

# YOU ARE RESILIENT

## COPING WITH COVID-19



### SLEEP

Getting your zzzs supports your immune system, enhances your mood, increases thinking ability, and improves motor function.



### STAY CONNECTED

Feelings of isolation and a sense of grief are common right now, but you can still connect via technology. To connect, check in virtually each day with at least one person, like family members, friends, classmates and colleagues. Find more ways to engage at [go.unl.edu/engage](https://go.unl.edu/engage).



### PAY ATTENTION TO YOUR FEELINGS

Schedule a regular check in on your own well-being daily. You can ask yourself “*how are you doing?*” or complete a well-being quiz at [resilience.unl.edu/well-being-check](https://resilience.unl.edu/well-being-check)



### BE PATIENT WITH YOURSELF AND OTHERS

These are new times for everyone, and everyone is struggling. Do your best to be kind to yourself and keep contact information for those who are important to you close so you can reach out for help if needed. **We are all in this together!**



### USE YOUR RESOURCES

Ongoing support for students' well-being is offered through:

- Remote counseling with CAPS professionals  
[caps.unl.edu](https://caps.unl.edu) | 402.472.7450
- Well-being coaching via Zoom [resilience.unl.edu/well-being](https://resilience.unl.edu/well-being)
- Money coaching via Zoom [resilience.unl.edu/money](https://resilience.unl.edu/money)
- Well-being check-ins [resilience.unl.edu/checkin](https://resilience.unl.edu/checkin)
- Wake up to well-being videos [resilience.unl.edu/videos](https://resilience.unl.edu/videos)



**BIG RED RESILIENCE  
& WELL-BEING**

Student Affairs