WELLNESS & MENTAL HEALTH

Take care of yourself and safely engage in wellness activities

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!

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

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

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 8:30am-4:30pm. Phone: 860-486-4705

Crisis Textline: Text "HOME" to 741741

Life - threatening crisis- call 911

National Suicide Prevention Hotline: 1-800-273-8255

Managing Mental Health

SUPPORT RESOURCES

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