



# VIRTUAL TOWN HALL

## African American Students and COVID-19

*Don't let anything stop you.  
These are tough times, but you  
can succeed. We are here to help.*

**When:** Wednesday, May 6, 2020

**Time:** 3 – 4:30pm

**Virtually:** Zoom

**RSVP:** [go.uic.edu/AATH](https://go.uic.edu/AATH)

### PRESENTED BY

UIC Student organizations African Student Union, Black Student Union, Black Graduate Student Association, Undergraduate Student Government, and by the UIC African American Academic Network, African American Cultural Center, African American Recruitment, Enrollment, and Retention Initiative, Career Center, CHANCE Program, Chancellor's Committee on the Status of Blacks, Counseling Center, Department of African American Studies, Institute for Health Research and Policy, Institute for Research on Race and Public Policy, Minority Engineering Recruitment and Retention Program, Office for Advising Development, Office of the Dean of Students, Office of Vice Chancellor for Student Affairs, Office of the Vice Provost for Diversity, Social Justice Initiative, Student Financial Aid and Scholarships, Urban Health Program

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**All hyper-links should be live. You should be able to**

**click the link and the control key to access.**

UIC COUNSELING CENTER  
PRESENTS:

COVID-19  
&  
THE AFRICAN-  
AMERICAN  
STUDENT  
EXPERIENCE

THURSDAY, MAY 7<sup>TH</sup>

12PM-1PM

Hosted via Zoom



## A Space of Support & Community

The UIC Counseling Center would like to invite all African-American students to participate in an open forum discussion focusing on the impact COVID-19 has had on our daily lives and communities. Please join us as we create a safe space to share our experiences and support one another during this pandemic.



**TO REGISTER:**  
Email Dr. Niccole Brusa at  
[Dr.Brusa@uic.edu](mailto:Dr.Brusa@uic.edu)  
or  
Dr. Belva Miles at  
[Belva1@uic.edu](mailto:Belva1@uic.edu)

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**WE WILL SEND YOU A  
ZOOM INVITE THE  
MORNING OF THE EVENT**

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To support the safety of this space, access will not be granted to non-UIC emails and inappropriate behavior will not be tolerated.

# The Epidemiology of COVID-19: The Impact upon Youth, Adults, and Black America

THURSDAYS 8pm CST

# 5.7.20

WATCH ON FACEBOOK LIVE

[HTTP://FACEBOOK.COM/100BMC](http://facebook.com/100BMC)



Robin Kelly  
US Congresswomen



Dr. Aisha Terry  
ACEP Board Member



The purpose of this critical series of Virtual Town Halls,

**Black people account for 72% of COVID-19 deaths in Chicago while making up less than a third of city's population, mayor says**



THURSDAYS 8pm CST

# 5.7.20

WATCH ON FACEBOOK LIVE

[HTTP://FACEBOOK.COM/100BMC](http://facebook.com/100BMC)



Dr. Mike McGee, ER MD  
100 BMC COVID Chair



Robin Kelly  
US Congresswomen



Dr. Aisha Terry  
ACEP Board Member



# MILE SQUARE HEALTH CENTER COVID-19 TESTING

To meet the needs of our community Mile Square Health Center has expanded COVID-19 testing to our South Shore clinic location.



## Mile Square Health Center – South Shore

7037 S. Stony Island Ave.  
Chicago, IL 60649

Testing will be offered **Monday – Friday, 10 am to 3 pm** on an appointment-only basis

**Patients and non-patients welcomed.  
Insured and uninsured accepted.**

### How do I get tested for COVID-19 at Mile Square Health Center?

Testing is by appointment only. To see if you qualify for testing, call **866.600.2273 (CARE)**. A nurse will ask you a few questions about your symptoms and exposure.

### What do I do when I arrive for my testing appointment?

When you arrive for your appointment do not enter the clinic. All testing will be done in a designated area you will be directed to upon arrival.

### Request an appointment if you are experiencing any of the following symptoms.\*

Those with COVID-19 typically experience:

- Fever (greater than 100.4 degrees Fahrenheit)
- Cough
- Shortness of breath
- Diarrhea

\*You may be asked additional exposure and screening questions, as needed.

### Who is most at risk from COVID-19?

People at higher risk from getting very sick from COVID-19 include those with:

- 65 years and older
- Obesity
- Diabetes
- Liver disease
- Serious heart conditions
- Chronic lung disease or moderate to severe asthma
- Immunocompromised (HIV or AIDS)
- Chronic Kidney disease/undergoing dialysis

To request an appointment call **866.600.2273 (CARE)**.

# AFRICAN AMERICAN

## STUDENTS COVID-19

### RESOURCE PACKAGE

[Chicago COVID-19 Resource Compilation - HPA593](#): Credited source UIC School of Public Health. Click the link to access the information.

**UIC cares about you.**

These past few weeks have brought a great deal of changes as we endeavor to flatten the curve and limit the spread of COVID-19. These changes can cause stress, and you may have questions and need support. Your UIC family is here for you and is so proud of you.

**Financial Aid office:**

<https://financialaid.uic.edu/>

**Emergency Aid Application:**

[https://cm.maxient.com/reportingform.php?UnivofIllinois-Chicago&layout\\_id=18](https://cm.maxient.com/reportingform.php?UnivofIllinois-Chicago&layout_id=18)

There are many resources that UIC has available to support you during this time. Here are a few highlights:

**Need academic and other study help?** There are a number of academic and advising support Services available to you.

**Feeling isolated?**

The Centers for Cultural Understanding and Social Change are coming up with all kinds of creative ways to stay connected during this time. Never visited

a Center before? That is okay! They are excited to welcome you to one of their virtual communities. The Counseling Center is meeting with students virtually and continues to offer after-hours crisis care.

**UIC COVID-19 Emergency Grants:**  
Up to \$1000 per semester (Deadline 5/8/20)

**Support with financial aid Scholarships**

**Concerned about food insecurity?**  
The Wellness Center's Pop-Up Food Pantry is open every Tue. and Wed. from 2-4pm.

**Concerned about safety?**

In the case of an emergency, please contact UIC Police

**or your local emergency services.**  
The Campus Advocacy Network is a confidential resource available to provide support and advocacy for students who have experienced interpersonal violence. Advocates are available to meet by phone, videoconference, and online chat.

**UIC Emergency Fund for Students**

[https://cm.maxient.com/reportingform.php?UnivofIllinoisChicago&layout\\_id=18](https://cm.maxient.com/reportingform.php?UnivofIllinoisChicago&layout_id=18)

**Concerned about employment?**

Career Services staff are available for virtual appointments, and they have lots of information about current short-term, long term and summer employment opportunities.

