

HOW TO CARE FOR YOUR MENTAL WELL-BEING

DURING A TIME OF UNCERTAINTY



Randall Lewis Center for
Well-Being and Research
University of La Verne



Office of Religious
and Spiritual Life

INTRODUCTION



Circumstances that are beyond our control, like COVID-19, can cause feelings of anxiety or depression for anyone, especially for those who have a history of such feelings already. Know that you are not alone. Reaching out for support is imperative during this time.

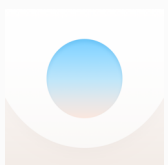
UNIVERSITY OF LA VERNE RESOURCES



The SOS Case Manager will continue to support students during this time via WebEx. Email acamacho@lavern.edu to schedule an appointment if you are in need of support.

CAPS has moved its' services to tele-check ins. Call 909-448-4105 to schedule an appointment. CAPS will refer to off-campus resources should students need additional services.

HELPFUL WELLNESS AND MENTAL HEALTH APPS



Moodrise
Tracking mood,
wellness sessions



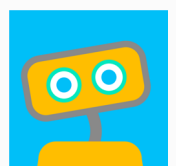
Calm Harm
Tool to manage
self-harm



Sanvello for
Stress & Anxiety
#1 app for stress, anxiety,
& depression.



Mind Shift
Meditations,
coping skills



Woebot
Mindfulness, CBT,
DBT skills

ACTIONABLE TIPS



During difficult times, it may be challenging to see the good that is around us. However, practicing gratitude is proven to improve physical health, psychological health and sleep. Make a commitment to end each day by writing down 3 things are are grateful for during this time.

Source: Psychology Today