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Resources for Physical & Emotional Well-Being

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In addition to taking helpful precautions to protect your physical well-being, it can also be important to maintain mental and emotional well-being. If you're experiencing stress or adverse effects as a result of the COVID-19 virus, here are a few resources that may be helpful to you.

During this very challenging time, it's important to emphasize the importance of self-care and healthy coping strategies for all of us!

Regardless of age, experts recommend maintaining consistent routines, practicing healthy habits, taking regular breaks from news and media, and finding ways to remain connected to social networks and support.

Please use the following resources and strategies to help students, staff, and loved ones cope through this stressful period:

- [Mental Health and Coping During COVID-19](#), published by the Centers for Disease Control and Prevention
- [7 Science-Based Strategies to Cope with Coronavirus Anxiety](#), published by a cognitive behavioral psychologist at Georgetown University
- [Care for Your Coronavirus Anxiety](#), published by Shine

Additionally, students can self-refer to the [UMA CARE Team](#) for assistance.

UMA'S SAFE RETURN PLAN

QUICK RESOURCES & CONTACTS LIST

UMA Info Live Chat



UMA COVID-19 Notices

[UMA Postpones Competitive Sports to Spring 2021](#)

A message from President Wyke:
[UMA's Safe Return Plan](#)

A message from Chancellor Malloy:
[Returning to Campus for Fall Semester 2020](#)

COVID-19 NOTICE ARCHIVE

UMS Community Guidance

TOGETHER FOR MAINE ▶

Public Health Resources

- MAINE CENTER FOR DISEASE CONTROL – CORONAVIRUSES ▶
- U.S. CENTERS FOR DISEASE CONTROL CORONAVIRUS FACT SHEET ▶
- CDC STOP THE SPREAD OF GERMS INFOGRAPHIC ▶



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