

Your Mental Wellbeing Matters!

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We know living in the time of the COVID-19 Pandemic has shifted the way we see the world, and without a doubt has changed all our daily lives. During such a unique time it's normal to feel a heightened sense of anxiety, loneliness, and feeling lost. We at Student Wellness want to provide you with some tools, and resources to make sure you are taking care of your mental wellbeing and individual needs.

Caring for Your Coronavirus Anxiety:

- [Virus Anxiety](#) [1]
- [Mental Health Amid the Coronavirus: PandemicActive](#) [2]
- [Taking care of yourself: Prevention](#) [3]

I Need to Talk to Someone about my Wellness

- [Wellbeing Coaching sessions](#) [4]

How Do I Know If Someone is Experiencing Anxiety or Depression?

- [Mental Health First Aid: Someone experiencing anxiety and depression](#) [2]

Helping Someone with Anxiety or Depression During COVID-19

- [Mental Health First Aid: Helping someone with anxiety and depression](#) [5]

Caring for Yourself during a time of Physically Distancing

- [Mental Health First Aid: anxiety, depression, self-care, mental health](#) [6]

Supporting a Loved One Going Through a Tough Time During COVID-19

- [Mental Health First Aid: Helping a Loved One](#) [5]

Managing OCD and Anxiety During the Coronavirus Outbreak

- [NOCD](#) [7]

Coping during COVID-19

- [Social Distancing / Isolation Coping](#) [8]

Nutrition during COVID-19

- [UNC Intuitive Eating](#) [9]

Staying Active During the Coronavirus

- [UNC Campus Recreation](#) [10]

We are in this together, and help is always available. If you're feeling alone and struggling, you can reach out to CAPS 24/7 at 919-966-3658.

If you are interested in [Wellbeing Coaching session](#), [4] please contact Student Wellness.

[Click here more Mental Health Resources!](#) [11]

Source URL: <https://studentwellness.unc.edu/your-mental-wellbeing-matters>

Links

[1] <https://www.virusanxiety.com/>

[2] [https://www.mentalhealthfirstaid.org/2020/03/how-do-i-know-someone-is-experiencing-anxiety-or-](https://www.mentalhealthfirstaid.org/2020/03/how-do-i-know-someone-is-experiencing-anxiety-or-depression/?mkt_tok=eyJpIjoiTVdVeE1tRTR0aUyWmpSaClInQiOiJrdXlzZWluRlwwZnRJeGVsaG5s)

[depression/?mkt_tok=eyJpIjoiTVdVeE1tRTR0aUyWmpSaClInQiOiJrdXlzZWluRlwwZnRJeGVsaG5s](https://www.mentalhealthfirstaid.org/2020/03/how-do-i-know-someone-is-experiencing-anxiety-or-depression/?mkt_tok=eyJpIjoiTVdVeE1tRTR0aUyWmpSaClInQiOiJrdXlzZWluRlwwZnRJeGVsaG5s)

[3] <https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/>

[4] <https://studentwellness.unc.edu/services/wellness-coaching-one-one-services>

[5] <https://www.mentalhealthfirstaid.org/2020/03/how-to-help-someone-with-anxiety-or->

depression-during-covid-

19/?mkt_tok=eyJpIjoiTVdVeE1tRTRROalUyWmpSaClInQiOiJrdXlZZWluRlwwZnRJeGVsaG5sam42Uj

[6] [https://www.mentalhealthfirstaid.org/2020/03/how-to-care-for-yourself-while-](https://www.mentalhealthfirstaid.org/2020/03/how-to-care-for-yourself-while-practicing-physical-)
[practicing-physical-](https://www.mentalhealthfirstaid.org/2020/03/how-to-care-for-yourself-while-practicing-physical-)

[distancing/?mkt_tok=eyJpIjoiTVdVeE1tRTRROalUyWmpSaClInQiOiJrdXlZZWluRlwwZnRJeGVsaG5sa](https://www.mentalhealthfirstaid.org/2020/03/how-to-care-for-yourself-while-practicing-physical-distancing/?mkt_tok=eyJpIjoiTVdVeE1tRTRROalUyWmpSaClInQiOiJrdXlZZWluRlwwZnRJeGVsaG5sa)

[7] [https://www.treatmyocd.com/blog/how-to-manage-ocd-and-anxiety-during-](https://www.treatmyocd.com/blog/how-to-manage-ocd-and-anxiety-during-coronavirus/?utm_source=UNC-)
[coronavirus/?utm_source=UNC-](https://www.treatmyocd.com/blog/how-to-manage-ocd-and-anxiety-during-coronavirus/?utm_source=UNC-)

[Chapel%20Hill&utm_medium=Blog%20Article&utm_campaign=UNC](https://www.treatmyocd.com/blog/how-to-manage-ocd-and-anxiety-during-coronavirus/?utm_source=UNC-Chapel%20Hill&utm_medium=Blog%20Article&utm_campaign=UNC)

[8] [https://studentwellness.unc.edu/sites/studentwellness.unc.edu/files/documents/tips-](https://studentwellness.unc.edu/sites/studentwellness.unc.edu/files/documents/tips-social-distancing-quarantine-isolation-031620.pdf)
[social-distancing-quarantine-isolation-031620.pdf](https://studentwellness.unc.edu/sites/studentwellness.unc.edu/files/documents/tips-social-distancing-quarantine-isolation-031620.pdf)

[9] [https://studentwellness.unc.edu/sites/studentwellness.unc.edu/files/documents/UNC-](https://studentwellness.unc.edu/sites/studentwellness.unc.edu/files/documents/UNC-Sports-Nutrition-Intuitive-Eating-Home-Tips.pdf)
[Sports-Nutrition-Intuitive-Eating-Home-Tips.pdf](https://studentwellness.unc.edu/sites/studentwellness.unc.edu/files/documents/UNC-Sports-Nutrition-Intuitive-Eating-Home-Tips.pdf)

[10] <https://campusrec.unc.edu/covid19/#resources>

[11] <https://studentwellness.unc.edu/resources/mental-wellbeing-resources>