CONNECT
Right now can be a stressful time for many and it's important to recognize you are not alone. Luckily, we live in a time where you can send a letter, text, call or video chat and be connected to friends and loved ones. So, if you can, reach out to someone and have a chat, cook a meal together, or watch a movie.

MOVE YOUR BODY
Exercise and movement can offer a healthy distraction and can boost your mood. Go for walk outside while keeping social distance. If you prefer to stay indoors, look for yoga, shadowboxing, HIIT workouts, Zumba, and more on Youtube and different fitness apps.

SELF CARE MENU
Write a list of activities and hobbies that help you relax. Some relaxing activities include coloring, listening to music, writing, cooking, watching movies, talking with a friend. Sometimes different days call for different activities and that's okay.
UPCOMING ONLINE EVENTS

4/16 Thursday
Good morning, Commuters @9:00am
Ask Daphney & Char @ 2:00 pm
Conversations about SCSU Shuttle Bus @2:00pm
Throwback Thursday all day on Instagram @scsu_recfit

4/17 Friday
Spilln' the Tea on Healthy Sexual Relationships @1:00pm
Virtual Shabbat Candle Lighting @7:00pm
FunFit Friday all day on Instagram @scsu_recfit

4/18 Saturday
Step Outside Saturday all day on Instagram @scsu_recfit

4/19 Sunday
Selfcare Sunday all day on Instagram @scsu_recfit

CLICK THE EVENTS ABOVE TO LEARN MORE!

CAMPUS CONTACT

Counseling Services
(telehealth)
(203) 392-5475

Dean of Students Office
deanofstudents@southernct.edu
(203) 392-5556

Disability Resource Center
DRC@southernct.edu
(203) 392-6828

Financial Aid
financialaid@southernct.edu
(203) 392-5222

Registrar
registrar@southernct.edu
(203) 392-5301

Residence Life
reslife@southernct.edu
(203) 392-5870

SAGE Center
sagecenter@southernct.edu
(203) 392-8989

Student Accounts
studentaccounts@southernct.edu
(203) 392-6140