Tips for social and emotional well-being

* Even during these trying times, there are many aspects of daily life that remain under your control, including how you take care of your emotional, social and physical well-being, and your ability to support and help your friends, family and community.

Here are a few highlights:

* **Take care of your body.** Eating healthy meals, exercising, getting at least seven hours of sleep a night, and limiting your alcohol consumption can help your immune system. Even while maintaining a safe distance from other people, you can still go outside! Regular exercise can reduce anxiety. Just be sure to protect yourself and others by following [these guidelines for managing anxiety and stress](https://www.cdc.gov/coronavirus/2019-ncov/about/coping.html).
* **Social distancing does not mean emotional distancing.** Reach out to others and offer support, empathy, information and, if possible, tangible help. Stay connected using technology including text, chat, facetime, and real-time conversations. Personal relationships are crucial in maintaining perspective and elevating mood.
* **Learn and share.** Learn best practices from trusted resources on how to limit your exposure to, and the spread of, COVID-19, and share that information with others. UCLA is providing information relevant to our specific roles as[students](https://newsroom.ucla.edu/stories/campus-officials-offer-updates-to-students-in-covid-19-information-session), [faculty](https://www.adminvc.ucla.edu/covid-19/academic-continuity) and [staff](https://newsroom.ucla.edu/updates-for-ucla-staff-about-covid-19). The WHO website details actions for health care workers, team leaders, caretakers of children, older adults and people in isolation. The [CDC website](https://www.cdc.gov/coronavirus/2019-ncov/about/coping.html) lists common warning signs of emotional stress responses (including problems with sleep and concentration, and increased drug or alcohol use) and some ideas for how to cope.
* **Do things that give you purpose and meaning.** Helping others is a gift, and it is good for your own well-being. Many in our community are more vulnerable to the impact of the novel coronavirus. You can help others by offering reassurance and emotional support, for instance.
* **Take care of basic needs (including food security).** The CPO Food Closet is open today through Thursday, March 19, from 11 a.m. to 2 p.m., and on Friday, March 20, from 11 a.m. to 1 p.m. The food closet will open again on Monday, March 23, and on Tuesday, March 24, from 11 a.m. to 2 p.m., but will close for the remainder of Spring Break. These hours are subject to change, so please check the [CPO Facebook page](https://www.facebook.com/uclacpo/) for up-to-date hours of operation. Lastly, the Economic Crisis Response Team will have its meal voucher program distribution four times during finals week. Please see the team’s most up-to-date [meal voucher distribution schedule (PDF)](https://ucla.in/38QWMX6) for times and locations.