

Mindfully Coping with COVID-19 Program

Dear Camels,

Student Counseling Services invites you to participate in a weekly virtual drop-in mindfulness program series: “Mindfully Coping with COVID-19.” This program will be offered EVERY Friday from 4 to 5 p.m. beginning April 10.

Each meeting will provide students with helpful coping resources and an opportunity to engage in guided mindfulness and relaxation exercises. Importantly, the Mindfully Coping with COVID-19 program will also serve as a forum in which you may connect remotely with peers, talk about challenges associated with the global pandemic and receive some support.

During this stressful time, it is so important to take care of your physical and mental health. Engaging in regular mindfulness and relaxation practices may reduce anxiety and tension, improve sleep, increase focus and mental clarity and decrease emotional reactivity.

Please RSVP via email to scs@conncoll.edu if you are interested in joining this series and a link to a Zoom meeting will be sent to you.

We look forward to seeing you there!

Student Counseling Services