



# here to help you put your best foot forward

**2020 has been a year like no other** and we recognize that the wellbeing of the Bradley community is greater than just physical health. We have compiled a list of tips and resources to help you navigate new challenges and uncertainties we are encountering. Our goal is to help you be the best version of yourself despite the circumstances.

**Don't know where to start?** Please email [studentsupport@bradley.edu](mailto:studentsupport@bradley.edu).

**Your wellbeing matters.** If you find yourself having a challenging time in college and you need to get connected to resources, reach out to [Student Support Services](#). To see all the resources available on campus, check out the [Student Affairs Resource Guide](#).

**Taking care of your physical wellbeing can benefit your mental health.** Check out [classes](#) offered at Markin and get yourself moving to get some of those feel-good endorphins!

**Worried about registration?** [Student Support Services](#) offers support for [registration](#).

**Helping others often boosts our own mood.** Visit [Braves Volunteer](#) to find virtual volunteer opportunities throughout the month.

**Staying connected is important for your wellbeing!** Attend an [ACBU How To](#) event and take a break from your studies.

**Is your mental wellbeing impacting your classes and you don't know where to turn?** [Student Support Services](#) can help connect you to available resources. [Start the conversation today](#) and learn more.

**You can't be your best professional self without taking care of your personal self first.** [Kelly Uchima](#), a body positive activist on Instagram, talks about how isolation affects body image and ways to gain self-knowledge and confidence during quarantine. Learn more about the [Body Project](#).

**As you prepare for next semester, think about alternatives just in case you can't get into all of the courses you want.** Take a few minutes to [watch This Class Is Not Full](#), a presentation on registration and advising.

**Social self-care involves participating in activities that nurture our relationships with others.** Take time this week to cuddle with a [furry friend](#), call your parent and touch base, and FaceTime a friend.

#### **Seasonal Affective Disorder Tips**

1. **Get moving:** keep your exercise schedule even in winter.
2. **Stay busy:** setting winter goals provides a sense of purpose and accomplishment.
3. **Light up your life:** Open your shades or use full spectrum bulbs to tackle this root cause of SAD.
4. **Change your diet:** eat foods with extra Vitamin D and healthy carbs to increase serotonin levels.
5. **Consider antidepressants:** if you feel bad for more than one week, see a behavioral health specialist.

**Are you looking for ways to connect to alumni or employers?** Join [#NetworkBradleyU](#) on [LinkedIn](#).

Make connections, seek out advice, and network virtually. Use [#NetworkBradleyU](#) on [LinkedIn](#) and other social media platforms so members of the Bradley family know you are open to networking. Then search [#NetworkBradleyU](#) to find others willing to network.

**Connecting with others is crucial for your mental health, but there are other options rather than checking your social media feed.** Try setting up: a [Zoom](#)

[dance party](#), a [Netflix](#) party, virtual group workouts, virtual support groups, virtual book clubs, or virtual karaoke on [Google Hangouts](#).

**Give thought as to which relationships are no longer serving you in your life.** If there's anyone you find draining to be around, it may be time to part ways. Your relationships should uplift and fulfill you, not deflate and drain you.

**Worried about finals and looking for on-campus resources while you're far away?** Take advantage of [Academic Coaching](#) to help identify resources, study strategies, or to talk through your plans for your future at Bradley.

**Looking for campus activity information?** Look no further than [BInvolved](#), Bradley's student activities online hub with student organization information and campus events. Visit [bradley.presence.io](#) and be sure to download the [BInvolved events app](#) for easy access to event info on your phone!

**Your faculty are still here and want to see you!** Consider visiting their Office Hours virtually. You can find details on your syllabus with information of how to log on virtually. Need more information? Log in with your Bradley credentials and check out [this video](#).

**Are you thinking about how to utilize your winter break to continue your professional development?** Consider attending this [webinar](#) to maximize your time between Thanksgiving and the New Year. If you have any questions or want to further discuss these ideas, contact your [career advisor](#).