The UCI Counseling Center’s Mental Health Minute newsletter aims to support students by addressing mental health topics as they arise. Expect a newsletter on a bi-weekly basis with tips and resources to cope with stressors and build your resilience.

THE ART OF PHYSICAL DISTANCING

Clarifying safe distancing practices

We have all used the word “Social Distancing” to indicate that we are following the rules around keeping ourselves physically away from others. This is important to reduce the risk of infecting ourselves and others. A more accurate term though, may be “physical distancing,” a term indicating the need to keep ourselves physically distant from others. This can lead to feeling alone, isolated, and missing our relationships and sources of support. However, physical distancing does not mean our social relationships have to end.

Ready to reduce the distance and connect?

Many students are using our workshops and drop-in groups to receive and provide support. Join us!

https://counseling.uci.edu/services/groups.html