

Democratic Engagement and Civic Learning

Health & Wellness

USF's Voter Friendly Campus efforts are designed to support student democratic engagement and civic learning within a healthy campus political climate. A healthy campus political environment at USF is driven by USF's Principles of Community and leadership and civic engagement concepts (e.g. controversy with civility, conversations across difference, community engagement, and active citizenship) all within the bounds of community conduct expectations.

In preparation for variety of potential reactions to this year's election process, Student Success staff and students from across all three campuses have been developing resources and events to support a healthy post-election community. We encourage all USF Bulls to engage as active citizens while managing your health and wellness needs.

For more information, please contact the [Center for Leadership & Civic Engagement \(CLCE\)](#), at CLCE@usf.edu.

Additional Resources

[How To Protect Yourself & Others](#), CDC

[How to Select, Wear, and Clean Your Mask](#), CDC

[Health and Wellness Center](#)
(813) 974-3684

[Counseling Center](#)
(813) 974-2831 (non-emergency)

[Office of Student Outreach and Support](#)
(813) 974-6130
Email: issocat@usf.edu



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Health & Wellness: Tips and Strategies to Maintain your Mental & Physical Well-Being

During this unprecedented time, it is important cultivate routines and develop support mechanisms that bolster your personal mental and physical well-being. Below are recommendations for opportunities to increase your individual success through sound mind and body:

Prevent COVID Spread

- Wash your hands often
- Avoid close contact
- Cover your nose and mouth when around others
- Cover coughs and sneezes
- Clean and disinfect
- Monitor your health

Maintain a Healthy Lifestyle

- [Wellness USF](#)

Utilize USF Counseling Center Resources and Workshops

- [Daily workshops/drop-in groups](#)
- Togetherall - anonymous mental health services - available November 1 - [Oracle article](#)

Practice Guided Relaxation to decrease stress levels

- [USF Diaphragmatic Breathing - 2min](#)
- [USF Counting with Breath - 3min](#)
- [USF Breathe to Relax - 4min](#)
- [Progressive Muscle Relax - 10min](#)

Incorporate Mindfulness

- [Introduction to Mindfulness](#)
- [Video: TED talks Mindfulness](#)

Utilize Therapy Assisted Online, a library of life skills resources

- [Use TAO](#)

Assess How You Think

- [Fact or Opinion](#)
- [Unhelpful Thinking Habits](#)
- [Coping Thoughts Worksheet](#)

Cultivate Happiness

- [Tips: Happier in One Hour](#)
- [Video: TED talks Happiness](#)
- [The Power of Gratitude](#)
- [Live Your Life Well](#)

Set Goals and Work Toward Progress

- [Student toolkits](#)
- [Wellness coaching](#)
- [Virtual Health Education](#)

Read

- [Emotional Intelligence Has 12 Elements. Which Do You Need to Work On?](#)