

**From:** Annie Stevens, Vice Provost for Student Affairs  
**Sent:** Thursday, April 2, 2020 6:11:56 PM (UTC-05:00) Eastern Time (US & Canada)  
**Subject:** Message to Students -- Your Health and Wellbeing

Below is an email from the Center for Health and Wellbeing reaching out to students during these challenging times.

I appreciate all the support and encouragement you are providing to our students.

With appreciation,

Annie Stevens  
Vice Provost for Student Affairs



The University  
of Vermont

DIVISION OF STUDENT AFFAIRS

CENTER FOR HEALTH AND WELLBEING



## Hello.

I miss not having you on campus and am sending positive energy to each of you as we all navigate these uncertain times.

In the past several weeks, I have read more news and articles about COVID-19 than I care to count. The **article** that stuck with me the most calls what we are all experiencing "collective grief." This grief includes feelings of sadness about people we are missing and events that will not happen this semester, feelings of anxiety about what the future may hold, and worry about loved ones near and far. And I know the list goes on.

The article also offers hope, and reminds me that there is power in acceptance. This power comes from focusing on things that we can control. With that in mind, I want to offer a few recommendations that may bring you a sense of reassurance.

You can, and should...

- **Ask for help:** You don't have to figure this out on your own. Counseling and Psychiatry Services, Student Health Services, LivingWell and other resources are all available to you. Our [CHWB programs and services page](#) explains how to reach us.
- **Stay connected to UVM:** Keep using all of the resources you relied on when you were on campus. View [UVM's directory of services](#) or call the helpline 802-656-4357 (HELP) for guidance.
- **Maintain social connections:** Community support can help you through tough times. UVM Bored already has a list of [virtual events](#) that are happening.
- **Get some fresh air:** Going outdoors can help to regulate your mood and moving your body is a great way to feel better. Also, Campus Rec has [free online classes](#).
- **Unplug:** Take breaks from news and social media. After all, it's impossible to keep up and trying to may heighten your anxiety.

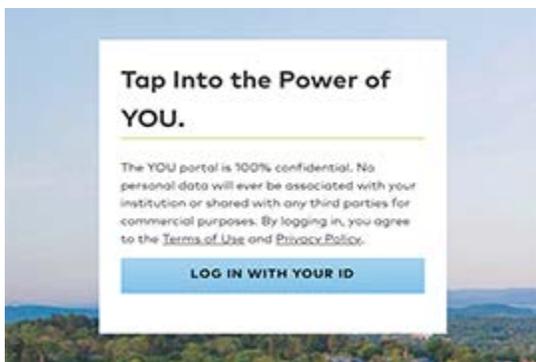
Finally, please continue [practicing social distancing](#) as a way to keep yourself, your family, and your community safe. This is our shared responsibility to help our communities and families get through this.

Be well,

**John Paul Grogan**

Public Health and Outreach Director  
Center for Health and Wellbeing

## View [Health Resources](#)



[You @ UVM.](#)



[Practice Mindfulness.](#)

CHWB's on-line resource tool offers tips and guidance for how to take care of your mental and physical wellbeing. YOU also helps you set goals that will help in this transition time. [Learn More](#) »

Check out the UVM Mindfulness Soundcloud for free guided meditations that can help you feel grounded and build resiliency, compassion, and well-being. [Give it a Try](#) »



[View](#) on our website | ©The University of Vermont 2020