Feel Good From Home is our department's effort to remain connected with graduate students and offer support to graduate students and their households during social distancing. Each day has a different activity, idea, or opportunity. We know this time is challenging, and we hope these opportunities will uplift you and provide distraction rather than more challenge. *Please only try them out if you have the desire or the capacity!*

**This week's theme is mental health!** Mental health is extremely important, and graduate students in particular are impacted by increased incidents of anxiety and depression even without being impacted by a global pandemic. We want to spend this week talking about mental health knowing that many are struggling. Our Feel Good From Home recommendations this week are just some ways to cope with added stress during COVID-19, and there are so many other valid means of handling whatever you are experiencing during this time. However,
we hope that these recommendations will encourage folks to reach out, ask for help, and give themselves grace in how they are handling everything right now.

As usual, the resources for graduate students are listed below. Please also feel free to reach out to The Graduate School if you are struggling. We all deserve to feel good from home.

- **Monday, April 27:** Write down 3 things you are grateful for today. (See how gratitude impacts you and your brain.)
- **Tuesday, April 28:** Learn the numbers for national mental health resources. Here are some hotline numbers:
  - **The Substance Abuse and Mental Health Services Administration Helpline:** 1-800-662-4357
  - **American Foundation for Suicide Prevention:** 888-333-2377
  - **Suicide Prevention Lifeline:** 800-273-8255
  - **National Domestic Violence Hotline:** 800-799-7233
  - **Anxiety and Depression Association of America:** 240-485-1001
  - **National Center of Excellence for Eating Disorders:** 800-931-2237
  - The **National Alliance on Mental Illness** has an excellent resource for different helplines.
- **Wednesday, April 29:** Journal about this experience. It will help to process the emotions and be a way to share this experience of social distance later.
- **Thursday, April 30:** Connect with **Student Health and Wellness-Mental Health**! They are still available to help!
- **Friday, May 1:** Find the sunniest part of your space and spend as much time there today as you can! [Vitamin D and the sun can help your mood](https://www.gu.edu/graduate/whats-new-blogs/mental-health/blue-light-paintings-help-brighten-presidential-avenue/)
- **Saturday, May 2:** Identify three people you can reach out to when you are worried. Use your support networks.
- **Sunday, May 3:** Try to forgive yourself for not being okay all the time, for getting frustrated in quarantine, for not feeling productive, for not feeling like yourself. A global pandemic is not normal, and we can give ourselves grace.

Be sure to also check out our spotlights of graduate students on our social media! Thank you for continuing to do the best you can during this weird time.
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Resources for Graduate Students

UConn's Coronavirus (COVID-19) Website
The Graduate School's Coronavirus (COVID-19) Website
The Graduate School’s COVID-19 Frequently Asked Questions
Coping with the Suspension of Research
Student Health and Wellness
UKindness

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