

**Strategies and Tips for Promoting Wellbeing during COVID-19
Center for Wellbeing
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Individual responses to crises vary. A common reaction is to first ensure the safety and wellbeing of ourselves and loved ones. Next, we make efforts to help others. Some behaviors are motivated by ensuring that basic needs are met, “hedonic happiness,” a phenomenon that explains empty grocery store shelves. Other actions are motivated by helping or attending to the wellbeing of others, prosocial “altruistic happiness,” such as sewing masks. Many studies have shown that acts of generosity and altruism activate circuits in the brain that are associated with wellbeing, enhance meaning and self-efficacy, and provide a welcome distraction from one’s own worries.^{1,2,3} Healthcare workers are naturally altruistic, tending to the medical needs of others during times of crisis. Intentional balance, one of the 4 components of wellbeing, suggests the need to be mindful of both types of happiness – hedonistic and altruistic.⁴

Below are some ideas and resources to help attain intentional balance by meeting personal, basic needs and through altruistic support of our local economy and the needs of others.

- Local grocery stores are offering curbside pick-up of online orders for no additional cost.
- Local restaurants still offering take-out services: <https://www.pjstar.com/news/20200320/list-of-restaurants-offering-delivery-curbside-service-during-coronavirus-crisis>
- Eight Acts of Goodness Amid the COVID-19 Outbreak: https://greatergood.berkeley.edu/article/item/eight_acts_of_goodness_amid_the_covid_19_outbreak
- Peoria Area Mask Makers: <https://www.facebook.com/groups/506943713324298/>
- Avoid information overload by turning off the news and tending to non-COVID-19 activities and relationships.
- Tend to your personal, self-care needs with respect to sleep, diet, exercise, alone time, etc.

¹ Diener, E. & Seligman, M.E.P. (2004). “Beyond Money: Toward an economy of well-being.” *Psychological Science in the Public Interest*, 5(1), 1-31.

² Post, S.G. (2005). Altruism, happiness, and health: It’s good to be good. *International Journal of Behavioral Medicine* (12), 66-77.

³ Midlarsky, E. (1991). Helping as coping. *Prosocial Behavior: Review of Personality and Social Psychology*, 12, 238–264.

⁴ Davidson, R.J. & Schuyler, B. (2015). *Neuroscience of Happiness*. Helliwell, JF, Layard, R., & Sachs, J. (Editors). World Happiness Report 2015.