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]
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/reopening-fall-2020/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://docs.google.com/forms/d/e/1FAIpQLScLVAWQZIE4rj1UU3Vlz1TXiKYIoTEWwASWRbmteQ79uTauEg/vi
ewform

[8] https://www.linkedin.com/learning/collections/enterprise/1~AAAAAAAgM5k=899030?u=2110361


[11] https://docs.google.com/document/d/1HI9IlfibjBNy1jhQdQnmomI9zFLKzgqLAEcLDzxNRk/edit


[14] https://www.mghstudentwellness.org/webinars