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/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://www.youtube.com/watch?v=jXQEv2vFSM8&amp;t=4s