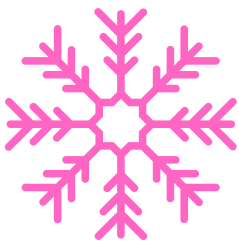




FINDING BALANCE THIS SEASON

Winter can bring added stress with shorter days and academic pressures, but finding balance is key. Here are a few tips:



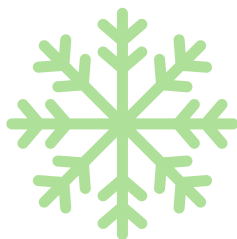
Practice Self-Care

Make time for activities that help you relax—whether it’s reading, exercising, or enjoying a warm drink.



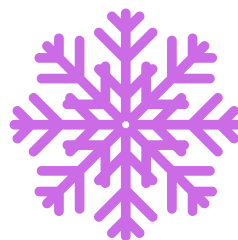
Set Small Goals

Break tasks into smaller steps and celebrate each accomplishment.



Stay Connected

Reach out to friends and stay connected to classmates.



Get Outside

A short walk can refresh your mind and improve your mood - breathe in the fresh air.

CONNECT TO YOUR FREE RESOURCES



togetherall

Peer Support: Find a safe online space to **connect anonymously with other students** to get and give support.



STUDENT HEALTH AND WELLNESS

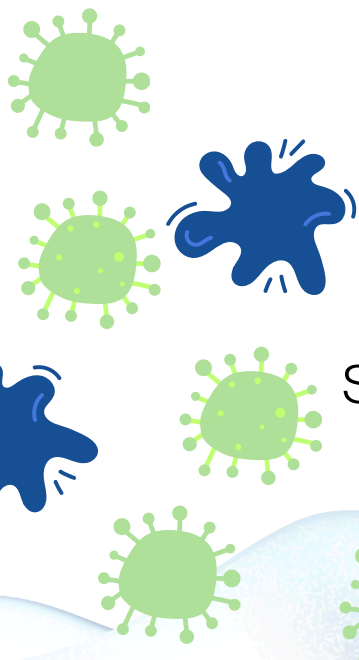
Therapy and Advocacy: Meet with a Student Health and Wellness Center (SHWC) therapist or advocate, **in person** or **virtually**.



BetterMynd

Online Therapy: Talk to an online licensed therapist during the day, **evenings** or **weekends**. Or call **24/7 support line** (844) BTR-MYND.

FLU SEASON: OCTOBER-MAY



Flu vaccines are **FREE** for all Los Rios students (18+).

You can get your flu vaccine at the **ARC, CRC** or **SCC**

Student Health & Wellness Center

**While supplies last*



STUDENT HEALTH & WELLNESS CENTER
PHYSICAL & MENTAL HEALTH

available to currently enrolled students!

FREE | Walk-Ins & Appts. Welcome

- Mental Health Support
- Pregnancy Testing
- Strep & Flu Testing
- Over the Counter Medications
- Immunizations*
- Condoms
- First Aid
- Illness/Injury Assessments
- Free Narcan
- Free Fentanyl Test Strips



For more information and to make an appointment, scan here!



*Low Cost