

# 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.

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

## 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.