Mental Health & Wellness Resources

- **Being Well at Yale - Self Care** [1]
- **Chaplain's Office** [2] - virtual appointments available
- **Customizable Daily Self-Care Routine & Self-Care Rituals** [3]
- **Guided Online Meditations from Tracy George** [4]
- **Be Well Wherever You Are Series** [5] with Lauren Horner, Student Health Educator
- **GPSS Resources** [6]
  - **Asian American Cultural Center - Wellness Wednesdays** [7]
- **Managing Stress** [8] - Yale's LinkedIn Learning Resources
- **Happiness Lab Podcast** [9] - with coronavirus bonus episodes
- **Manage Anxiety & Stress** [10] - the CDC's guide for taking care of your mental health during COVID-19
- **Yale Peer Wellness Counselors Online Resources List** [11]
- **Worklife resources for those with children and pets** [12]
- **An Ecotherapeutic Meditation In Ten Steps** [13]
- **Webinar Series focused on Supporting the Emotional Well-Being of Asian Students** [14] - organized by MGH's Center for Cross-Cultural Student Emotional Wellness

**Source URL:** [https://oiss.yale.edu/covid-19-resources/mental-health-wellness-resources](https://oiss.yale.edu/covid-19-resources/mental-health-wellness-resources)

**Links:**
[2] https://chaplain.yale.edu/
[4] https://soundcloud.com/yaleuniversity/sets/guided-meditations-for-the
[7] https://www.youtube.com/watch?v=jXQEtvFMS8&t=4s
[8] https://www.linkedin.com/learning/collections/enterprise/1~AAAAAAAgM5k=899030?u=2110361
[11] https://docs.google.com/document/d/1HI9KifbjBNy1jhfQdQt9moml9zFLKzqLAEcLDzxNRk/edit
[14] https://www.mghstudentwellness.org/webinars