

RETHINKING YOUR DRINKING?

HOW (IF AT ALL) HAS YOUR DRINKING CHANGED DURING THE PANDEMIC?



RESOURCES



1. WAHOO WEEKENDER: A WEEKLY NEWSLETTER OF COVID-SAFE, SUBSTANCE-FREE ACTIVITIES. SUBSCRIBE AT [TINYURL.COM/THEWAHOOWEEKENDER](https://tinyurl.com/theWahooWeekender).



2. PHE THRIVE: MEET ONE ON ONE WITH A TRAINED PEER TO EXPLORE MENTAL WELLNESS DURING COVID. CALL 434-924-1509 TO MAKE AN APPOINTMENT.



3. ONLINE WELL-BEING GUIDES: HELPFUL INFORMATION AND TIPS, ON AND OFF GROUNDS RESOURCES, QUOTES FROM STUDENTS, AND EVEN SEARCHABLE TERMS SO YOU CAN CONDUCT YOUR OWN RESEARCH AT [WELLBEING.VIRGINIA.EDU](https://wellbeing.virginia.edu).



4. SILVERCLOUD: A FREE, ON-DEMAND, VIRTUAL MENTAL HEALTH PLATFORM.



5. WAHOOWELL: A FREE, POSITIVE, AND CONFIDENTIAL CONVERSATION TO HELP YOU EXPLORE POSITIVE PERSONAL PRACTICES RELATED TO HEALTH AND WELL-BEING. SIGN UP AND SCHEDULE AT [STUDENTHEALTH.VIRGINIA.EDU/WAHOOWELL](https://studenthealth.virginia.edu/wahoowell).



6. INSIGHT TIMER: A FREE MEDITATION APP FOR SLEEP, RELAXATION, AND MORE.

SAFER STRATEGIES DURING COVID

- DISCUSS COVID-ETIQUETTE IN ADVANCE WITH FRIENDS AND HOST
- REDUCE THE SIZE OF YOUR GATHERING
- DOWNLOAD THE COVIDWISE APP
- BYOB (AND ONLY BRING THE AMOUNT THAT YOU INTEND TO CONSUME)
- USE A STRAW TO KEEP MASK ON
- DRINK WATER AND EAT PROTEIN
- AVOID GAMES THAT INVOLVE TOUCHING SHARED OBJECTS
- HAVE A DD OR A SAFE PLAN TO GET HOME