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

It’s okay to feel stress, worry, or anxiety during the widespread public health response to COVID-19. There are resources available and ways to help you manage these feelings to stay well.

<table>
<thead>
<tr>
<th>What is mindfulness?</th>
<th>Mindfulness Resources</th>
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<tbody>
<tr>
<td>The practice of focusing your attention on the present-moment experience without getting caught up in it.</td>
<td>Free guided recordings:</td>
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<td>We can be mindful in a structured way, by listening to a guided mindful meditation. Or, we can be mindful (paying attention to the present moment) doing every day activities like:</td>
<td>• Koru Mindfulness</td>
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<td>• Washing our hands (for 20 seconds)</td>
<td>○ Koru’s guide to cultivating resilience during COVID-19.</td>
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<td>• Cleaning / household chores</td>
<td>• ULCA Mindful Awareness Research Center</td>
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<td>• Talking with a loved one</td>
<td>• University of Vermont</td>
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Sometimes being mindful isn't relaxing. If feelings become too intense, it’s okay to stop or try again later. Be kind to yourself.

Reaching out for help is always an option.

- **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
- **SAMHSA Disaster Distress Helpline** - 1-800-985-5990 or text TalkWithUs to 66746

Learn more about the WRC's offerings, including two brief recorded programs that students can access any time.

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