

Black Bear Support When You are Away from Campus

You are an important member of our Black Bear Family. We care about you and want you to know that we are here for you even when you cannot be on campus. As you stay safely at home to recover, we want to encourage you to continue to take care of yourself physically and mentally. The tips below are a resource to help provide you with additional support that is available virtually.

Take time to seek connection to maintain positive mental health during this difficult time.

- **Find ways to remain connected with the College Community.** While social distance is the golden standard right now, create and maintain virtual connections. Many College offices offer phone or Zoom appointments to meet student needs.
 - Reach out to your advisor or instructors and inquire about virtual office hours.
 - Confused about an assignment or need extra help? Request a [Tutor](#) - Zoom appointments are available!
 - Technology have you stumped? – Call the IT helpdesk at 814-262-6470
 - Want to connect with the Counselor for additional support? – Use this [link](#) to set up a virtual appointment via phone or Zoom.
 - Join us (starting 9/30/20) for **Wellness Wednesdays** via [Zoom at 1:30pm](#) to hear tips and share your experiences on being and staying well.
- **Stay connected with your friends/family.** Use this time to set up weekly calls or video chats with friends.
 - See how long you can keep your chat streak going.
 - Share the funniest video on YouTube with your friends.
 - Plan a virtual game night – *Who can come up with the most points in Scattegories or Yahtzee?*
- **Take time for self-care:**
 - Take time to do something you enjoy.
 - Cultivate a new hobby.
 - Read for pleasure.
 - Listen to your favorite song.
 - Find a new podcast to listen to.
 - Exercise. - There great videos on YouTube with free exercises that you can do from home.
 - Try out yoga or mindfulness meditation.
 - Don't be too hard on yourself. Be positive with yourself. If you are struggling, give yourself permission to take a break.

Additional Resources for Support:

- [The Jed Foundation on COVID-19 and Managing Mental Health](#)
- [Taking Care of your Behavioral Health](#)
- Check out the resources on [myPEAK](#) or set up a time to connect with Bridget.

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