

## COVID-19 Resources For Students

Resource Area	Resources
Distance Learning	<a href="#">UTT-Distance Learning Schedule</a> <a href="#">Distance Learning Organization</a> <a href="#">Netiquette for Online Discussion Posts</a> <a href="#">How to Email a Teacher</a> <a href="#">Tips for Distance Learning</a>
Self Care	<a href="#">10 Minute Breathing Exercise</a> <a href="#">Yoga with Adriene</a> <a href="#">Self Care Toolkit</a> <a href="#">Self Care Tips for Students</a> <a href="#">Self Care Activities for Teens</a> <a href="#">Coloring Pages</a>
Coping and Emotional Health	<a href="#">CDC- Coping with Disaster</a> <a href="#">SAMHSA Coping With Stress</a> <a href="#">Suicide Prevention Hotline</a> <a href="#">TalkSpace</a> <a href="#">Taking Care of Your Emotional Health</a> <a href="#">Managing Stress and Anxiety</a> <a href="#">Discover Gratitude</a>
Apps	<a href="#">7 Cups App</a>

	<a href="#"><u>Calm App</u></a> <a href="#"><u>MindShift App</u></a> <a href="#"><u>SAM App for Managing Anxiety</u></a> <a href="#"><u>UCLA Mindful App</u></a>
--	---