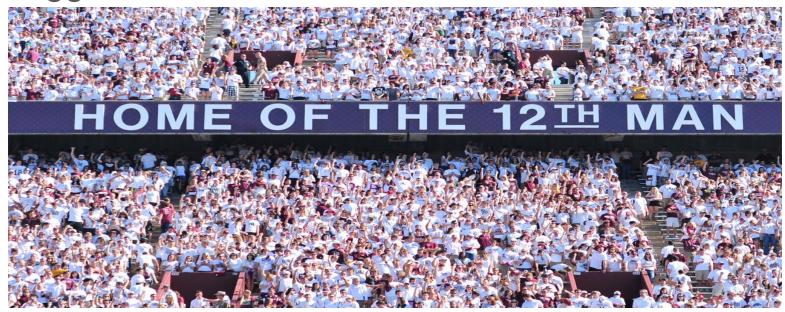
April

2020

Aggie Mental Health & Wellness Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Counseling & Psychological Services (CAPS) website	Connect with CAPS on Social Media! @tamu_caps	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
DSA staff engagement during Covid-19	6 CDC - prevent getting sick - recommendations	Considerations about wearing a Face Masks in public	8 Take a minute for a Mindful meditation	9 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
Kindness is a powerful tool - Random Acts of kindness. Practice kindness daily	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
Free 30 days of yoga with Adriane	20 Experiencing <u>Grief</u> <u>during Covid-19</u> is real	MusterLive – 7:00pm	CAPS Online workshop for Getting Unstuck	10 tips for managing Corona Virus	Responding to Racism during COVID-19 Outbreak	25 F.A.C.E COVID- a suggestion on responding to Covid crisis
26 take a break - you deserve it.	NAMI Covid-19 Resources and Information Guide	28 Start your free online Kognito At Risk training	Grieving the Loss of Graduation	30 3 habits to maintain hope in adversity	Thank you for all you do & Gig 'Em!!	Be Safe and Be Well!