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!