

TAKING CARE OF YOUR MENTAL WELL-BEING:

Ways to practice self-care and find support

It's **okay** to feel stress, worry, or anxiety during the ongoing 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.

- 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.

Reaching out for professional help is always an option.

- [Tuttleman Counseling Services](#)
 - 215-204-7276
- [City of Philadelphia Mental Health Services](#) are available.
- **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

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