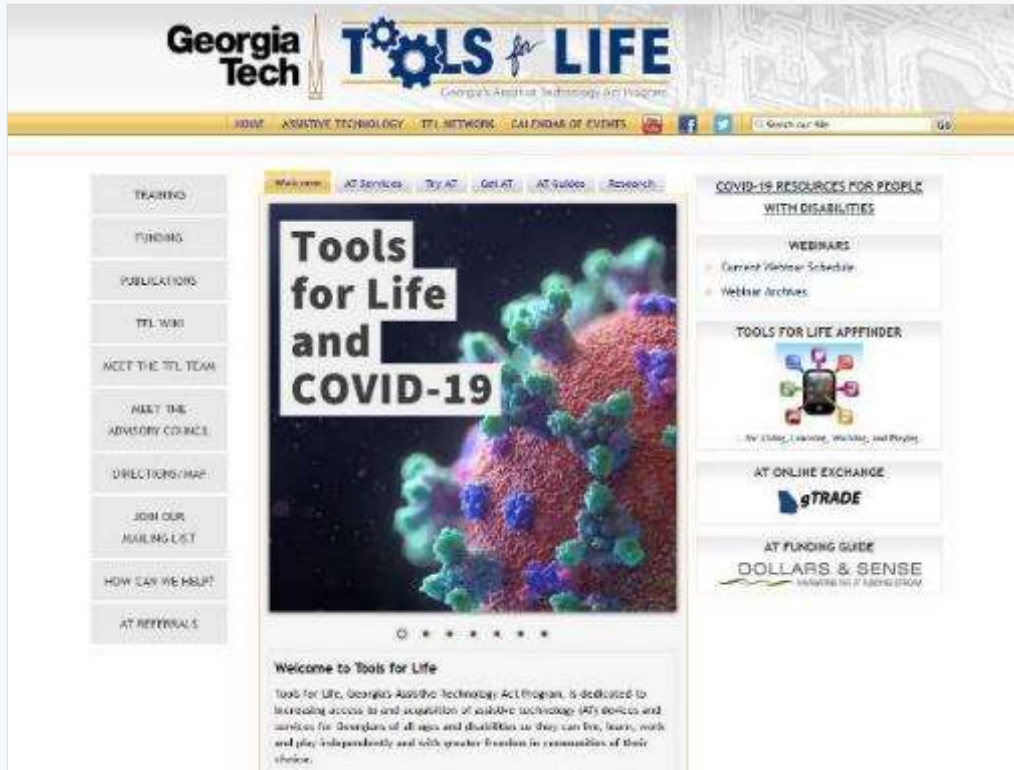
Benefits of Relaxation Techniques

Practicing relaxation techniques can have many benefits, including:

- Slowing heart rate
- Lowering blood pressure
- Slowing your breathing rate
- Improving digestion
- Maintaining normal blood sugar levels
- Reducing activity of stress hormones
- Increasing blood flow to major muscles
- Reducing muscle tension and chronic pain
- Improving concentration and mood
- Improving sleep quality
- Lowering fatigue
- Reducing anger and frustration
- Boosting confidence to handle problems



COVID-19 Resources for People with Disabilities



The screenshot shows the homepage of the Tools for Life website. At the top, there is a navigation bar with the Georgia Tech logo and the Tools for Life logo. Below the navigation bar, there is a search bar and social media icons. The main content area is divided into several sections. On the left, there is a vertical menu with links to TRAINING, FUNDING, PUBLICATIONS, TFL WIKI, MEET THE TFL TEAM, MEET THE ADVISORY BOARD, DIRECTORS/IMP, JOIN OUR MAILING LIST, HOW CAN WE HELP?, and AT REFERRALS. The central section features a large banner with the text "Tools for Life and COVID-19" and an image of a virus. Below the banner, there is a "Welcome to Tools for Life" section with a paragraph of text. On the right side, there are several boxes containing links to COVID-19 RESOURCES FOR PEOPLE WITH DISABILITIES, WEBINARS, TOOLS FOR LIFE AFFINDER, AT ONLINE EXCHANGE, and AT FUNDING GUIDE.

Georgia Tech

TOOLS for LIFE
Georgia's Assistive Technology Act Program

HOME ASSISTIVE TECHNOLOGY TFL NETWORK CALENDAR OF EVENTS

Search our site

TRAINING

FUNDING

PUBLICATIONS

TFL WIKI

MEET THE TFL TEAM

MEET THE ADVISORY BOARD

DIRECTORS/IMP

JOIN OUR MAILING LIST

HOW CAN WE HELP?

AT REFERRALS

Welcome AT Services Try AT Get AT AT Guides Research

Tools for Life and COVID-19

Welcome to Tools for Life

Tools for Life, Georgia's Assistive Technology Act Program, is dedicated to increasing access to and acquisition of assistive technology (AT) devices and services for Georgians of all ages and disabilities so they can live, learn, work and play independently and with greater freedom in communities of their choice.

COVID-19 RESOURCES FOR PEOPLE WITH DISABILITIES

WEBINARS

- Current Webinar Schedule
- Webinar Archives

TOOLS FOR LIFE AFFINDER

For a Stay, Learning, Working, and Playing.

AT ONLINE EXCHANGE

gTRADE

AT FUNDING GUIDE

DOLLARS & SENSE
VALUING THE AT INVESTMENT

[https://gatfl.gatech.edu/tflw/iki/index.php?title=COVID-19 Resources for People with Disabilities](https://gatfl.gatech.edu/tflw/iki/index.php?title=COVID-19%20Resources%20for%20People%20with%20Disabilities)

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Disclaimer: Produced by Tools for Life (TFL), which is a result of the Assistive Technology Act of 1998, as amended in 2004. TFL is a program of the Georgia Institute of Technology, College of Design, Center for Inclusive Design and Innovation (formerly AMAC Accessibility) and was made possible by Grant Number H224C030009 from the Administration for Community Living. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of HHS.