

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.

You can beat the virtual blues!

- Get a shower and get dressed. Be fresh!
- Put on clothes that make you feel productive.
- Set up a desk or workspace away from your bed.
- Take breaks to call a friend or family member just to chat.
- Eat on a schedule, with consistent breakfast, lunch and dinner times.
- If you'll be inside for a long period of time, open window coverings.
- Schedule time to go out for fresh air. It's worth a spot on your calendar.

UWA Counseling Services

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 205-652-3651

 Foust Hall 7

Campus Emergency

 205-652-5555



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.