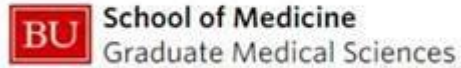


Your Health Is Important To Us



**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

Wednesdays

- 3:00-4:00PM - [Coping Through Connection](#) workshop
- 4:30-5:30PM - [Navigating Relationships](#) workshop
- 5:00-6:00PM - [Graduate Student Support Group](#)

Thursdays

- 3:00-4:00PM - [BU Roots Group](#)
- 3:00-4:00PM - [Managing Anxiety](#) workshop
- 4:00-5:00PM - [Grief Group](#)

Fridays

- 3:00-4:00PM - [Black Student Support Group](#)

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

Feeling Anxious?

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

Stressed Out?

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