



KEEP COMMUNITY. STAY INFORMED. BE WELL.

## STUDENTS

Social distancing and changes in our daily routines can be stressful and affect our health and wellbeing in various ways. Follow these tips and review these resources to help you to **KEEP COMMUNITY**, **STAY INFORMED**, and **BE WELL** during this time.

Fill out the [Student Action Plan](#) with your group (student organization, sorority, fraternity, peer mentor group, residence hall house, etc.) and make a plan together.

**KEEP COMMUNITY:** Community and sense of belonging are important elements of your wellbeing. Practice these tips to keep connection to your community while adhering to social distancing practices.

- Share a virtual meal with someone.
- Call or video chat a friend/family member (versus texting).
- Donate to or share the “[Together we are #CycloneStrong](#)” campaign to help Cyclones in need
- Tour a museum, zoo, or national park virtually and video chat with a friend about it.
- Connect with members of your [Student Organizations](#) to learn more about what virtual options they will be doing this semester to stay connected.
- Check in on your friends/classmates proactively. If you notice changes in their thoughts, behaviors, or emotions, connect them with university resources and reach out for help.

**STAY INFORMED:** Accurate information is useful in times of transition. Stay up to date with information from the university and learn more about resources to support you on campus

- [Crisis Resources](#)
- [Iowa State University COVID-19 Updates](#)
- [Academic Success Center](#)
- [Student Health and Wellness](#)
- [Registrar](#)
- [Dean of Students Office](#)

**BE WELL:** Being well during a stressful time is a challenge for all of us. Focus on these strategies and others to prioritize your wellbeing and support your academic and personal success.

- Enjoy a virtual relaxation exercise offered on [Student Counseling Services](#) webpage
- Take a few minutes to write out three positive things that happened to you this week
- Share a message of [gratitude](#) with someone.
- Engage in a few minutes of [deep breathing](#) throughout the day
- Take a study break and learn something [new](#).
- Be kind to yourself and others. We are all navigating this outbreak together.
- Engage in regular movement you enjoy. Follow [Recreation Services](#) on social media as they share ways to stay active and move while classes are online.
- Prioritize your sleep. Practice [good sleep hygiene](#) to improve your sleep quality.
- Connect with [Academic Success Center](#), [Writing and Media Center](#), and [Parks Library](#) for academic support services