

Staying Well During COVID-19



Taking care of your emotional health and wellbeing during this time is important. Total WellBeing: Head, Heart, Heels has collected several resources to support both your mental and physical health during this time of extreme change.

01 Supporting Yourself and Others

- Call 911, in case of an emergency.
- Contact GuidanceResources® at 877-314-5841. This free Employee Assistance Program offers 24/7 counseling and self-improvement solutions to everyday issues.
- Call the National Domestic Violence Hotline at 800-799-SAFE (7233) or text LOVEIS to 22522 for help with abusive situations.

02 Adjusting to Life Change



View live and past webinars, quick reads and tips on topics to help you adjust to the many changes of this new environment, including sleep, self-isolation, managing worry and anxiety, diet, working from home and more.

03 Finding Peace in Uncertainty

Browse quick reads from the Mental Health First Aid curriculum on self-care and learn how to help someone experiencing a difficult time. Also, view resources from the School of Medicine's Well-Being Program.



04 Making Time for Mindfulness



Practice mindfulness with meditation. Quick 1-30 minute sessions are offered daily. Also, take time to watch a mindfulness webinar, try a new app and browse other resources to help ease your mind.

05 Staying Active Outside a Gym



Gym closed. No problem. Getting up and moving has never been easier. UNC offers many virtual fitness opportunities, including yoga and Campus Recreation fitness sessions. No membership needed. There are also many YouTube channels and apps for you to try something new in the comfort of your own home.

06 Eating Well to Be Well

It's easy to over snack during stressful times. Try to stick to your usual routine and stay on track, review nutrition tips from Gillings Culture of Health, WW or speak to a nutritionist at no cost.

Avoiding the grocery store? You can enjoy discounts on The Produce Box and other meal and snack delivery services.



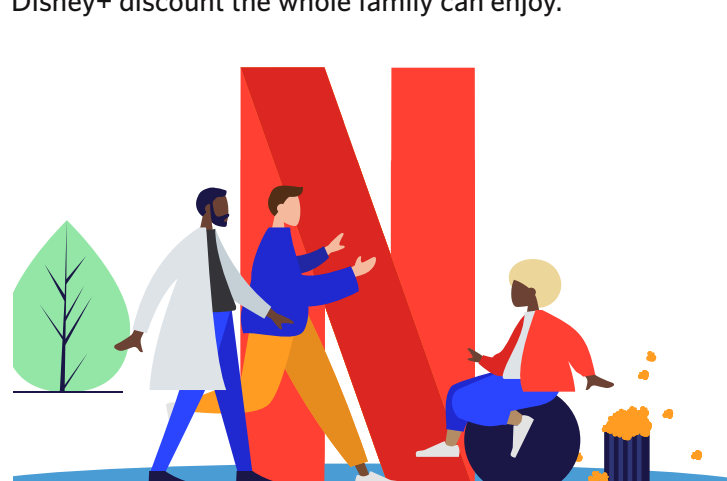
07 Staying Busy Indoors



While doing your part in social distancing, you can enjoy free theatre and musical performances from the comfort of your couch.

08 Keeping Kids Busy

With schools closed, parents may be feeling added stress for having to find ways to keep their kids busy and entertained. Engage kids with fun ideas and access your Disney+ discount the whole family can enjoy.



Check out all these Wellness Resources and more at go.unc.edu/wellness-during-covid-19



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