

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.

What is mindfulness?	Mindfulness Resources
<p>The practice of focusing your attention on the present-moment experience without getting caught up in it.</p> <p>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:</p> <ul style="list-style-type: none">• Washing our hands (for 20 seconds)• Cleaning / household chores• Talking with a loved one	<p>Free guided recordings and apps:</p> <ul style="list-style-type: none">• Koru Mindfulness<ul style="list-style-type: none">◦ Koru's guide to cultivating resilience during COVID-19.• ULCA Mindful Awareness Research Center• University of Vermont• Shine (App)• Insight Timer (App) <p>Podcasts and articles about mindfulness:</p> <ul style="list-style-type: none">• Ten Percent Happier• Tara Brach• How to Stop, Breathe, and Listen during the COVID-19 Outbreak
<p>Sometimes being mindful isn't relaxing. If feelings become too intense, it's okay to stop or try again later. <i>Be kind to yourself.</i></p>	

It's always okay to get support.

<p>Tuttleman Counseling Services (TCS) offers mindfulness-based groups and the Resiliency Resource Center.</p> <ul style="list-style-type: none">• TCS also provides referral services to help students find an outside provider.• 215-204-7276	<ul style="list-style-type: none">• 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.