

April

2020

Aggie Mental Health & Wellness Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
Counseling & Psychological Services (CAPS) website	Connect with CAPS on Social Media! @tamucaps	Instagram Facebook Twitter	Are you a Perfectionist or struggle w/emotions? CAPS workshop	How to reconnect w/students & strengthen remote courses	Important updates for our International Aggie students	Stay connected & practice wellness - Flourish at A&M
5	6	7	8	9	10	11
DSA staff engagement during Covid-19	CDC - prevent getting sick - recommendations	Considerations about wearing a Face Masks in public	Take a minute for a Mindful meditation	Struggling with Anxiety -check out CAPS -Anxiety toolkit	Looking for On Demand help for stress? Try Sanvello for free!	Don't forget to Exercise! - free rec classes
12	13	14	15	16	17	18
Kindness is a powerful tool - Random Acts of kindness. <i>Practice kindness daily</i>	Managing Mental health during times of Uncertainty Aggieland, waiting for you	What students can expect when utilizing CAPS services *CAPS is also available for consultations	Managing Zoom Exhaustion Call or write a letter to friend or family member	Academic Success Center resources for Aggie students Tips to Help College students	HELPLINE is still open for calls 4 - 8 pm weekdays, 24 hrs on weekends 979-845-2700	Learn a new language Practice Journaling your reaction to Covid-19
19	20	21	22	23	24	25
Free 30 days of yoga with Adriane	Experiencing Grief during Covid-19 is real	MusterLive - 7:00pm	CAPS Online workshop for Getting Unstuck	10 tips for managing Corona Virus	Responding to Racism during COVID-19 Outbreak	F.A.C.E COVID- a suggestion on responding to Covid crisis
26	27	28	29	30		
take a break - you deserve it.	NAMI Covid-19 Resources and Information Guide	Start your free online Kognito At Risk training	Grieving the Loss of Graduation	3 habits to maintain hope in adversity	Thank you for all you do & Gig 'Em!!	Be Safe and Be Well!