Students: Care for yourself one small way each day

Do something you enjoy outside, like going to the park or for a run

Find creative ways to spend time safely with friends, like virtual movie parties

Treat yourself to healthy snacks and get enough sleep

Remember, you’re not alone

Make time to relax by reading, listening to music, or exploring a new hobby

Talk to someone you trust if you or a friend feels bad

Substance Abuse and Mental Health Services Administration
Disaster Distress Hotline: call or text 1-800-985-5990

cdc.gov/coronavirus