

study rest teach work learn think live play train

be well.

Of all the things we have to do, all our tasks and responsibilities, we must be well. We care about your well-being, and UWA Counseling Services can help if you are experiencing struggles that affect your ability to function and enjoy your daily life.

APRIL IS NATIONAL STRESS AWARENESS MONTH

Alone doesn't have to be lonely

A long-term negative impact of the COVID-19 pandemic is the loneliness resulting from social isolation. While protecting our health and preventing unnecessary spread, individuals have experienced unprecedented separation from friends and family, as well as fulfilling activities that spark positivity and happiness. Finding new patterns and activities may help adapt to the changes we face daily.

- **MAINTAIN NORMALCY** Keeping to a schedule, staying informed, and being active can help counter the vast changes many people continue to experience.
- **FIND COMFORT** Alone time spent being creative and productive can be rewarding for some, while others may find they have drained their creativity and need to interact with friends or family to recharge. If alone time is not comfortable for you, look for new ways to fill that time. Write, paint, build, sing, play—you don't have to be good at it, as long as you enjoy it.
- **LOOK FORWARD** Make plans for the future, looking forward to events or activities that you may enjoy soon. If you're not comfortable going places now, you can take virtual tours and trips, explore digital collections online, then hit the road when the time is right for you.

>> **ONE OF THE BEST WAYS** to experience compassion is to show it to others. You will more easily recognize it when it comes to you. The pandemic has been hard on everyone in different ways. Practice self-compassion and be willing to give it to those around you.

UWA Counseling Services

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Campus Emergency

☎ 205-652-5555

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Anxiety & Depression
Association of America

WELLNESS TIP AND
ENCOURAGEMENT
PROVIDED BY

UWA Counseling Services

SOURCES

Very Well Mind

What do you enjoy?



ALABAMA P | A | R | TOGETHER

1-888-442-1793

Any individual, including but not limited to, children, older adults, individuals with disabilities, healthcare professionals, first responders, and administrators working on the frontlines who are experiencing stress or anxiety related to COVID-19, may call the Alabama Apart Information Line at 1-888-442-1793 to be connected with appropriate staff and programs in West Alabama to provide vital resources and services.