feel reassured.

take a deep breath, exhale, and review these tips to support your mental health and wellness

Check out more resources here: groups.som.yale.edu/AASL/covid-19-wellness/
continuously listening to updates on a major pandemic can be upsetting and emotionally draining - put the phone down, turn the tv off, and take a break
panic spreads faster than the disease - so take a deep breath and focus on the facts: in 81% of cases there were mild to no symptoms and most infected people are cured. Help avoid exposure by washing your hands and social distancing.
stay connected with those who matter

connect with your friends and family - find the people you trust, talk about your concerns and how you're feeling, maybe even try and have a laugh!
be a hero: stay at home!

we know, the weather is improving and the temptation to go outside is overwhelming - but think of your community first! by staying home we can reduce the rate of transmission (y'all are really being a hero if you do this!)
get some movement in your routine

we may all be at home, but that doesn't mean we need to stay glued to the couch - follow a yoga video, devise an indoor exercise routine, or do some spring cleaning!
remember: the scientists are online

an opportunity to see community in action - a global effort of science, innovation, and tech is safeguarding us against this global pandemic - we've never been this prepared
there are people who can help you!
call Yale Health, connect with your school administrators, talk to your friends; there is a community of people working to support you - all you have to do is ask