

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!

Meditation Mondays
@ 6pm
from Student Health & Wellness



CDC

WHO

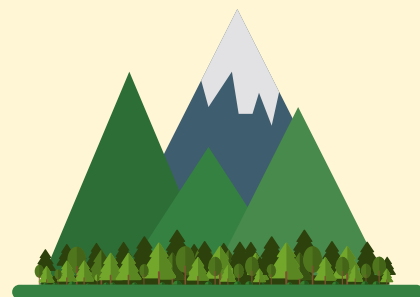
UConn

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



Life - threatening crisis- call 911

SHaW Mental Health Crisis Support
860-486-4705

UConn Police
860-486-4800



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.

Managing Mental Health

SUPPORT RESOURCES

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

SHaW

