Here at Student Health & Counseling Services, we recognize this not an easy time for any of us. We realize that students’ academic routines, personal connections, and in-person access to SHCS’s services have been disrupted. You may be experiencing stress, loneliness, anxiety, or fear as a result of the changes COVID-19 pandemic has brought. Those feelings are normal reactions to these unprecedented times, and we want you to know that we are still here for you. We will continue to support your mental health needs as we navigate the rest of the spring semester and summer term together. We are still here for you, just in a different way!

We will be continuing to offer phone consultations, medication referrals, and starting 4/20/20 we will also be offering Telecounseling. If you are interested in utilizing any of these services, please call our main number 715-394-8236 or email shcs@uwsuper.edu, and one of our counselors will connect with you. Lastly, remember that during these difficult times of physical distancing, it is more important than ever to continue to connect socially with friends and loved ones by phone, Facebook, or any form of video chats. Yes, we may not be able to be there for others physically, but we can still let others know we care!
STRUCTURE IN TIMES OF CHAOS

While many of us are not leaving our houses but only for the essentials, we can find that our mental healthy may be taking a turn. Whether we are dealing with a on going mental illness or we are for the first time dealing with loneliness, isolation, anxiety or depression. However, now more than ever, it is important that we are find a new way of adapting by finding structure and routine. This doesn’t only apply for online school, but for our mental health as we learn to sink into our new normal.

FOUR THINGS TO DO EVERY DAY FOR YOUR MENTAL HEALTH

1. **MOVE** – Our bodies need to move. It's not about "staying in shape." It's about your immune health and your mental health, as well! Build movement in your structure, at least 20 minutes per day! It doesn’t have to be only at the gym, it can be in your neighborhood, or in your living room, you just need activity.

2. **NOURISH** – You know what foods make you feel lively, focused and nourished. Try not to ban or restrict the small treats that bring you joy, but rather setting up a daily structure that fills you with nourishing, healthy foods. Or try to make a new dietary change, learn to meal prep, or cook a new cuisine you've wanted to try.

3. **CONNECT** – This one is, more than every important during the pandemic. Humans need to feel connected. We need to feel seen, heard, and understood. Try to schedule out time to connect with friends or family members through phone call, zoom or FaceTime. Remember, high-quality human attention may feel like a scarce resource right now, but it's still important to try to reach out.

4. **BE** – During the pandemic we are in a constant mode of 'doing' - the preparing, protecting, adjusting, coping, responding, and providing, however we need moments where we can simply just BE. Pause long enough to let your nervous system come back to baseline after prolonged activation. Stay open to experiemnting with what works for you.


RESOURCES

Mental Health Crisis Resrouces
- Superior Police: 911
- UWS Campus Safety: 715-394-8114
- Douglas County 24-hour Cris Line: 715-392-8216
- Suicide Prevention Hotline: 1-800-273-8255
- Veterans Crisis Line: 1-800-273-8255, Press 1
- Text: 838255
- Crisis Text Line: Text "MN" to 741741

WEEKLY EVENTS:

The Science and Practice of Mindfulness and Well-Being During Difficult Times
Wednesday, April 29th at 1:00
Zoom Link: https://uwsuper.zoom.us/j/371770720

Beginners Yoga for Students – Jenna Erickson
Pruitt Center for Mindfulness and Well-Being
Mondays 5-6pm
Join Zoom Meeting
https://uwsuper.zoom.us/j/688604721

Wednesday 12:30-1:30pm
Join Zoom Meeting
https://uwsuper.zoom.us/j/829113980