GO OUTSIDE (SAFELY)

• Wear a face mask
• Wash hands after touching face
• Do not touch eyes, nose, mouth or unnecessary surfaces
• Adhere to social distancing standards (remain 6 ft / 1.83m from others)
• Wash hands when you return home

STAY INFORMED

• Stay (selectively) informed
• Limit the amount of time you spend each day reading the news & information about COVID-19
• Look at consistent reliable news sources

TAKE CARE OF YOURSELF

• Connect virtually with friends & family
• Go for a walk outside
• Try a new recipe
• Practice deep breathing/mindfulness/meditation
• Do art or another activity that you enjoy!

SUPPORT RESOURCES

Student Health & Wellness - Mental Health (SHaW-MH) & Student Health & Wellness (SHaW) Medical Care, Pharmacy

WELLNESS & MENTAL HEALTH

Take care of yourself and safely engage in wellness activities

ANXIETY DURING A PANDEMIC

This is normal & experienced by many. Try these tips to help reduce it. If it becomes too much to manage on your own, crisis support through Student Health and Wellness (SHaW)- Mental Health is available 24/7.

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