

# THE STALL SEAT JOURNAL.

VCU's NUMBER #1 TOILET PAPER! • MCV CAMPUS SPECIAL ONLINE EDITION



## MONITORING VITALS

How are we today? Checking-in on mental and emotional health is just as important as keeping track of other symptoms and vitals. It's even more critical during times of change and uncertainty when our typical routines are disrupted.

Most Rams rely on Ramily to support our mental and emotional health. Sources of support can include friends, roommates, significant others, family, religious leaders, and support groups (VCU Healthy Minds, Spring 2018). Finding ways to maintain connection is critical to support our overall well-being.

### Connecting to Ourselves:



#### Allow.

During tough times, "allowing" is one of the most important mindsets we can cultivate. It can be hard to give ourselves permission to seek comfort, take time to care for ourselves or disengage from the constant barrage of news and stimulus. If we try to hold ourselves to unforgivable standards, we risk burning out.



#### Tune-in.

Chances are, we are all feeling a range of emotions, sometimes all at once and some unnoticed. Can we observe them? Name them? Often, naming something allows us to let go and move on.



#### Ask.

What is going on right now? Are we able to relax? What do we need? We might not know the answers and that's ok.

### Connecting to Others:

Do you have a friend, classmate or loved one who you know struggles with their mental health? Try reaching out to provide connection and support by listening, being there (in spirit) as much as you can and making sure they are connected to a larger support network.

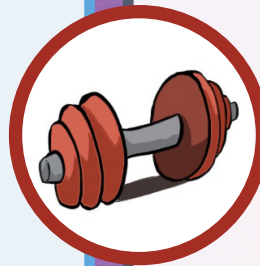
Stay connected with other Rams by using RamsConnect! Visit [ramsconnect.vcu.edu](https://ramsconnect.vcu.edu) to sign up and get involved!

During the coronavirus (COVID-19) pandemic information and misinformation abounds. Learn more about how to sort fact from fiction and find sources of reliable health information with tips from VCU Libraries:

[go.vcu.edu/misinformation](https://go.vcu.edu/misinformation)

### Connecting to Campus Resources:

We're in this together! Check out these campus resources offering virtual services.



#### Recreational Sports

- The gyms might be closed, but Rec Sports is offering free resources like online fitness classes, virtual trivia, e-sports, virtual outdoor adventures and more!
- [recsports.vcu.edu/about/virtual-programs/](https://recsports.vcu.edu/about/virtual-programs/)



#### The Well

- Make an appointment in our Virtual Resilience Lab, attend our weekly meditation, or attend one of our Zoom presentations on mindfulness and self-care during tough times. Learn more on our website or by following our social media.
- [thewell.vcu.edu](https://thewell.vcu.edu)



#### University Counseling

- UCS is providing telehealth assessment, referral and therapy services. Crisis services continue to be available 24/7: If a student is experiencing a mental health crisis M-F 8a.m.-4:30p.m., they can call UCS at (804) 828-6200 and ask to speak with any available crisis clinician. After hours please contact the VCU PD at (804) 828-1234 and ask to speak with the on-call crisis clinician.



#### Career Services

- Meet with your MCV Campus Career Services representative, Megan Hollis, via Zoom, phone, or email (good for quick document reviews). To make an appointment:
  - Log into Handshake ([vcu.joinhandshake.com](https://vcu.joinhandshake.com)) using your VCU ID and password
  - Click Career Center, then Appointments
  - Follow the prompts to meet with VCU Career Services, and select any of the MCV Campus appointment types

For additional updates, visit [students.vcu.edu/about/keep-on-being-well-at-vcu/](https://students.vcu.edu/about/keep-on-being-well-at-vcu/)

## The Well

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