MINDFULNESS RESOURCES:
Opportunities to cultivate calm, presence, self-kindness.

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.

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<th>What is mindfulness?</th>
<th>Mindfulness Resources</th>
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| The practice of focusing your attention on the present-moment experience without getting caught up in it. | **Free guided recordings and apps:**  
  - [Koru Mindfulness](#)  
    - [Koru’s guide to cultivating resilience during COVID-19](#)  
  - [ULCA Mindful Awareness Research Center](#)  
  - [University of Vermont](#)  
  - [Shine (App)](#)  
  - [Insight Timer (App)](#)  
| We can be mindful in a structured way, by listening to a guided mindful meditation. We can also be mindful (paying attention to the present moment) when doing every day activities like:  
  - Washing our hands (for 20 seconds)  
  - Cleaning / household chores  
  - Talking with a loved one | **Podcasts and articles about mindfulness:**  
  - [Ten Percent Happier](#)  
  - [Tara Brach](#)  
  - [How to Stop, Breathe, and Listen during the COVID-19 Outbreak](#)  

Sometimes being mindful isn't relaxing. If feelings become too intense, it's okay to stop or try again later. Be kind to yourself.

It's always okay to get support.

**Tuttleman Counseling Services** (TCS) offers mindfulness-based groups and the Resiliency Resource Center.  
- TCS also provides [referral services](#) to help students find an outside provider.  
- 215-204-7276

- **Crisis Text Line** - Text HOME to 741741  
- **National Suicide Prevention Lifeline** - 1-800-273-8255  
- **The Trevor Project** - 1-866-488-7386  
- **Philadelphia Crisis Line** - 215-686-4420

Learn more about the WRC's offerings, including a range of mental well-being resources that students can access any time.

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