**Have other concerns?**

## COVID-19 Resources for students:

### UIC Virtual Town Hall for African American Students

Dear UIC Student:

Thank you for registering for the UIC African American Student Virtual Town Hall: African American Students and the Impact of COVID-19. Our goals are clear. We want to provide a platform that informs, enlightens, and encourages. Here you will find a list of resources, websites, articles, and research that have been compiled to assist you during your time away from campus. Also included is information about the UIC COVID-19 Story Archive Project: Six Feet Apart: Stories from UIC during COVID-19. UIC. Your narrative needs to be shared. Your voice should be heard.

We have organized this information under the following headings:

1. Health Disparities and COVID-19
2. Black College Students and COVID-19
3. The Data on Different Racial Groups and COVID-19
4. Resources for the Black Community and COVID-19
5. Implicit Bias and COVID-19

*“The most difficult social problem in the matter of Negro health is the peculiar attitude of the nation toward the well-being of the race.” -W.E. B. Du Bois (1899)*

At this moment of crisis for our country, it is instructive to remember this passage from Dr. Martin Luther King Jr.’s epic

*Letter from a Birmingham Jail: “It really boils down to this: that all life is interrelated. We are all caught in an inescapable network of mutuality, tied into a single garment of destiny. Whatever affects one destiny, affects all indirectly.”*

Food Banks South and West Sides:

[https://www.chicagosfoodbank.org/find-foo/d/covid-19-neighborhood-sites/?utm\\_source=Full+List&utm\\_campaign=82576ddb1b-COVID\\_Resources\\_050420&utm\\_medium=email&utm\\_term=0\\_1b6942ce9d-82576ddb1b-27139149&mc\\_cid=82576ddb1b&mc\\_eid=518e37e2ce](https://www.chicagosfoodbank.org/find-foo/d/covid-19-neighborhood-sites/?utm_source=Full+List&utm_campaign=82576ddb1b-COVID_Resources_050420&utm_medium=email&utm_term=0_1b6942ce9d-82576ddb1b-27139149&mc_cid=82576ddb1b&mc_eid=518e37e2ce)

1. Health Disparities and COVID-19 UIC SPH Resources:

<https://drive.google.com/file/d/1JNduM61gTqmFzFX1bPtEM-9o6wSJkOGp/view>

Prominent American Medical School Deans Speak

<https://news.ohsu.edu/2020/04/10/health-disparities-and-covid-19-a-crisis-within-a-crisis>

Racial Disparities of COVID-19

<https://www.nytimes.com/2020/04/29/magazine/racial-disparities-covid-19.html>

2. Black College Students and COVID-19

African American Students Respond to COVID-19

[https://laist.com/2020/04/15/black\\_college\\_students\\_safety-net-coronavirus.php](https://laist.com/2020/04/15/black_college_students_safety-net-coronavirus.php)

*"A student who doesn't have a community, who's not already connected in some way, could literally be kind of lost in the abyss right now, with no one to turn to, not sure where to go," Harris said. "No one is looking for them, no one is necessarily looking after them." - Frank Harris III, a professor of Postsecondary Education at San Diego State University (2020)*

How COVID-19 is Affecting College Students  
[https://walkerslegacy.com/how-covid-19-is-affecting-college-students/?utm\\_source=Monday+%7C+Coworking+%7C+Meet+the+Interns&utm\\_campaign=September+2019+Events&utm\\_medium=email](https://walkerslegacy.com/how-covid-19-is-affecting-college-students/?utm_source=Monday+%7C+Coworking+%7C+Meet+the+Interns&utm_campaign=September+2019+Events&utm_medium=email)

Xfinity Supports College Students  
<https://www.xfinity.com/prepare?INTCMP=ILC:homepage-covid-learn-more>

### 3. The Data on Different Racial Groups and COVID-19

The News Beyond the COVID Numbers  
<https://www.npr.org/2020/04/21/840609912/the-news-beyond-the-covid-numbers>

How the Virus Got Out  
[https://www.nytimes.com/interactive/2020/03/22/world/coronavirus-spread.html?mc=aud\\_dev&ad-keywords=auddevgate&dclid=CjkKEQjw-r71BRCQ0dr4q9WfhYkBEiQA3frQOc8ZmHj3x4ntuQ\\_qfTL6KL-kpUdCbqriHy0l--anOzw\\_wcB](https://www.nytimes.com/interactive/2020/03/22/world/coronavirus-spread.html?mc=aud_dev&ad-keywords=auddevgate&dclid=CjkKEQjw-r71BRCQ0dr4q9WfhYkBEiQA3frQOc8ZmHj3x4ntuQ_qfTL6KL-kpUdCbqriHy0l--anOzw_wcB)

COVID-19 Dashboard Johns Hopkins  
<https://coronavirus.jhu.edu/map.html>

### 4. Resources for the Black Community and COVID-19

Black Like Who? An NPR podcast about the ever-shifting boundaries of Blackness  
<https://www.npr.org/2020/04/14/834027120/black-like-who>

American Bar Association Resources for the Black Community  
[https://www.americanbar.org/groups/domestic\\_violence/Initiatives/covid-19/](https://www.americanbar.org/groups/domestic_violence/Initiatives/covid-19/)

NAACP Coronavirus Resources  
<https://naacp.org/coronavirus/coronavirus-resources/>

### 5. Implicit Bias and COVID-19

COVID-19 Has Exposed Mistrust  
<https://abcnews.go.com/Health/covid-19-exposes-mistrust-health-care-inequality-back/story?id=70370949>

Harvard University Project Implicit  
<https://implicit.harvard.edu/implicit/>

Writing is therapeutic. It is your voice on paper. Please share your story. We need the voices of students of color to be represented in this archiving project.  
UIC Story Archive Project

<https://library.uic.edu/about/news/article/9847/library-seeks-submissions-for-new-uic-covid-19-story-archive-project/>

When you are looking at actual, it's too late.

**UIC Pop-Up Pantry** hours at the Wellness Center Student Center East 238. Every Tuesday and Wednesday from 2:00 to 4:00pm.

<https://wellnesscenter.uic.edu/resources>

Disease (COVID-19) and updated frequently.

<https://ourcimh.org/covid19-resources>

**Access free health clinics in your area by zip code.**

<https://freeclinicdirectory.org/>

**Food Pantry Pick Up locations near campus:**

<https://www.chicagosfoodbank.org/find-food/>

**West Loop:**

[www.fortyacresfreshmarket.com/order-delivery](http://www.fortyacresfreshmarket.com/order-delivery)

**UI Health Pantry in Pilsen:**

<https://www.chicagosfoodbank.org/locations/ui-health-pilsen-food-pantry/>

**Immigrants Rising PPT on alternative employment options.**

[https://immigrantsrising.org/resources/?\\_sft\\_keyword=making-money](https://immigrantsrising.org/resources/?_sft_keyword=making-money)

**Illinois Coalition for Immigrants & Refugee Rights**

[https://docs.google.com/document/d/1\\_FkBIQh4AluGm3\\_rQAVBIHmDM-j5cxatvnloxElbmCc/edit](https://docs.google.com/document/d/1_FkBIQh4AluGm3_rQAVBIHmDM-j5cxatvnloxElbmCc/edit)

## **UIC Counseling Center Resources**

Staff available for virtual appointments

Weekly newsletters filled with tips & resources.

