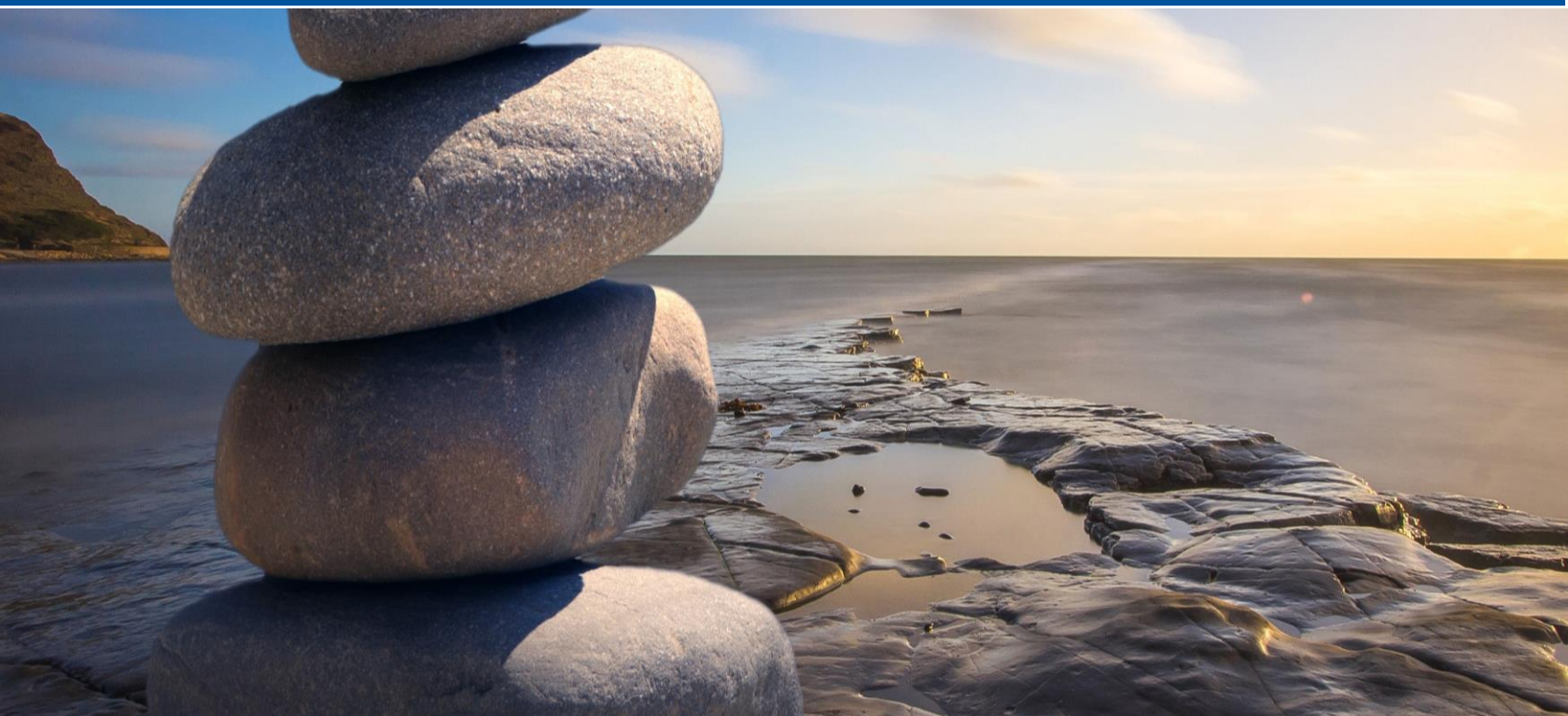


Treading Through Fear and Uncertainty

Resources and Tips for Helping Students Work Through Difficult Emotions
During COVID-19 and Social Distancing.



Noticing Your Thoughts

Leaves on a [stream audio meditation](#)

Noticing thoughts with [self-compassion audio exercise](#)

Coping with Anxious Distressing Thoughts

Breath [audio meditation](#)

Accepting our anxiety through [Acceptance](#) and [Acceptance of thoughts and feelings](#)

Self-Compassion Through a Pandemic

Tara Brach Psy.D. and meditation specialist:

[Meditation and coping with a pandemic various audio podcasts](#)

Noticing My Body

Body Scan audio [meditation](#)

General College Mental Health Resource

Online [resources](#) for College Mental Health

Online Workshop Series for College Students

Six [ACT conversations](#) Workshop series from RMIT University



Embry-Riddle Aeronautical University
Counseling Center
386-286-6035

EMBRY-RIDDLE
Aeronautical University

Looking for something to do? Practice Mental Wellness Through Art, Movement and Sound.



Adult Coloring

Nature

Coloring categories include serious science: biomes, anatomy, animals, plants and more, plus some pure whimsy – [just for fun.](#)

Art

Print off a [free printable coloring page from the “Color Our Collections”](#) campaign with coloring sheets from over 100 museums and libraries from around the world or choose from 1,500+ coloring pages with [Just Color.](#)

Virtual Concerts

Intimate [video performances](#) recorded live at the desks of musicians.

Get outside....virtually

Ten amazing virtual [museum tours](#)
Virtual tours of [National Parks](#)

Create Vision Boards

A Vision Board is comprised of a collection of images that you select depicting wishes dreams and goals as well as [inspirational pictures and words.](#)

Physical and Mental wellbeing are Linked

Consider some of these free resources for getting your body moving
[Free virtual fitness classes](#)



Embry-Riddle Aeronautical University
Counseling Center
386-286-6035

EMBRY-RIDDLE
Aeronautical University