

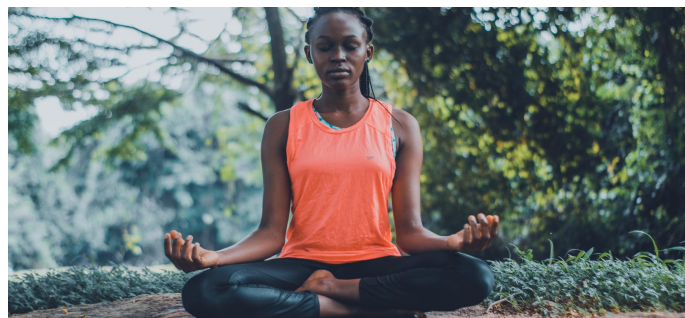
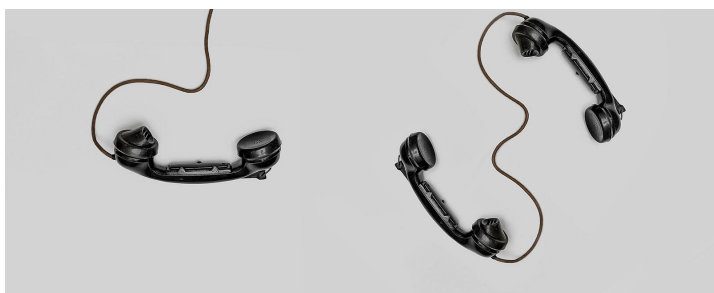
April 15, 2020

DISABILITY RESOURCE CENTER

Weekly Newsletter

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

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

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

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

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

Student Accounts
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ct.edu
(203) 392-6140

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

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