The most recent one explores “The Unique Grief of COVID-19”

Here is a link to upcoming workshops(some have already passed):  
<https://counseling.uic.edu/upcoming-workshops/>

Here is information on Counseling Center Newsletter that we started at the end of March regarding Covid19:

<https://counseling.uic.edu/news-stories/introducing-counseling-center-e-newsletters/>

Here is information about what students can expect:

<https://counseling.uic.edu/services/what-to-expect/>

Here is information about our scope of practice:

<https://counseling.uic.edu/about-us/scope-of-practice/>

\$550K in Emergency Funding

[https://www2.illinois.gov/IISNews/21422-Illinois\\_Higher\\_Education\\_Emergency\\_Fund\\_Raises\\_\\$550K.pdf](https://www2.illinois.gov/IISNews/21422-Illinois_Higher_Education_Emergency_Fund_Raises_$550K.pdf)

**For more information see:**

<https://counseling.uic.edu/>

# African American Student Town Hall Panelist and Expert Guest Speakers

Role of Participant	Participant	Department/Affiliation	Email/ Info
<b>Host / Moderator</b>			
	Ashaley Hassel	President - for BSA 2020-2021 Black Student Union	<a href="mailto:ahasse3@uic.edu">ahasse3@uic.edu</a>
<b>Welcoming Remarks</b>			
	Dr. Aisha El-Amin	Associate Provost & Chief of Staff Office of the Provost	<a href="mailto:aelami2@uic.edu">aelami2@uic.edu</a>
<b>Panelist</b>			
	Deidre Rush	Director of Fiscal Operations Office of Student Financial Aid	<a href="mailto:deidreb@uic.edu">deidreb@uic.edu</a>
	Dr. Belva Miles	Staff Psychologist UIC Counseling Center	<a href="mailto:belva1@uic.edu">belva1@uic.edu</a>
	Jeff Brown	Director African American Academic Network Women's Leadership Resource Center & Campus Advocacy Network	<a href="mailto:brownj@uic.edu">brownj@uic.edu</a>
	Dr. Natalie Bennett	Director Associate Executive Miles Square Health Center	<a href="mailto:ndab1@uic.edu">ndab1@uic.edu</a>
	Dr. Karriem Watson	Director Miles Square Health Center	<a href="mailto:kswatson@uic.edu">kswatson@uic.edu</a>
	Jessica Aboagye	President President for National Society for Black Engineers	<a href="mailto:jaboag2@uic.edu">jaboag2@uic.edu</a>
<b>Experts</b>			
	Dr. Terry Mason	Retired Chief Operating Officer Cook County Department of Public Health	<a href="mailto:terrymasonmd@gmail.com">terrymasonmd@gmail.com</a>
	Dr. Jane Rhodes	African American Studies	<a href="mailto:rhodesj@uic.edu">rhodesj@uic.edu</a>
	Dr. Amalia Pallares	Office of Diversity	<a href="mailto:amalia@uic.edu">amalia@uic.edu</a>
	Mr. Rex Tolliver	Office of the Vice Chancellor for Student Aff	<a href="mailto:jrex@uic.edu">jrex@uic.edu</a>
	Ms. Joey Volpe	UIC Office of Advising Development	<a href="mailto:jvolpe@uic.edu">jvolpe@uic.edu</a>
	Dr. Pendleton	UIC Urban Health Program	<a href="mailto:dpendle@uic.edu">dpendle@uic.edu</a>
	Dr. Cynthia Blair	Uic African American Culture Center	<a href="mailto:cmblair@uic.edu">cmblair@uic.edu</a>
	Dr. Natalie Bennett	UIC Center for Women and Gender	<a href="mailto:ndab1@uic.edu">ndab1@uic.edu</a>
	Dr. Christina Wells	Miles Square Health Center	<a href="mailto:cwells2@uic.edu">cwells2@uic.edu</a>
	Dr. Karriem Watson	UIC Cancer Center	<a href="mailto:kswatson@uic.edu">kswatson@uic.edu</a>
	Dr. Karen Colley	UIC Graduate College	<a href="mailto:karenc@uic.edu">karenc@uic.edu</a>
	Dean Wayne Giles	UIC School of Public Health	<a href="mailto:wgiles@uic.edu">wgiles@uic.edu</a>
	Ms. Stacey Walters	COM Career Development	<a href="mailto:deven@uic.edu">deven@uic.edu</a>
	Ms. Annette Wright	Office of Dean of Students	<a href="mailto:awright@uic.edu">awright@uic.edu</a>
	Mr. Gerry Smith	College of Engineering	<a href="mailto:gasmith@uic.edu">gasmith@uic.edu</a>
	Mr. Jeff Brown	AAAN	<a href="mailto:brownj@uic.edu">brownj@uic.edu</a>
	Dr. Quintin Williams	CCSB	<a href="mailto:qwilli1@uic.edu">qwilli1@uic.edu</a>
	Dr. Belva Miles	UIC Counseling Center	<a href="mailto:belva1@uic.edu">belva1@uic.edu</a>
	Ms. Ashaley Hassel	Incoming President Black Student Union	<a href="mailto:ahasse3@uic.edu">ahasse3@uic.edu</a>
	Ms. Ama Nipassa and Ms. Mummypraise Ovoh	Student Representatives from African Student Union	



UIC

**COVID – 19  
Emergency Grant FAQs  
SPRING SEMESTER, 2020**

**Who qualifies for a UIC COVID-19  
Emergency Grant?**

**To be eligible for a COVID-19  
Emergency  
Grant, you must have:**

- **Filed a FAFSA prior to 3/13/2020;**
  - **Submitted all required documentation to the Office of Student Financial Aid and Scholarships before 3/13/2020;**
  - **Been enrolled in an in-person, degree seeking program prior to 3/13/2020 and remained enrolled through the semester;**
  - **Been enrolled at half-time status or greater during Spring semester 2020, this means for:**
- 1. Undergraduate Students = 6 credits or above**
  - 2. Graduate Students = 5 credits or above 3**

**3. Professional Students = 6 credits or above How much is the COVID – 19 Emergency Grant?**

**\$1,000 for Spring Semester. Due to funding limitations, awards will be made on a first-come, first-served basis.**

**Is there an application required?**

**Yes, an application is required for this program. If you are eligible for the COVID -19 Emergency Grant, your portal (my.uic.edu) will be updated with a document for you to complete and upload.**

