

WELLNESS CHECK-IN: Staying Connected

Feeling overwhelmed? Try practicing the following self-care tips to make each day more manageable, productive, and self-nourishing:



Reach out to family and friends.
Virtual watch party, anyone?



Get started journaling, coloring,
and more with the help of a
self-care app.



Make an appointment with the
Counseling Center.

Don't forget: Pace's **Just in Case App** is also a great resource for connecting you with many support services you might need, including important mental health information. You're not alone. We're here to help!