TAKING CARE OF YOUR MENTAL WELL-BEING:
Ways to practice self-care during uncertain times

It's **okay** to feel stress, worry, or anxiety during the widespread public health response to COVID-19. There are resources available and ways to help you manage these feelings to stay well.

**Focus on what's within your control.**

- Talk with your instructors.
- Take a break from the news and social media.
- Create routines that support your well-being and help time management:
  - Get enough **sleep**.
  - **Eat regular meals** that include nourishing foods that help you feel your best.
  - Move in ways that feel good for your body and go outside if you can.
  - Do things that you enjoy and take breaks from class work.

**Additional ways to take care of yourself:**

- Stay connected to friends and family members via text, video chat, etc.
- Be mindful of how caffeine and alcohol make you feel and reduce the amount consumed if they produce negative feelings.
- Practice relaxation techniques or mindfulness exercises to invite a sense of calm.
  - Note that these techniques may bring up difficult feelings - it's ok to stop or try again later.
- **Follow public health guidance** and stay present, paying attention to how you feel, given the quickly evolving nature of COVID-19.

Reaching out for professional help is always an option.

- **Tuttleman Counseling Services**
  - 215-204-7276
- **National Alliance on Mental Illness (NAMI) Bucks County** is offering virtual support groups.
  - NAMI Philly Warmline - 267-687-4381 Option 1
- **Crisis Text Line** - Text HOME to 741741
- **National Suicide Prevention Lifeline** - 1-800-273-8255
- **The Trevor Project** - 1-866-488-7386
- **SAMHSA Disaster Distress Helpline** - 1-800-985-5990 or text TalkWithUs to 66746

Wellness Resource Center

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