**How will I know if I am approved?**

**a). If you are approved, the status of your application on the Student Portal will be moved to “Satisfied.”**

**b). You will also receive a revised award letter listing the COVID-19 Emergency Grant Award in your financial aid information.**

**If I am approved, will the COVID-19 Emergency Grant affect my other financial aid?**

**No, approval of your COVID-19 Emergency Grant will not affect the amount or eligibility for other financial aid that you have already received.**

**Please note that each student can receive ONLY ONE Emergency Grant per semester from UIC. If you have received a previous Emergency Grant from your department or another UIC source, we will review your eligibility to determine which grant provides the most assistance to you.**

**If I am approved, will the COVID-19 Emergency Grant count against my**

**tuition and fees if I still owe a balance to UIC?**

**No, this grant will not be applied by the University towards any outstanding balance you may owe UIC. Nor will it decrease any payments owed against your payment plan, or the amount due. You can use it to cover any expenses of your choice that may have resulted due to impacts COVID-19. You will not need to report how you used this funding.**

**If I am approved, when can I expect to receive my \$1,000 Emergency Grant?**

**We will begin making disbursements to student accounts after the final add/drop period for Summer semester, 6/19/2020.**



## **UIC COVID – 19 Emergency Grant FAQs SUMMER SEMESTER, 2020**

Will the UIC Emergency Grant be available for the Summer 2020 semester?

Yes, we plan to extend COVID-19 Emergency Grants during the Summer 2020 Semester but the amount of funding is limited Who will qualify for Summer COVID-19 Emergency Grants?

a). To be eligible for a Summer COVID-19 Emergency Grant, you must have the done the following:

1. Filed a FAFSA prior to 3/13/2020;
2. Submitted all required documentation to the Office of Student Financial Aid Scholarships before 3/13/2020;
3. Be a continuing UIC student enrolled at half-time status or greater during the Summer semester after the add/drop period; half-time status for Summer = 5 credits or above.
4. Be Pell eligible.

Do I need to reapply for Summer 2020 consideration?

No additional application is required at this time; however, funding is limited and will be based on your FASFA received date.

How much is the COVID –19 Emergency Grant?

Up to \$1,000 for Summer Semester

How will I know if I am approved? You will receive a revised award letter listing the COVID-19 Emergency Grant Award in your financial aid information.

If I am approved, will the COVID-19 Emergency Grant affect my other financial aid?

No, approval of your COVID-19 Emergency Grant will not affect the amount or eligibility for other financial aid that you have already received.

Please note that each student can receive ONLY ONE Emergency Grant per semester from UIC.

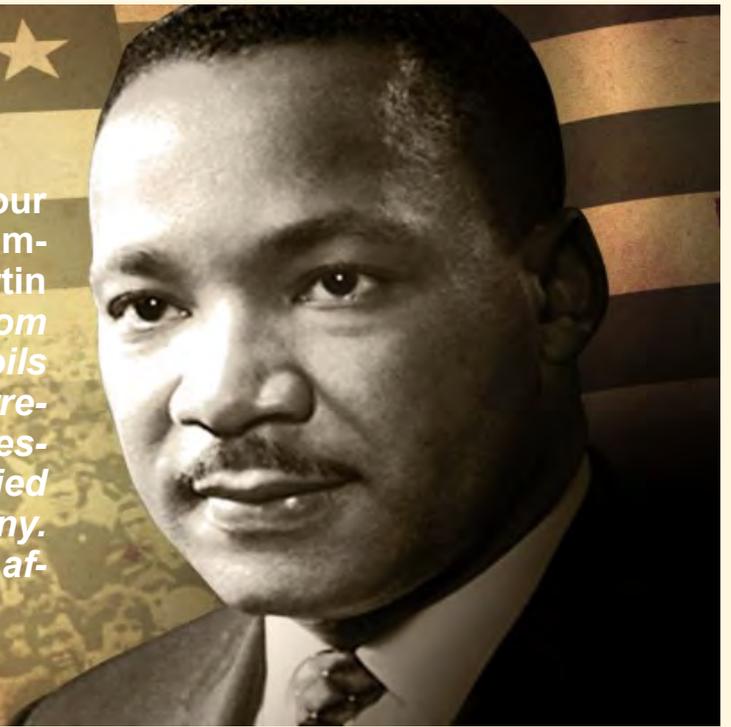
If you have received a previous Emergency Grant from your department or another UIC source, we will review your eligibility to determine which grant provides the most assistance to you.

If I am approved, will the COVID-19 Emergency Grant count against my tuition and fees if I still owe a balance to UIC?

No, this grant will not be applied by the University towards any outstanding balance you may owe UIC.

Dr. Martin Luther King Jr.

At this moment of crisis for our country, it is instructive to remember this passage from Dr. Martin Luther King Jr.'s epic *Letter from a Birmingham Jail*: "It really boils down to this: that all life is interrelated. We are all caught in an inescapable network of mutuality, tied into a single garment of destiny. Whatever affects one destiny, affects all indirectly."



**UIC COVID – 19  
Emergency Grant FAQs  
SUMMER SEMESTER, 2020 Cont'd**

**Nor will it decrease any payments owed against your payment plan, or the amount due. You can use it to cover any expenses of your choice that may have resulted due to impacts COVID-19. You will not need to report how you used this funding. If I am approved, when can I expect to receive my \$1,000 Emergency Grant? We will begin making dis-**



*"The most difficult social problem in the matter of Negro health is the peculiar attitude of the nation toward the well-being of the race." -W.E. B. Du Bois (1899) .*

# COVID-19 RESOURCES

## for Undocumented Students

### COVID-19 RESOURCES FOR UNDOCUMENTED STUDENTS

For our undocumented immigrant community, we want to make sure you are aware of our internal and external resources available to support you during this time. For any additional questions, please contact Tanya Cabrera, Assistant Vice Provost for Student Inclusion at [tcabrera@uic.edu](mailto:tcabrera@uic.edu) or call (312) 355-0011

#### INTERNAL

DACA Renewal Assistance and Legal Counsel We encourage students to renew their DACA and seek legal counsel through Student Legal Services. Limited financial scholarships available for DACA renewal application fee. <http://dos.uic.edu/student-legal/>

#### Emergency Funding

for currently enrolled students who are unable to meet essential expenses due to a temporary or unexpected hardship. <https://dos.uic.edu/student-assistance/uicare/u-i-care-fund/>

#### COUNSELING

Schedule an appointment or contact a counselor at 312-996-3490 from 9am-5pm. If calling after hours, press 2 to be connected to a crisis counselor. <https://counseling.uic.edu>

[-andservices/pop-up-pantry/](#)

#### Cultural Centers

Connect virtually with the Centers for Cultural Understanding and Social Change.

