

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.