

# Your Health Is Important To Us

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

## **Need Someone To Talk To?**

### Mondays

- 3:00-4:00PM - [Managing Anxiety](#) workshop
- 4:00-5:00PM - [LGBTQ+ Support Group](#)
- 5:00-6:00PM - [Mindfulness Meditation](#) workshop

### Tuesdays

- 3:00-4:00PM - [Building a Stronger You](#) workshop
- 3:00-4:00PM - [Managing Anxiety](#) workshop
- 5:00-6:00PM - [Black Student Support Group](#)
- 5:00-6:00PM - [Mindfulness Meditation](#)

### Wednesdays

- 3:00-4:00PM - [Coping Through Connection](#) workshop
- 4:30-5:30PM - [Navigating Relationships](#) workshop

### Thursdays

- 3:00-4:00PM - [BU Roots Group](#)
- 3:00-4:00PM - [Managing Anxiety](#) workshop

- 4:00-5:00PM – [Life After BU](#)

#### Fridays

- 3:30-4:30PM - [Graduate Student Support Group](#)
- 3:30-4:30PM – [Grief Group](#)

### **Have Questions Or Concerns?**

- Chat with Student Affairs staff
  - To request an appointment sign up [here](#)

### **Having Food Insecurity Issues?**

- Our Community Cupboard takes online orders! Place your order [here](#) or [email us](#) with questions

### **Feeling Anxious?**

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

### **Stressed Out?**

- BU provides students with a free subscription to [Headspace](#)
- Try free yoga workouts [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

### **Stay Informed**

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