<https://diversity.uic.edu/events-2>

#### EXTERNAL

Understanding the pandemic and resources that are available in a diverse bilingual format for the State of IL.

<https://www2.illinois.gov/sites/coronavirus/Pages/default.aspx>

#### City of Chicago Resources

<https://www.chicago.gov/city/en/sites/covid-19/home/re-sources.html>

#### Chicago Small Business Resiliency Fund:

<https://somer.com/2020/03/chicago-small-businessresiliency-fund>

#### Useful tools and information for immigrant families.

<https://www.icirr.org/community-resources>

**The Coalition for Immigrant Mental Health** provides links to resources and organizational websites that are disseminating critical public health information regarding the Coronavirus

# UIC Students!

## Need food?



## The UIC Pop-Up Pantry is for you!

- The Pantry was Co-founded by the Wellness Center in 2014
- Students can shop up to 2x a month
- 100% of Pantry food comes from donations.
- The Pantry is exclusively for registered UIC Students
- The Pantry helps students experiencing emergency life circumstances or financial difficulties

Please register at Wellness Center's front desk during non-pantry hours. (Check hours below)

- During COVID-19 new student users are encouraged to shop and registration will occur later
- **Open every Tuesday and Wednesday 2-4pm (COVID-19 Hours)**

\*Hours are subject to change for summer session\*

For more information,  
visit our website: [wellnesscenter.uic.edu](http://wellnesscenter.uic.edu)  
Email: [wellnesscenter@uic.edu](mailto:wellnesscenter@uic.edu)  
Phone Number: 312-413-2120



**Wellness  
Center**



# RETENTION



- UPPF Fellowships
  - 12 - \$4,000 Awarded
  - Application Open
- Graduate Scholarships
  - Application opens May 1, 2020





## UIC Counseling Center Resources

Staff available for [virtual appointments](#)

Here is information on Counseling Center Newsletter that we started at the end of March regarding Covid19: <https://counseling.uic.edu/news-stories/introducing-counseling-center-e-newsletters/>

Weekly newsletters filled with tips & resources. The most recent topic addresses Managing End of the Semester Stress

Here is a link to workshops including Managing Your Mood During a Pandemic:

<https://counseling.uic.edu/upcoming-workshops/>

Here is a link to groups including the Student of Color, Women of Color Group, and Conquering Anxiety:

<https://counseling.uic.edu/services/group-therapy/group-therapy-schedule/>

Here is a link to mind body programs including Mindfulness and Self-Compassion:

<https://counseling.uic.edu/services/mind-body-services/>

Online written and video resources to help manage stress and anxiety including yoga:

<https://counseling.uic.edu/online-resources/mental-health-resources/>

Here is information about what students can expect: <https://counseling.uic.edu/services/what-to-expect/>

Here is information about our scope of practice: <https://counseling.uic.edu/about-us/scope-of-practice/>

For more information see: <https://counseling.uic.edu>

By Phone: [312-996-3490](tel:312-996-3490)



## UIC MENTAL HEALTH RESOURCE GUIDE

by UIC Graduate College



### WHAT TO EXPECT

The following resource guide seeks to inform UIC graduate students on the mental health resources available to them at UIC but also on other virtual platforms. Please pay careful attention to resources with active links as they will help navigate you to its resource.



### UIC RESOURCES

This section of the resource guide will list the types of resources available to students at UIC. Some of which will include graduate college resources, wellness center resources, UIC counseling center and more.



### HELPLINES

In addition to the resources offered to you online we've also included an extensive list of hotlines if any student needs other folks to speak to on certain issues. Some of which include the disaster distress hotline, crisis textline, and NAMI.



### ONLINE RESOURCES

These will be online resources that students can access in regards to wellness, talk-spaces, wellness websites and mental health guides.



### ARTICLES

The following articles will support COVID-19 related concerns but also so that students stay informed on the changes and leverage how real life circumstances impact folks who are housed with unsafe environments.

# UIC Resources



### UIC GRADUATE COLLEGE VIRTUAL CHECK-IN



<https://grad.uic.edu>, IG @uicgraduatecollege  
These virtual sessions will be purposeful in holding space for UIC grad students to discuss questions, concerns, thoughts about anything and everything related to your educational journey here at UIC. We hope that these check ins although virtually will provide consistent support for any academic, personal hardship you might be facing especially during this pandemic that affects everyone in varied ways.

### UIC WELLNESS CENTER



<https://wellnesscenter.uic.edu>  
We support student learning, academic success, and retention by providing wellness services that promote healthy attitudes and behaviors, empower students to make informed choices and enhance holistic well-being. Weekly Online Wellness Webinars, COVID-19 Video Library, Stress Relief Information

### UIC COUNSELING CENTER



<https://counseling.uic.edu> The Counseling Center provides diverse services to help students deal with stress, handle a crisis or trauma, cope with the transition to college, gain strength from gender and cultural identity, or manage serious mental illness and many other issues. Our counselors can help students increase resilience and positive well-being by developing effective coping and problem-solving skills. Initial consultations are being conducted by video, using Webex rather than in-person. All students should have access to Webex using their UIC login credentials. Call the Counseling Center at 312-996-3490 to schedule an initial consultation. Counselors are providing individual therapy services by video, and phone video is preferred.

### CAN CAMPUS ADVOCACY NETWORK

<https://can.uic.edu>  
The Campus Advocacy Network (CAN) is an on-campus service center dedicated to providing confidential, anonymous, free services to UIC students, staff and faculty who have experienced sexual assault, domestic/dating violence, stalking and hate crimes. In addition to direct victim services we also offer education and training on these topics as well as programming about prevention education, bystander intervention, and men's initiatives. The Campus Advocacy Network will continue to serve UIC students, faculty, and staff. Our confidential advocate is available for virtual appointments. To schedule a meeting or request more information, please email [can-appointment@uic.edu](mailto:can-appointment@uic.edu) or [kmagnote@uic.edu](mailto:kmagnote@uic.edu). You can also call (312) 413-8206 and leave a voicemail. Chicago Rape Crisis 24 Hour Hotline 888.293.2080, Chicago Domestic Violence 24 Hour Helpline 877.863.6338 Illinois Coalition Against Sexual Assault, Illinois Coalition Against Domestic Violence, RAINN (Rape, Abuse & Incest National Network) 800.656.HOPE

# Helplines



## CRISIS TEXTLINE

Text HOME to 741741 from anywhere in the US to text with a trained Crisis Counselor  
<https://www.crisistextline.org>

## NATIONAL SUICIDE PREVENTION LIFELINE

1-800-273-8255 (TALK)

