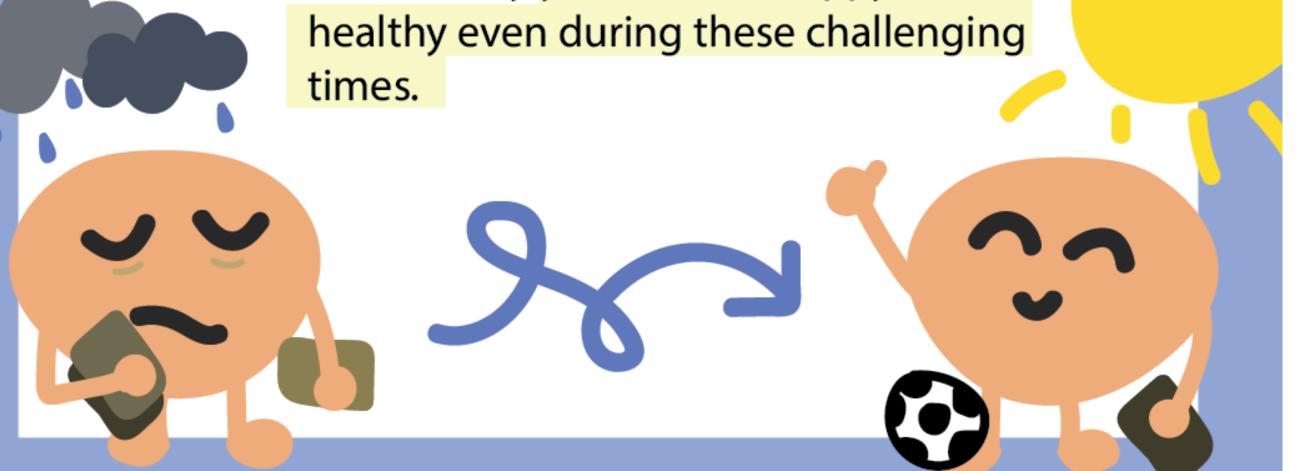
### Finding Balance

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Prioritizing self-care is an important way to preserve your well-being and help you thrive during your time at UVA. It's natural to be experiencing heightened anxiety, fatigue, or disappointment with a college experience that looks different than what was envisioned.

By exploring new ways to find balance physically, mentally, socially and emotionally you can feel happy and healthy even during these challenging



#### Self-Care

Practicing self-care looks different for everyone. Think about what makes you feel fulfilled and make an effort to build it into your routine. Not sure where to start? Try these self-care strategies:

**Connect!** Socializing safely and connecting with others can make good times better and hard times easier. It can be difficult to maintain relationships without being physically together. Make plans to see friends outdoors or meet on Zoom!

**Energize!** Taking mental and physical breaks from work to spend time doing activities you enjoy can help you decompress and recharge.

Practice Gratitude! Thinking about what is going right, rather than wrong, can help you see the good and shift to a positive mindset.

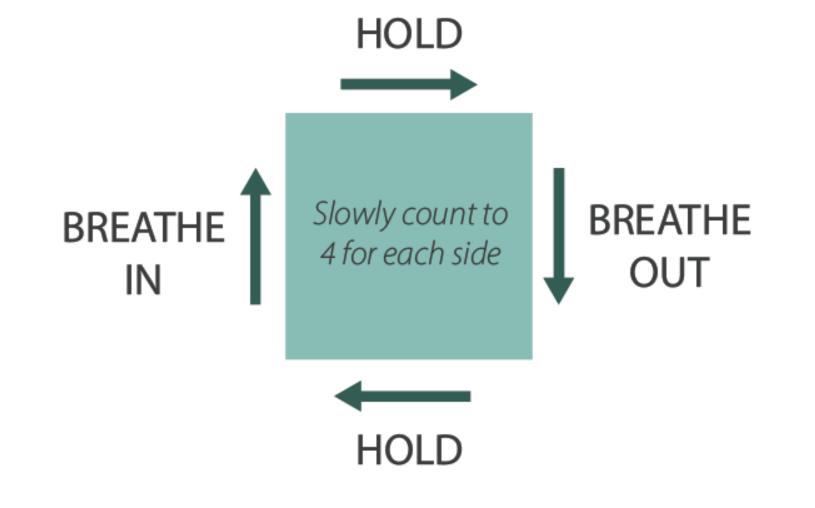
**Breathe!** Focusing on breathing can help you re-center and clear your mind.





## Mindful Breathing

Feeling overwhelmed? Take a step away from what you're doing and try this mindful breathing exercise:







**92%** of UVA undergraduates would not think less of a person who has received mental health treatment.\*

#### Resources

**Peer Health Educators (PHE)** offers one-on-one peer education sessions for mental wellness, nutrition counseling and other topics. Schedule a virtual appointment at (434) 924 1509.

**SilverCloud** provides online, confidential, free programs for managing anxiety, depression, and stress, tailored to the student's needs. Visit virginia.silvercloudhealth.com/signup.

Counseling and Psychological Services (CAPS) offers free consultations. Call (434) 243 5150 to schedule an appointment.

Check out the **Resources tab** on our website for additional suggestions.

# Get Moving Bogular physical activity (2.5 day

Regular physical activity (3-5 days per week) can strengthen your body and mind. Exercising releases endorphins that can boost mood and relieve stress. Here are some ways to take care of your body:

Try a class at the AFC

Go on walks or explore hiking trails on Observatory Hill for a change of scenery

Schedule time for breaks throughout your day

Registration is open and students of all years can participate any time from 10/25 – 11/1.

Sign up at https://tinyurl.com/4thYear5k



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\*From the October 2018 Healthy Minds survey with responses from 626 UVA undergraduate students.