



Badger Virtual Care Package

Over the last several months, we've all been learning new ways to live, work, and play while staying as safe as possible during COVID-19. UHS recognizes that self-care is needed now more than ever before. While we know that quarantine is not something we want to do, we acknowledge it is important for the greater good of our community. The following resources highlight ways to stay connected and healthy during quarantine. We also frequently update our [Remote Services website](#) with additional videos, workshops, and tools to get you through this time.

MENTAL HEALTH

- Get connected to [Mental Health Services](#) by making an [Access Appointment](#). This consultation will help determine which of our many services and resources is the best fit for your needs. Call us at 608-265-5600 (option 2) or web-book your appointment via MyUHS.
- If you are interested in getting connected to a Madison community provider for mental health services, our Care Managers can help review your options and provide recommendations. You can also make a Care Management appointment by going through the Access Appointment process.
- [Psychoeducation Workshops](#) Workshops on mindfulness, substance use, resilience and much more! For many of these workshops, you can sign up directly online (no Access appointment needed).
- MHS also offers Groups and several Processing Spaces. Please see the **Connection** section below for links and additional information.
- [Thrive Series](#) Workshop series with tools for navigating mental health, relationships, academics, self-care, and more.
- [Let's Talk](#) Virtual, informal, 20-minute consultations with a counselor. Available each weekday. [The schedule and signup sheet are available online.](#)
- [Suicide Prevention Training](#) for UW-Madison Students - The suicide prevention training builds capacity in UW-Madison students to intervene and offer support for their friends and peers.
- [Live Free](#) - Live Free is UW-Madison's first peer-to-peer student organization that confronts addiction through educational engagement, community outreach, and recovery resources.
- [Coping with COVID Anxiety](#) - Mini videos with tips for managing COVID-related anxiety.

- [SilverCloud](#) - An online, self-guided, interactive mental health resource that provides students with accessible cognitive behavioral interventions 24 hours a day.

CONNECTION

- [MHS Processing Spaces](#) These virtual spaces provide easy access to confidential support and consultation with peers and counselors from UHS Mental Health Services. Each process space is focused on a specific topic, identity, or concern, including a biweekly [Connection in Quarantine](#) space.
- [MHS Groups](#) Group counseling is an opportunity to connect with others in a safe, confidential and supportive space. Students can get scheduled for a group screening appointment by calling 608-265-5600 (option 2).
- [Badger Support Network](#) BSN is a student organization striving to create an inclusive community on campus where students can receive support through safe, confidential, and inclusive peer-to-peer group discussions about everyday life stressors and mental well-being.
- Host a virtual [NetflixParty](#). Netflix Party synchronizes video playback and adds group chat to watch your favorite Netflix shows with your friends
- [Watch2gether](#) - Watch videos online with your friends.
- Host a [virtual game night](#)

REST

Sleep can be difficult to maintain during the pandemic. Getting good sleep is very important for maintaining physical and mental health during this time. Here are a few suggestions for sleep hygiene.

- [Sleep hygiene tips](#)
- [CDC: Tips for better sleep](#)
- [Sleep journal](#)
- [A practical guide: A good night's sleep](#) (12 languages)
- [Create a sleep soundscape](#)

EXERCISE

General Workouts

- Virtual RecWell Offerings: recwell.wisc.edu/virtualprograms/
- [The Workout Today](#) is a daily email newsletter with a free workout that you can do at home. They are also offering live yoga and live workouts during this time.

Yoga

- Yoga with [Jamie at UHS](#)
 - [Rest and Relax](#)
 - [Wind Down](#)

- clarenorelle.com/calendarandresources/
- Free online yoga and meditation through [Ekhart Yoga](#)
- [Yoga with Adriene](#)

Pilates

- [Blogilates](#): Youtube Channel with Pilates videos that you can do at home

NUTRITION

- [Healthy Eating Plate \(multiple languages available\) by Harvard School of Public Health](#)
- Blog post: christyharrison.com/blog/covid-19-and-weight
- FoodPsych podcast: hristyharrison.com/foodpsych
- Support around [Eating Disorders during COVID](#) from NEDA
- If you are able to cook for yourself, some people find it fun and relaxing to try a new recipe. fridgetotable.com allows you to input ingredients you have on hand and get recipe suggestions. If you are not able to cook your own food, please remind yourself that this is temporary and try to fuel your body with the food that is available.

ACADEMIC SUPPORT

- [Tips for Learning and Working Remotely](#) with UHS counselor, Egg Guo
- Forbes: [Tips for being productive while working from home](#)
- [UW-Madison Learning Support Resources](#) (tutoring, study skills, etc.):
- Additional [Resources and Tips for Online Learning](#) from UW-Madison Academic Support
- [UW-Madison Writing Center Workshops](#)

RELAXATION AND ENTERTAINMENT

- Reading
 - Overdrive.com - free library books **if you have a local library account**
 - [Free download from New York Public Library:](#)
 - [Free Classic Books](#)
- Music
 - [Live Streams and Virtual Concerts](#)
 - [Online Music Festivals](#)
- Relaxation/meditation exercises
 - [UHS Guided Relaxation playlist on Spotify](#)
 - [5,4,3,2,1 Grounding Exercise](#)
 - [The Honest Guys](#): YouTube Channel with free guided meditations
- [Connecting Badgers Podcast](#): Led by UHS counselors
- [Kanopy](#) - free movies through UW library
- [TED Talks](#) - TED talks video series about almost anything

- [Broadway from home](#) - This Playbill article lists several Broadway musicals and plays and where to watch them
- [The Kennedy Center Digital Stage](#) - videos of performances from the Kennedy Center
- [Online Jigsaw Puzzles](#)
- [Museums from home](#)
- Create your own hand washing guide: washyourlyrics.com