



# WELLNESS CHECKLIST

## TIPS FOR RETURNING TO LIFE ON THE FARM

**Welcome Back.** While campus may look a little different than you once experienced or envisioned, we are here for you. This wellness checklist contains mental health and well-being resources to help you prepare logistically and emotionally as you transition to the Stanford campus.

### CONNECT WITH FRIENDS, FAMILY, AND COMMUNITY

Set a regular time to connect with friends and family so that it doesn't get overlooked when life gets busy or hard. Find fellowship through Stanford's community centers and other campus communities so you don't hold everything on your own.

### TAKE CARE OF YOUR HEALTH

Reconnect or learn about Vaden Medical Services, CAPS, and Well-Being at Stanford. You may need to establish a new primary care physician or transfer your prescriptions.

### ESTABLISH A DAILY ROUTINE

Include Health Check in your morning routine and identify times for your COVID-19 tests ahead of time. Stick to a schedule that feels comfortable to you.

### BUILD A SELF-CARE MENU

What's in your self-care toolkit? Remind yourself what brings you joy and replenishes your soul. What support do you need from your community? How can you ask for and access it?

### REST AND SELF-SOOTHE OFTEN

Make time for just yourself to recharge. Discover healthy ways to self-soothe. Nourish your body and stay hydrated. Get plenty of sleep.

### CONNECT TO PROFESSIONAL STAFF

Connect with a professional if helpful, talk to a CAPS counselor or Well-Being Coach to assist with personal challenges and learn new strategies for adjusting back to campus.

### MAKE SPACE FOR YOUR ANXIETIES AND FEARS

Take time to explore how you are feeling during this time of transition and uncertainty. Consider journaling, art work, or other forms of expression. Seek support by sharing with others.

### ACCEPT WHERE YOU ARE RIGHT NOW

Be kind and gentle with yourself. Deprioritize productivity, lower expectations for what you "accomplish." We are not in normal times. It will not always be this challenging.

### CHECK IN WITH YOURSELF

What do you need at the moment? Find a balance of connecting with others and time by yourself to reflect and recharge. Acknowledge that your feelings are valid.

# STANFORD HEALTH & WELL-BEING PARTNERS

## RA's & CA's

These upper division students and graduate students who live in each residence are available whenever you have a problem and can provide valuable insights from their own Stanford experience.

## THE BRIDGE PEER COUNSELING CENTER

Stanford's student run peer counseling center offers anonymous and confidential, 24/7 counseling to students to listen, explore feelings, help sort out issues and uncertainties, or just to talk.

## WELL-BEING COACHING

Well-Being Coaches are experts in the change process and serve as skilled partners to help you make shifts in beliefs and behaviors to improve your overall well-being, or simply offer support when you're struggling.

## CAPS

CAPS clinicians provide outreach and support in the form of short-term therapy, medical evaluation, or assistance with connecting students to partners, providers or resources. CAPS also provides 24/7 crisis support, referral assistance, and workshops.

## COMMUNITY CENTERS

Seven community and cultural centers are available on campus and grounded in values of justice, equity, and belonging to empower you to be a bold collaborator and innovative leader with the most vulnerable in mind.

## WEILAND HEALTH INITIATIVE

Weiland Health Initiative seeks to promote mental health and wellness across the spectrum of gender identities and sexual orientations through education, training, and clinical services at Stanford and beyond.

## OFFICE FOR RELIGIOUS & SPIRITUAL LIFE

This office seeks to guide, nurture, and enhance spiritual and religious life by fostering space where all feel welcome, included, and represented. Spiritual counseling, including one-on-one support, is available.

## VADEN MEDICAL SERVICES

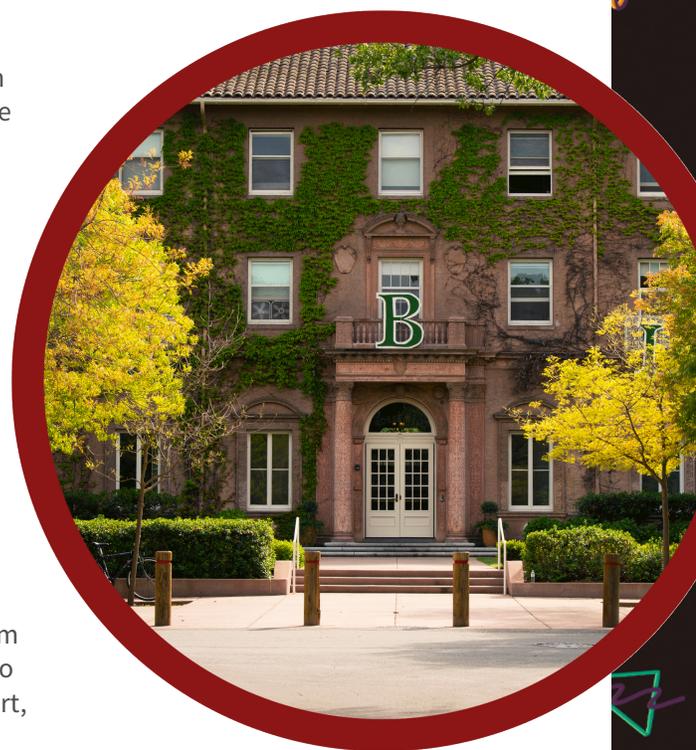
Dedicated and professional clinicians are available to diagnosis and treat illness, injury, and ongoing conditions, as well as for preventive counseling and education. They provide a full range of care, from screening tests to medical emergencies.

## CONFIDENTIAL SUPPORT TEAM

Compassionate counselors who support connection, healing, and thriving among Stanford community members impacted by sexual, relationship, and gender-based violence through confidential, trauma-informed counseling, and outreach.

## OFFICE OF RECREATION & WELLNESS

Stay physically active by participating in a variety of recreation and wellness classes both at Stanford facilities and online.



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