

Wellbeing Support Outreach

Resources For Students in
Isolation/Quarantine



Wellbeing Support Outreach

This situation is temporary and we are here for you!

We understand you're in temporary quarantine and want to know how you're doing. We know this is a bit scary - and we'll help you get through it.

In this document, you'll find additional resources available to you through the Wellbeing Support Outreach Team just for you & other resources already at WFU that may be especially helpful at this time.

Email us at wakewell@wfu.edu if you have any additional questions or want to connect with a Wellbeing Coach.

Wellbeing Support Outreach - Support Groups

Virtually gather with other students currently in isolation or quarantine to connect over your shared experience. These gatherings will be facilitated by a Wellbeing Coach and are private.

Mondays: 4pm

Thursdays: 1pm

- Attend groups here: [Isolation and Quarantine Support and Connection Group](#)

Links are also available in the Wellbeing Support Outreach email

Wellbeing Coaching Drop-in Hours

Sign up for a 1-1 30 minute session with a Wellbeing Coach
in advance or day of:

[Wellbeing Coaching](#)

Mondays: 1-3pm

Tuesdays: 4-6pm

Wednesdays: 9-11am

Thursdays 10am-12pm

Fridays: 11am-1pm

Wellbeing Support Outreach: Stress Management

[Deep Belly Breathing](#)

[One Minute Meditations](#)

[More Minutes Meditations](#)

[Music For De-stressing](#)

[Ten Percent Happier YouTube Channel](#)

[Yoga with Adriene - Yoga for Loneliness](#)

[Yoga Basics With Adriene - Multiple Videos](#)

[Restorative Yoga Practice - 35 Minutes](#)

Wellbeing Support Outreach: Physical Wellbeing

21 Stretches for Flexibility

Wellbeing Support Outreach: Physical Wellbeing

15 Minute Workout | 30 Seconds each

Bodyweight squats | Alternating lunges

Inchworm = walk out on hands to plank, walk back on hands & stand

Jumping jacks | Burpees | Speed Skaters | Bicycle Abs

Bodyweight Squats w/ alternating kicks | Mountain climbers

Mimic jump rope

Wellbeing Support Outreach: Physical Wellbeing

Basic Bodyweight Workout

5 push ups
10 squats
15 jumping jacks
20 crunches

5 squats
10 jumping jacks
15 crunches
20 push ups

5 jumping jacks
10 crunches
15 push ups
20 squats

5 crunches
10 push ups
15 squats
20 jumping jacks

Resources @ WFU - Social & Emotional Wellbeing

Friend in the Forest offers students a safe and private setting to explore the thoughts, feelings, and circumstances they are experiencing as a result of COVID-19.

It is completely normal to experience a wide range of thoughts and feelings during this time. Common emotions that students may want or need to talk about include uncertainty, grief, loneliness, fatigue, irritability, anger, fear, and anxiety. Friend in the Forest sessions are a space for you to discuss and develop strategies to cope with life's challenges.

Graduate students currently enrolled in the Wake Forest University Master of Arts in Counseling program are available and eager to help their fellow students navigate the current crisis, one conversation at a time.

[Get Connected to a Friend in the Forest](#)

Resources @ WFU - Virtual Wellbeing Resources

To support the students, faculty, and staff of Wake Forest University, the Office of Wellbeing, Campus Recreation, and other colleagues at WFU have curated this hub of resources which encompass a variety of wellbeing topics to help our community as we transition to remote school and work.

Thrive Remotely offers virtual resources for anxiety and stress relief, movement, gratitude, sleep, nutrition, and academics.

[Check out the Thrive Remotely Resources](#)

Resources @ WFU - Intellectual & Social Wellbeing

Student Engagement recognizes that now more than ever, it's crucial that we take time for enjoyment, taking care of ourselves, and engaging with our community in whatever ways we can. They share ideas and resources to help with this through student organizations AND on your own.

[Check out the Virtual Group and Self-Directed Opportunities](#)

And make sure you've downloaded the CORQ App

to see all the opportunities for VIRTUAL engagement across campus.



Resources @ WFU - Physical Wellbeing

Campus Recreation has adapted multiple group fitness exercise classes to offer virtual streaming options. You still need to register, but you can do them from anywhere.

[Group Fitness Schedule and Registration](#)

Resources @ WFU - Spiritual Wellbeing

The Chaplain's Office has created a powerful Responses/Reflections/Encouragement site for connection and inspiration during COVID19.

You can also find their Virtual Events Page and ways to reach a Chaplain or Campus Minister directly.

[Check out the Chaplain's Office Offerings](#)

Resources @ WFU - Social Wellbeing Affinity & Identity Support

To support our diverse learning community at WFU, the **Office of Diversity and Inclusion** promotes a safe, growth-minded, and engaged campus community such that students, faculty, and staff - within and across multiple identities - can be supported and valued in their academic, social and professional endeavors.

[Intercultural Center](#)

[International Students and Scholars](#)

[Learning Assistance Center & Disability Services](#)

[LGBTQ+ Center](#)

[Women's Center](#)

Resources @ WFU - Emotional Wellbeing

The University Counseling Center offers individual and group counseling to our undergraduate and graduate student populations.

Additionally, their website offers tips for helping you to find ways to help yourself or others - including tips for friends and parents.

[University Counseling Center](#)

For Urgent Mental Health Crisis Anytime:

WFU: 336-758-5273 | go.wfu.edu/crisis

Nationally: TEXT 741741 | CALL 800-273-8255

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