## DISASTER DISTRESS HELPLINE

1-800-985-5990

## NATIONAL DOMESTIC VIOLENCE HOTLINE

Call 1-800-799-7233 and TTY 1-800-787-3224

## NAMI (NATIONAL ALLIANCE ON MENTAL ILLNESS)

HelpLine Call 1-800-950-6264 10-6 EST

# Online Resources



## NAMI (NATIONAL ALLIANCE ON MENTAL ILLNESS)

COVID 19 Resource Guide  
<https://www.nami.org/getattachment/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus/COVID-19-Updated-Guide-1.pdf>

## CDC: CORONAVIRUS STRESS AND COPING

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>. Things you can do to support yourself: Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting. Take care of your body. Take deep breaths, stretch, or meditateexternal icon. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugsexternal icon. Make time to unwind. Try to do some other activities you enjoy. Connect with others. Talk with people you trust about your concerns and how you are feeling. Helping Children Cope with emergencies <https://www.cdc.gov/childrenindisasters/helping-children-cope.html>

## TALKSPACE

Coronavirus Facebook Support Group: For both Talkspace users and non-users, we have created free therapist-led Facebook support groups, where anyone can seek guidance and receive tips and resources about their mental health as it relates to the coronavirus outbreak — directly from a licensed therapist. Coronavirus Resource Hub: On the Talkspace Voice we're creating a compendium of content and resources that address your COVID-19 concerns, specifically from a mental health perspective.

## 7CUPS

[www.7cups.com](http://www.7cups.com)  
Free online text chat with a trained listener for emotional support and counseling. Also offers fee- for-service online therapy with a licensed mental health professional. Service/website also offered in Spanish.

## EMOTIONS ANONYMOUS

An international fellowship of people who desire to have a better sense of emotional well-being. EA members have in person and online weekly meetings available in more than 30 countries with 600 active groups worldwide. The EA is nonprofessional and can be a complement to therapy. [www.emotionsanonymous.org](http://www.emotionsanonymous.org)

# Online Resources

PART TWO



## SUPPORT GROUP CENTRAL

[www.supportgroupscentral.com](http://www.supportgroupscentral.com)  
Offers virtual support groups on numerous mental health conditions – free or low-cost. Website also offered in Spanish

## THE TRIBE WELLNESS COMMUNITY

[www.support.therapytribe.com](http://www.support.therapytribe.com)  
Free, online peer support groups offering members facing mental health challenges and/or difficult family dynamics a safe place to connect. Support groups include Addiction, Anxiety, Depression, HIV/AIDS, LGBT, Marriage/Family, OCD and Teens.

## SUPPORTGROUPS & 18PERCENT

<https://online.supportgroups.com/> Website featuring 200+ online support groups.

[www.18percent.org](http://www.18percent.org) Offers a free, peer-to-peer online support community for those struggling with a wide range of mental health issues.

## FOR LIKE MINDS

[www.7cups.com](http://www.7cups.com)  
Online mental health support network that allows for individuals to connect with others who are living with or supporting someone with mental health conditions, substance use disorders, and stressful life events.  
[www.forlikeminds.com](http://www.forlikeminds.com)

## PSYCH CENTRAL

[www.psychcentral.com](http://www.psychcentral.com) Offers online mental health resources, quizzes, news, an “Ask the Therapist” function, and online support communities.

# Articles



## HOW TO GET PAST THE CORONAVIRUS WITHOUT LOSING YOUR MENTAL HEALTH

“Plenty of apps and podcasts provide opportunities for guided meditation, yoga, or even just a minute of calming breaths. Levine recommends an app called Unwinding Anxiety, and another called Headspace. Sacramento clinical psychologist Amy Ahlfeld also recommends a podcast by Dr. Rick Hanson called “Being Well.” “ <https://calmatters.org/health/coronavirus/2020/03/coronavirus-mental-health-tips-therapists-california/>

## COPING WITH STRESS RELATED TO COVID-19

JIC Counseling Center, March 27, 2020  
<https://counseling.uic.edu/news-stories/coping-with-stress-related-to-covid-19/>  
“Social media and other online resources have no shortage of ideas for how to handle stress in the era of COVID-19. While this is positive in many ways, we are aware that integrating these suggestions can be overwhelming. The Counseling Center staff has compiled the following list of both general ideas for coping, as well as situation-specific suggestions.”

## WHY YOU SHOULD IGNORE ALL THAT CORONAVIRUS-INSPIRED PRODUCTIVITY PRESSURE

by Aisha S. Ahmad, The Chronicle of Higher Education, March 27, 2020  
<https://www.chronicle.com/article/Why-You-Should-Ignore-All-That/248366>  
“Let go of all of the profoundly daft ideas you have about what you should be doing right now. Instead, focus intensely on your physical and psychological security.”

## THAT DISCOMFORT YOU’RE FEELING IS GRIEF

by Scott Berinato, Harvard Business Review, March 23, 2020 [https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief?fbclid=IwAR0XsyEGslMwGzvOt5XYXEv4-bhiLQp7kvA\\_0Gvn-s75ibn8dGY7s-WjFXc](https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief?fbclid=IwAR0XsyEGslMwGzvOt5XYXEv4-bhiLQp7kvA_0Gvn-s75ibn8dGY7s-WjFXc)  
“Understanding the stages of grief is a start. But whenever I talk about the stages of grief, I have to remind people that the stages aren’t linear and may not happen in this order. It’s not a map but it provides some scaffolding for this unknown world.”

## WHAT TO DO IF YOU ARE QUARANTINED WITH AN ABUSER

by Lindsay Tigar, Blood + Milk, Mental Health, March 27, 2020  
<https://www.bloodandmilk.com/what-to-do-if-you-are-quarantined-with-an-abuser/>  
For some people, home is not a haven or a harbor against the storm. Rather, it feels much more dangerous than a pandemic if you’re a victim of domestic violence . . . If you are on lockdown with a partner you fear, here are the most effective ways to cope, free yourself, and survive.”



