



LD Stoner Health and Counseling Center Summer Survival Resources

The semester is at an end, social distancing continues, and summer is right around the corner. To help you transition to your summer schedule, the Stoner Health and Counseling Center staff offers a variety of resources to you in order to assist you in “surviving” the summer. Resources range from Covid 19 specific information to entertaining media. No matter what you do this summer stay safe, remember we are all in this together, and Go Berg!

G - Get outside

O - Offer support for those in need and stay connected to others

B - Be nice to yourself

E - Engage in healthy habits i.e. eating, sleeping, studying, exercise, encouraging others

R - Relax, use mindful techniques

G - Get help, using resources available to you including Stoner Health and Counseling Center.

Social Media

For Education

- Stoner Health and Counseling Center
 - Facebook - Stoner Health and Counseling Center
 - Twitter/Instagram – HealthAtBerg
- [33 Forever](#)
 - Facebook - Forever33inc
- [National Suicide Prevention Lifeline](#)

Online Resources

[PsychHub](#) - Free resource hub to help people address their mental health needs

[211](#) – Get connected to a variety of resources to meet your needs

[Coping with the stress of a pandemic](#) – a mental health guide for students

[Finding local mental health resources](#) – helps finding resources near you

[Yoga with Adriene](#)

[Google Arts and Culture App](#) - Free virtual tours of famous art museums

[11 Ways plants enhance your mental and emotional health](#)

[26 Mental Health Exercises & Interventions Based on Science](#)

Reading Recommendations

- [Good books](#)
- [More good books](#)

Helpful Apps

- Headspace
- Calm
- Insight Timer
- Simple Habit
- Stop, Breathe & Think
- UCLA Mindful
- Headversity

John Recommends:

Reading

- A Walk in the Woods - Bill Bryson
- Authentic Happiness - Martin E.P. Seligman, Ph.D
- Hatchet - Gary Paulsen
- People's History of the United States 1492-Present - Howard Zinn
- The Catcher in the Rye - J.D. Salinger
- Playing for Pizza - John Grisham
- A Song of Ice and Fire Series

Podcasts

- Ram Dass Here and Now
- The Rewatchables
- The Way I Heard It with Mike Rowe

Social Media

- Trey Kennedy
 - Facebook - Trey Kennedy
 - Twitter/Instagram - TreyNKennedy
- You Betcha
 - Facebook - You Betcha

Games

- Clue
- Uno
- [Virtual games](#) – real time games to play with friends with virtual meetings
- Golf – walking the course as opposed to riding a cart