

UNIVERSITY OF PENNSYLVANIA CAPS

COPING WITH COVID-19

Resources to Support Students

MENTAL WELLNESS



TO READ:

[Coping During School Closures](#)



TO DO:

[Self-Care Plan](#)

[Gratitude Journal](#)

[Wellness Apps](#)

ANXIETY & STRESS



TO READ:

[Your Mental Health & COVID-19](#)



TO DO:

[Recorded Meditations](#)

[Grounding Tutorial](#)

VIRTUAL SUPPORT



TO READ:

[Making the Most of Online Therapy](#)



TO DO:

[CAPS Virtual Services](#)

[Crisis Numbers](#)

CALMING ACTIVITIES



TO READ:

[10 Grounding Techniques](#)



TO DO:

[Yoga Sessions](#)

[Adult Coloring Pages](#)



For more information, go to CAPS page, [Your Mental Health and COVID-19](#).