### **UIC Graduate College Weekly Virtual Check-Ins**

These sessions are purposeful in holding space for graduate students to discuss questions, concerns, thoughts about anything and everything related to their educational journey at UIC. We hope that these check ins will provide consistent support for any academic, personal hardship students may be facing especially during this pandemic that affects everyone in a variety of ways. Previous sessions have included Ask Anything with the Graduate College Deans, Resource Sharing Session, Parenting and Graduate School, and Stress Management. For more information follow us on Instagram @uicgraduatecollege

### **UIC Graduate College Café con Chisme Social Hours**

a Bi-Monthly fun social virtual community space for Graduate Students to debrief on anything and everything. For more info follow us on Instagram @uicgraduatecollege

### **Weekly Graduate College Newsletter**

A way to be informed about resources available to UIC Graduate Students, topics change on a weekly basis based on Grad Student needs. We hope that the newsletter offers insight into a hopeful future of virtual learning and communication between the Graduate College and students. Topics include Campus and Community Resources, Health and Wellness Resources, Policies Affecting Graduate Students, Career and Professional Development Resources and Webinars, Tips for Web Based Platforms, Relevant Graduate Education Articles, Tips for Online Teaching and Learning and Inspirational Art and Positive Messages. <https://grad.uic.edu>

### **Mental Health Resource Guide for Graduate Students**

A resource guide to inform UIC Graduate Students about the Mental Health Resources at UIC and on other virtual platforms. <https://grad.uic.edu>

### **WriteON Daily Writing Progress Check In**

Graduate College Daily writing progress check ins at 9:00 AM with WriteON  
<https://grad.uic.edu/academic-support/student-resources/writeon/>

### **Online Career Development Resources**

Check out the Graduate College Website for links to numerous virtual career and professional development resources that offer hundreds of webinars, short courses, and career planning tools. Resources include Versatile PhD, the National Center For Faculty Development and Diversity, IMAGINE PhD, My IDP and more. <https://grad.uic.edu/academic-support/student-resources/>



## UIC Office of the Dean of Students

The [U & I Care Student Assistance](#) program is available to identify resources and provide assistance for students dealing with personal hardship.

*TIP: If you apply, make sure to include supporting documentation*

[Student Legal Services](#) is available for virtual appointments.

For more information see: [dos.uic.edu](https://dos.uic.edu)

We recently released a Bias Reporting Tool for you to share experiences with bias, harassment, and discrimination so that we can support you and better understand the complex needs and challenges facing our campus community. You can learn more about the tool [here](#).

Questions? Contact Jess Joslin,

# CCUSC Virtual Communities

Connect virtually with the Centers for Cultural Understanding and Social Change.  
Visit [diversity.uic.edu/events](https://diversity.uic.edu/events)



## UIC African American Cultural Center

Everyday we will explore a theme designed to support us throughout the week, offering a creative space for sharing, strengthening community, and staying healthy.

[go.uic.edu/aacc\\_v](https://go.uic.edu/aacc_v)



## UIC Arab American Cultural Center

Ahlan Wasahlan! In the Arab region and its diasporas, people sa Ahlan Wasahlan to welcome guests or visitors.

[go.uic.edu/arabamcc\\_v](https://go.uic.edu/arabamcc_v)



## UIC Asian American Resource and Cultural Center

Come and join the community and see what we've been up to!

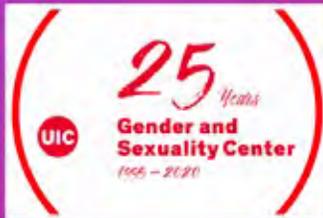
[aarcc.uic.edu](https://aarcc.uic.edu)



## UIC Disability Cultural Center

We will continue to hold events; offer check-ins and support (about "anything"); connect folks to resources; and continue our collective conversations about disability, ableism, and disability culture.

[dcc.uic.edu](https://dcc.uic.edu)



## UIC Gender and Sexuality Center

While most of campus is operating remotely we have created the GSC Virtual Community Lounge to keep our students in community. The GSC community agreements apply to this space.

[go.uic.edu/gsc\\_v](https://go.uic.edu/gsc_v)



## UIC Latino Cultural Center

Join our LCC Virtual Community as we stay in solidarity with one another. Participate in our weekly Community In Solidarity Check-ins and share your story in our Storming COVID-19 with Moments of Joy & Reflection.

[go.uic.edu/lcc\\_v](https://go.uic.edu/lcc_v)



## UIC Women's Leadership and Resource Center

Join us in the Breathing Room, a place to unwind and find community. We'll be sharing reflections, creative and scholarly endeavors, and activity ideas on WLRC's website and social media and in a weekly Zoom session.

[go.uic.edu/wlrc\\_v](https://go.uic.edu/wlrc_v)



**DIVERSITY**

[uicdiversity.org](https://uicdiversity.org) [diversity.uic.edu](https://diversity.uic.edu)

# ADDITIONAL RESOURCES

- [Office of the Vice Provost for Undergraduate Affairs and Academic Programs](#)
  - Academic policies & updates
  - [Tips for Online Learning](#)
  - Collection of UIC & Community Resources
  - For more information OVPUAAP Programs visit their [Office and Programs](#) web page.
  - [UIC Today COVID-19](#)





# ***Career & Employment Resources and Services***



**Jaime Velasquez – [jaimev@uic.edu](mailto:jaimev@uic.edu)**

**Associate Director for Employer Relations**

**[CareerServices.uic.edu](http://CareerServices.uic.edu) – [uiccareers.com](http://uiccareers.com)**

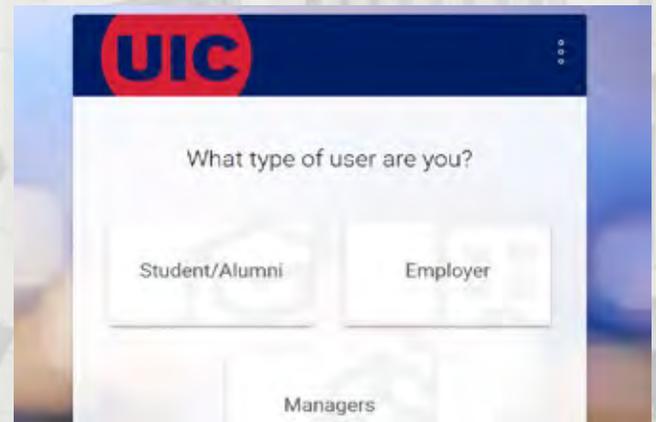


**Office of  
Career Services**



<http://careerservices.uic.edu/>  
<http://careerservices.uic.edu/docs/CPG2016-17.pdf>  
 Full pdf copy of our Career Planning Guide

<http://uiccareers.com>  
 Job postings for UIC students  
 (full-time, part-time and internships)



Wondering how to connect majors to careers? Click on MAJORS of interest to view a list of career opportunities, employers, and colleges designed to maximize career opportunities. Click on CAREERS to view a list of careers that provide additional information. Basic PROFILES for a PDF version. Understand that the areas and industries are representative of typical career paths associated with each major and not comprehensive list. Explore multiple majors to learn about a new range of career opportunities.

