



Student Health Services  
invites you to...



# Take a Minute *for your mental health*

How are you coping? Are you taking time to breathe?  
Are you finding ways to manage your stress and anxiety?  
**Here are a few helpful ideas for you!**



## LET'S COOK!

Did you know there are websites and apps available to help you create meals using ingredients you already have on hand? It's true! Yummly, Supercook and MyFridgeFood.com are all mobile apps and websites that provide recipes personalized to your individual tastes, are easy to make, healthy and affordable, but most importantly using all ingredients you already have!

Download or visit the websites, plug in your ingredients and get cooking!

## GET HEADSPACE FREE FOR LA COUNTY RESIDENTS!



LA, we're all going through the current crisis together.

To help you weather this storm, Headspace and the LA County Department of Mental Health have partnered to provide support and resources during this challenging time. Residents of Los Angeles County can sign up to access Headspace Plus at no cost until December 31, 2020.

If you are in LA County and do not currently have a paid Headspace membership, please follow these steps to redeem:

- Visit <https://work.headspace.com/lacdmhresidents/member-enroll>
- When prompted, allow your browser to share your location
- Once your location has been confirmed, you can log in to your existing account or create an account if you are new to Headspace
- Enter the e-mail address where you would like to receive your activation e-mail (Make sure this is an e-mail address you currently have access to)—you will then receive a link to activate the subscription
- Click the "Verify" button in the activation email to activate your new membership

## PAINTING ROCKS!



Art is good for the soul! Being creative can help you destress, express yourself and can help lift your mood. It is also a good way to practice mindfulness and being in the moment. Painting rocks is something anyone can do at any skill level.

Stop by your local dollar store to purchase some paint and brushes, and many times they have small bags of stones that would be perfect to use. Otherwise, you may find small rocks to paint at a hardware store, local nursery or even in your own yard. Remember it's all about having fun and expressing yourself to help improve your mental well-being!