UNIVERSITY OF PENNSYLVANIA CAPS

COPING WITH COVID-19
Resources to Support Students

MENTAL WELLNESS
TO READ:
Coping During School Closures

TO DO:
Self-Care Plan
Gratitude Journal
Wellness Apps

ANXIETY & STRESS
TO READ:
Your Mental Health & COVID-19

TO DO:
Recorded Meditations
Grounding Tutorial

VIRTUAL SUPPORT
TO READ:
Making the Most of Online Therapy

TO DO:
CAPS Virtual Services
Crisis Numbers

CALMING ACTIVITIES
TO READ:
10 Grounding Techniques

TO DO:
Yoga Sessions
Adult Coloring Pages

For more information, go to CAPS page, Your Mental Health and COVID-19.