TAKING CARE OF YOUR MENTAL WELL-BEING: 
Ways to practice self-care and find support

It's **okay** to feel a range of emotions during the ongoing public health response to COVID-19. There are resources available to help you manage these feelings to stay well.

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

- Communicate with your instructors.
- Take breaks 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 the Four Public Health Pillars** and **stay present, paying attention to how you feel**, given the quickly evolving nature of COVID-19.

### It's always okay to get help.

- **Tuttleman Counseling Services** - 215-204-7276
- **City of Philadelphia Mental Health Services** are available.
  - **Philadelphia Crisis Line** - 215-686-4420
- **NAMI Philly**
- **Crisis Text Line** - Text HOME to 741741
- **National Suicide Prevention Lifeline** - 1-800-273-8255
- **The Trevor Project** - 1-866-488-7386

If you’re worried for the safety of yourself or a friend, or if someone needs medical attention, please contact **TUPD at 215-204-1234** or call 911.