

Your Health Is Important To Us



NO MATTER HOW YOU'RE FEELING, THESE RESOURCES CAN HELP

Need Someone To Talk To?

- Join in the conversation with a clinician in the Graduate Student Support Group on Wednesdays from 5:00-5:50PM.
- Learn about [all workshops/groups](#) that Behavioral Medicine offers.

Have Questions Or Concerns?

- Chat with GMS Student Affairs during their office hours.
 - To request a morning appointment sign up [here](#).
 - To request an afternoon appointment sign up [here](#).

Having Food Insecurity Issues?

- Our Community Cupboard is open by request. Email gmssa@bu.edu for an appointment.

Feeling Anxious?

- Read over Student Health Services' [Tips For Coping With Anxiety](#).

Stressed Out?

- BU provides students with a free subscription to [Headspace](#).
 - Additional guided meditation available [here](#).
- Livestream daily [exercise workouts](#).
- Try yoga workouts [here](#) and [here](#).

Create Healthy Coping Techniques

- Check out the [American Psychological Association](#) which has helpful guidelines to establish a healthy routine.
- Whether you're a parent, a responder, or just need help coping, the [Center for Disease Control \(CDC\)](#) has stress management tips for you.

Need A Break?

- Check out the following virtual tours:
 - Virtual [tour](#) of national parks.
 - Virtual tours of museums and zoos [here](#) and [here](#).

Stay Informed

- [Boston University Medical Campus COVID-19 Information](#)
- [Boston University COVID-19 Information](#)
- [Center for Disease Control and Prevention](#)
- [World Health Organization \(WHO\)](#)