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CONTACT: Tom Brockman
Associate Vice President for Marketing & Public Relations
614-251-4453 | brockmat2@ohiodominican.edu

ODU Produces Videos to Promote Physical and Mental Wellness Amid COVID-19 Crisis

Columbus, OH – Staff in Ohio Dominican University’s (ODU’s) Wellness Center has produced a series of videos that addresses a range of physical and mental health concerns and needs that individuals may experience during the COVID-19 coronavirus crisis.

Videos that highlight mental health needs and strategies feature Anne Lombardi, MA, LPCC-S, a Licensed Professional Counselor and Director of ODU’s Wellness Center, and Kate Levine, MA, LPC, a Licensed Professional Counselor. Counseling interns Aryn Miller, BA, CT, and Abby Fox, BA, CT, also contributed to the videos.

Videos that highlight physical health concerns and tips feature Jamie Kemp, MPAS, PA-C, a Certified Physician Assistant and Director of ODU Health Services.

“This is an incredibly stressful and anxious time for many individuals, and it is extremely important that everyone has access to sound practices and techniques that can help them during this uncertain time,” said Lombardi. “It is our hope that people both within and beyond the ODU community see these videos as a valuable and helpful resource.”

“Unfortunately, we are not able to physically see patients in person, so one of the best ways we can continue to support our students’ physical and mental health needs is through video,” said Kemp. “We will continue to produce these videos throughout this difficult time to help ensure the overall wellness of our community.”

Videos that Promote Mental Wellness

[Introduction](#)

[Square Breathing](#)

[Healing Light](#)

[A Safe Place](#)

[Get Out Into Nature](#)

[Progressive Muscle Relaxation](#)

[5-4-3-2-1](#)

[Mindfulness](#)

[Pets and Stress Management](#)

[Seeking the Calm in the Storm: Part 1](#)

[Seeking the Calm in the Storm: Part 2](#)

Videos that Promote Physical Wellness

[Proper Handwashing](#)

[Telehealth](#)

About Ohio Dominican University

[Ohio Dominican University](#) is a comprehensive, four-year, private, liberal arts and master's institution, founded in 1911 in the Catholic and Dominican tradition by the Dominican Sisters of Peace. The University has approximately 1,650 students and offers undergraduate degrees in 39 majors and nine graduate degree programs. Ohio Dominican University does not discriminate against any person in employment or educational opportunities because of religious preference, sex, race, color, national or ethnic origin, non-performance-related handicap or veteran's status.

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