



Prevent the Isolation and Quarantine Blues

During stressful events, humans experience a variety of uncomfortable thoughts and feelings. Isolation or quarantine due to a COVID-19 diagnosis or potential exposure can disrupt us, however protecting our mental health is essential for boosting immune system health to prevent and recover from illness. Guard your mental health with these suggestions and resources.



Stay Connected to Friends & Family

People care about you, and you need your connections to feel better and help you get healthy again. Check in by phone or text and if you feel up to it, connect virtually with the people you love and seek care if you are not feeling well.



Focus on basic self-care

Sleep boosts our mood and our ability to fight illness. Aim for quality sleep and rest if your energy is depleted. If you feel ill, you may not have much of an appetite, but eat when you are hungry, even if its just small meals and stay hydrated with water, broth, decaf tea or Gatorade.



Calm your Body and Mind

If your diagnosis or quarantine is making you feel more anxious, try to download an app like Calm, Headspace or Smiling Mind. Listen to relaxing music, read, color and if you feel up to it, you can also try a brief yoga video like Yoga with Adrienne on YouTube.



Try the Stress Management Workshop

A 4-part series reviews methods to manage distress. Hosted on the student health resources page. (link below).

Don't fear reaching out for help.

Staff will be checking in on you if you are asked to isolate or quarantine. Nevertheless, we all need extra support sometimes, and there is no shame in it. Reach out to a trusted friend, campus mentor, Res Life, The Counseling Center, Multicultural Center, CISS, Spiritual Life or other campus resources.





Counseling Center 'Virtual' Clinic Services:

Eligible students can schedule a telehealth consultation.

Call us at **781-891-2274**.

Clinicians will make an individual recommendation, which might include:

- Connection to a relevant campus resource
- Short-term counseling when appropriate
- Off-campus specialized care referrals

Check us out on YouTube!

For short mental health topic videos, and full-length stress management workshops!
bit.ly/bentleyCCyoutube



Be on the lookout for the 'Good Vibes' Happiness Series videos and challenges.



A weekly Drop-In COVID-19 Support Group is available!

Join us every Thursday at 1pm, to talk with counseling staff and other Bentley students who have been effected by COVID-19, about the pandemic and how you are managing: <https://bentley.zoom.us/j/94311297962>

24 Hour Mental Health Support

781 - 891 - 2274