



Coping with COVID-19 stress

A global pandemic can be an extremely stressful time, especially when you are worried about staying healthy while meeting all of life's demands. Stress during this time can present itself in several ways, including changes in sleeping patterns, difficulty concentrating, worsening of chronic physical or mental health conditions, or increased use of tobacco, alcohol, and other substances. The fear and anxiety that comes with the pandemic can be overwhelming and can cause strong emotions. Mindfulness is one way to mitigate the physical effects of stress and anxiety. Practicing mindfulness to cope with stress in healthy ways may include:

- Stretching, deep breathing, and meditating
- Eating healthy, balanced meals
- Exercising regularly
- Getting plenty of sleep
- Avoiding excessive drug and alcohol usage

It is also important to take care of your emotional health by making time to unwind, connecting with others while

physically distancing, and taking breaks from social media and the news.

It is important to prioritize your mental health and seek immediate help in a crisis. Here are some helpful resources that you can turn to if you need support:

TULANE RESOURCES:

The Counseling Center: 504-314-2277

Case Management and Victim Support Services: 504-314-2160

TUPD/Tulane Emergency Medical Services (TEMS): 504-865-5911

THE LINE: Call or text for crisis support, 24/7, at 504-264-6074.

EXTERNAL RESOURCES:

National Suicide Prevention Lifeline: 1-800-273-TALK (8255) for English, 1-888-628-9454 for Spanish

National Domestic Violence Hotline: 1-800-799-7233 or text LOVEIS to 22522

National Sexual Assault Hotline: 1-800-656-HOPE (4673)



COVID-19 safety tips

This semester at Tulane, face masks, physical distancing, and good hand hygiene

will be used to help keep our community safe and healthy. Physical distancing means staying 6 feet apart and avoiding crowded places. It is important to wear a face mask in public places, including in class, at the library, and at the Commons.

Wearing a mask shows that you care about and respect others in the Tulane community. You should routinely wash your hands with soap and water for at least 20 seconds. Though less effective, hand sanitizer is a good alternative if you do not have access to soap and water. Lastly, checking your temperature daily and monitoring personal symptoms is important to help prevent transmission.

live well Highlights



Sex Ed Quickies

Every other Thursday
Online | 4 to 4:30 p.m.

Learn about sexual health topics and sexuality from an honest, sex positive POV.

More info: bit.ly/2YC01Cs



Safer Sex is Greater Sex with Goody Howard

Sept. 3 | Online | 6 to 7:30 p.m.

Learn about safer sex practices from a sex-positive, pleasure-focused educator.

More info: bit.ly/3hwUhy5



Shifting the Narrative

Sept. 23 | Online
6 to 8 p.m.

Learn about the impact of sexual violence on our campus and ways to support students of color.

More info: bit.ly/3lmaLf6

TUPHE FEATURE



Counseling Center

CAMPUS HEALTH

Where did CAPS go?

Formerly known as CAPS, the Counseling Center has moved to the 1st floor of the Diboll Complex. The Counseling Center provides initial consultations, care coordination, and crisis support services to currently enrolled Tulane students. They provide individual therapy, group therapy, and medication consultations by appointment, Monday through Friday. Call 504-314-2277 to get started.

TEMS is here for you in emergencies

If you need emergency medical services, call Tulane Emergency Medical Services at 504-865-5911. Tulane EMS (TEMS) is a student-run, basic emergency medical service that provides basic medical services and first-aid treatment to the Tulane community. Those who use Tulane EMS are not billed for their services but are liable for the costs of services rendered by other medical professionals, facilities, or organizations as these are not covered by student fees (i.e. an emergency room).

