

Hi <First Name>,

We know this is a time of change and uncertainty. Between the adjustment to a new living situation, the transition to online classes, and keeping up with our daily lives, it can be easy to overlook mental health — but it's important to check in with yourself!

Below are some resources and tools you may want to use to manage stress and maintain your mental health and wellbeing.

Wellness Apps: Two popular mobile apps for meditation have recently released free offerings to support mental and emotional wellness. Headspace's [Weathering the Storm](#) mindfulness content is available in several languages while Calm has launched an [online hub](#) with a range of resources from calming music to soothing meditations.

Helpful Read: Active Minds is a student-based organization focused on supporting college students and mental health. We highly recommend this recent article: [Coping and Staying Emotionally Well during the COVID-19 related School Closures](#). A few of the tips shared for coping with stress during this time include:

- Maintain routines as much as possible, but take breaks to ease your mind.
- Practice healthy habits and self-care, including exercise, healthy eating, and getting a good night's sleep.
- If you are facing significant concerns about how school closures could impact your health and wellbeing, speak up and seek support.

As always, our team is here to support you. <Add contact information/support details here.>