ACCOUNTING Profile   Links	ADVERTISING Profile   Links	AFRICANA STUDIES Profile   Links	ANATOMICAL SCIENCE EDUCATION, & COMMUNICATIONS Profile   Links	ANIMAL SCIENCE Profile   Links	ANTHROPOLOGY, APPLIED Profile   Links
ARCHITECTURE Profile   Links	ART Profile   Links	ATHLETICS AND SPORT Profile   Links	APPLIED OPTICS/ PHYSICS Profile   Links	BIOLANDSCAPE Profile   Links	BIOLOGICAL SCIENCES Profile   Links
BIOCHEMISTRY ENGINEERING Profile   Links	BIOLOGY Profile   Links	BUSINESS STUDIES Profile   Links	CHEMISTRY Profile   Links	CHILD & FAMILY STUDIES Profile   Links	CLASSICS Profile   Links
COMMUNICATION STUDIES / SPEECH EDUCATION Profile   Links	COMPUTER SCIENCE Profile   Links	COUNSELING Profile   Links	CRIMINAL JUSTICE Profile   Links	DANCE Profile   Links	ECONOMICS Profile   Links

<http://www2.isu.edu/career/majors/default.html>  
 careers/jobs you can pursue with majors

<http://www.bls.gov/ooh/>  
 detailed information on occupations



# Great advices from recruiters who hire from UIC!

*Take advantage of the free digital training courses and resources being offered through social sites like LinkedIn and NETWORK! Many employers are using this time to build their candidate connections and want to help people find employment, even if it isn't with their direct organization.*

*Continue to visit employer websites to review and/or apply to vacancy announcements. Employers are reaching out to students via LinkedIn. If you're interested in an organization, be sure to reply to InMails with any questions you may have. Also, employers have long-standing relationships with UIC's Career Services/Employer Relations team. Be sure to connect with them as an additional resource to connect with employers for employment opportunities.*

*Be open and use your network! Do not be afraid to reach out to potential employers. Recruiters and managers are going through a big change as well and this is new to all of us!*

*Download the Special Edition Recruiter Career Search Advising Guide here:*

<https://files.webservices.illinois.edu/9106/finaladvisingguide.pdf>

# Questions??

**UIC Career Services**  
**Careerservices.uic.edu**

Phone: 312-996-2300  
Email: [Careerservices@uic.edu](mailto:Careerservices@uic.edu)  
Hours: M-F: 8:30am - 5:00pm



**Office of  
Career Services**

# Tips for Working / Studying from Home

## Create an Office Space



- Find a place in your home that is not in the center of all the commotion and distractions of your family's activities and offers some privacy. For example, not a kitchen counter but perhaps don't stay in your bed the whole day.
- Consider whether the chair and desk you'll be working from are comfortable enough to use for several hours
- Consider what background will be visible behind you when in online class session
- Consider asking your professor if you can call into class if video may cause you challenges.
- Think about what you are wearing, i.e. don't stay in your jammies all day.
- Consider using a headset to lessen distraction.

## Communicate with Your Family/Housemates



- Consider letting those you live with know what your schedule is like each day. Some people like calendars or charts or use a dry erase small board. That can help your mom/housemates remember that you are in class right now and not barge into your room/office space for example.
- Articulate to your family/ housemates when you would have time to spend with them or helping them run errands.
- Articulate what you can and cannot contribute to the household's wellbeing (can cook, or clean on these days, etc.)

## Connect with your Classmates



- Be sure to connect with classmates or co-workers frequently by email, phone, or video chat. That means having an up-to-date contact list on hand, in case you have trouble accessing your class or assignments.
- Check-in on how your friends and colleagues are doing and share your experiences and challenges.
- Organize online study groups if studying in groups was a preferred method for your learning.
- Don't hesitate to reach out to your professor if you are not sure or unclear about how to proceed with your work.
- Be sure to have Tech contact for the University

## Have a Schedule



- Try to replicate some of the things you were used to doing in your own schedule prior to being confined to the home and modifying them; the routine could help keep us grounded.
- Establish one or two steps that signal you're about to **start** your workday such as brewing a pot of coffee or turning off the TV, and schedule time for your work breaks to make sure they don't take over your day.
- It's also important to have a routine to signal **your workday has ended**, such as shutting down any computer programs you use for school/work or maybe going for a short walk. That can help signal to those around you when it is appropriate to make requests of you/your time.



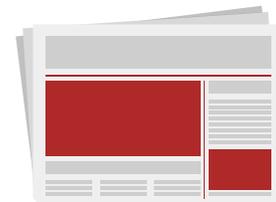
## Listen to Your Body



- Create an **exercise routine** on a daily basis if you can, even if for 10-15 minutes. This can include stretching, aerobics, etc.
- Try to talk a **walk**, run, or bike ride outside while keeping your 6ft distance from others.
- Work in your backyard if possible, planting season is almost here.
- Take an online class of **dance**, Zumba, yoga, etc.
- **Acknowledge that this situation is hard and stressful**
- Validate different **feelings** you might experience (e.g. stress, loneliness, fear, sadness over losses personal or collective, or confusion).
- Consider finding support if these feelings are new or overwhelming, and you need to process to better understand them (e.g. virtual support from UIC counseling center).

## Be Mindful of What You Read or Hear

- Rely on **RELIABLE** sources of information and news
- Take **breaks** from reading or watching news, or social media
- Set limit or boundaries for how much time you spend on news as getting exposed to multiple sources of news for an extended period of time might be overwhelming.



**It is okay to not feel positive all the time.  
It is okay to feel overwhelmed.  
It is okay not to be super productive at this time.**

**Try to remember that it is possible to seek help and support.  
We are apart but, you don't have to be alone.**

## What Brings you JOY

- Find a couple of things you really enjoy doing and try to incorporate them into your week.
- **Bake, cook, do various art projects, play with your siblings or cousins, garden, play musical instruments, etc.**
- Find joyful and hopeful stories and share them with your family and friends
- Go on virtual tours to museums, zoos, exhibitions, etc.
- Help others in your community meet their needs
- Find ways to connect with nature



## Find ways to Soothe Yourself in the Moment if you are Feeling Stressed, Worried, or Afraid



- **Belly breathing** can help you feel calmer. Place one hand on your chest and one on your belly. Your belly should rise higher when inhaling.
- Notice what you see, hear, touch, taste, and smell in your environment. This can gently help you return to the present moment.
- Find comfort for your **five senses**. Look at old pictures, drink your favorite tea, wrap yourself in a fluffy blanket, light a candle, have a tasty snack, or listen to relaxing music.
- Make a list of things you have **control** over. This can help calm you when you feel overwhelmed by matters out of your control.
- *Express yourself* in art. You don't have to be an "expert" artist! Draw, write, color, sing, or dance what you are feeling.
- Try to have *self-compassion* for what you are feeling. A Youtube guided meditation can help if you experience difficulty with self-compassion.
- When you cannot resolve a problem, distract yourself temporarily by focusing on something else, and then return to the problem and try again.



**Arab American  
Cultural Center**

ArabAmCC is here for YOU

Email: [arabamcc@uic.edu](mailto:arabamcc@uic.edu)

Phone: 312-413-3253