

WEEKLY WELLNESS & COUNSELING NEWSLETTER

Monday January 25, 2021



Hello and welcome back Ursinus community! We are looking forward to seeing you all again this semester. The Wellness Center is now open Monday through Friday from 9:00am to 5:00pm. Unfortunately, we are still not accepting walk-in appointments at this time. If you are in need of health or counseling services please make an appointment via email at wellness@ursinus.edu or call 610-409-3100.

In addition to virtual therapy, we are continuing to offer virtual crisis hour for students who are experiencing a mental health crisis and need to speak to a clinician. Students will be seen during crisis hour on a first come first served basis on weekdays from 2:00pm to 3:00pm. This service is confidential and free to all students. Please click [here](#) to visit our website and learn more.

COVID-19 REMINDERS

As we're ushering in this unique Spring semester, we want to remind everyone of how to prevent contracting COVID as well as what to do if you have a positive test. We are wishing you all a safe and healthy semester!



Prevent

- Wash your hands! For 20 seconds and with soap and hot water.
- When in public spaces, don't touch your eyes, nose, or mouth and avoid touching your mask.
- Wear your mask in common and public areas on campus.
- Get tested! Sign up for weekly testing timeslot [here](#). All testing will be on Monday's and Tuesday's this semester.
- Adhere to family units and residence hall room guidelines.
- Manage your stress to keep your immune system healthy
- If you're feeling sick, make an appointment with Wellness.



Support your friends who have tested positive

- Text them good morning every day and ask how they are doing
- Do a shared activity, like watching Netflix together
- Help them keep a healthy routine by exercising, or practicing yoga at the same time
- Schedule group video calls to play trivia or virtual games
- Visit the [Quarantine and Isolation](#) page on the Wellness site for more

Know what to do for yourself if you test positive

- Expect to move to temporary quarantine or isolation housing on or off campus for 10 days
- Prepare to remain in your room for the entirety of your quarantine or isolation stay
- Prepare to participate in classes remotely
- Monitor yourself for any symptoms and report them to Wellness
- Be patient and kind to yourself if you feel anxious, overwhelmed or even frustrated
- Focus on what is within your control
- If you're feeling up to it, do these things the CDC recommends to take care of your body:
 - Take deep breaths, stretch, or meditate
 - Try to eat healthy, well-balanced meals
 - Get plenty of sleep
 - Avoid excessive alcohol, tobacco, and substance use
 - Find new ways to safely connect with family and friends, get support, and share feelings
- Check out the Bears Return page and Student Guidelines for more information
- Email covid19@ursinus.edu with any questions or concerns

