



Barstow Community College

Counseling & Student Success Newsletter 2020- volume 5

“Your Mental Health Matters”

BARSTOW COMMUNITY COLLEGE IS KEEPING UP TO DATE ON THE COVID-19 PROTOCOLS. MAINTAINING IN COMPLIANCE, BARSTOW COMMUNITY COLLEGE CAMPUSES ARE PHYSICALLY CLOSED TO THE PUBLIC AND STUDENTS. COLLEGE OPERATIONS AND SERVICES WILL CONTINUE REMOTELY. IF YOU NEED ASSISTANCE, PLEASE EMAIL WELCOME@BARSTOW.EDU

Click on the Icons Below



Life Threatening Dial 911

National Suicide Prevention Lifeline

1-800-273-8255



Sign Up- VIKING Alert

Feeling overwhelmed?

Text: "courage" To: 741741
FREE. 24/7. CONFIDENTIAL.
Many of us will experience a mental health challenge at some point in our lives.



Self-Care & Wellness

- **Don't underestimate your own resilience.** People often overestimate how much negative events will impact their lives, and underestimate how well they can cope (source: [7 Science-Based Strategies to Cope with Coronavirus Anxiety](#)). Just to get where you are today, you've probably overcome many difficult situations that seemed insurmountable at the time. Have confidence in your ability to get through this.
- **Get out without leaving your house.** Visit a [museum](#), go to a [zoo or aquarium](#), attend a [concert](#), visit a [national park](#) – [virtually](#).
- **Maintain your Financial Wellness** If you are struggling financially, there are resources that can help you. You may be able to file for unemployment if you were laid off because of COVID-19. You may be able to apply for CalFresh and/or get groceries through your campus or local food pantry. Find many tips in the [Surviving COVID-19: A #RealCollege Guide for Students](#).
- **Try to create a new healthy habit for yourself.** For example, if you've been meaning to start exercising or doing yoga, now might be the right time to create a new habit that will get your endorphins flowing.

Click the link below to watch a video on “How to Practice Self-care during the Coronavirus Pandemic”:

<https://www.youtube.com/watch?v=yblukokYksA&feature=youtu.be>

Disclaimer: This newsletter includes health information copied from online articles. You should always consult your physician or health care provider for any questions or concerns you have regarding your health.

<https://www.cccstudentmentalhealth.org/students-self-care-wellness-during-the-covid-19-pandemic/>



Contact a BCC Counselor
http://barstow.edu/BCC/Counselor_Update.html



Contact:
760-252-2411



Website:
<http://www.barstow.edu/>