Hello international students,
Here are some tips for investing in your mental and physical health during this season of "out of the ordinary" circumstances.

**Purposefully maintain your social connections** - We are social creatures whose mental and physical health improve when we are socially integrated with others. Even though many face-to-face events have been canceled, you can still find meaningful ways to connect with your friends and family. Be creative, use technology, smile at strangers in the supermarket, wave at your friends across the parking lot, video chat with your family, etc.

**Exercise** - Walking is an easy way to exercise (and get sunshine) even if the gym is closed. Besides burning calories, **walking can help improve your mood!**

![Image of a beach scene](https://www.freepik.com/free-photo/relaxing-beach-scene_5140632.htm)  

**Eat nutritiously** - Maintain your health by eating quality food. The Jamil Niner Student Pantry is still providing assistance to UNC Charlotte students, but their operating may be modified. Check their website for details.

**Take news breaks** - Make decisions about how you will consume coronavirus related news. If hearing the same news stories all day makes you anxious, then plan news breaks. In the BBC News article [Coronavirus: How to protect your mental health](https://www.bbc.com/travel/story/20200228-coronavirus-how-to-protect-your-mental-health), the author recommends strategies such as only checking the news only during certain times or the day, and limiting what you read, to decrease news related anxiety.

Kind regards,
ISSO Staff
Advising hours:
Monday - 10:00am - 12:00pm (in-person)
Tuesday - 2:00pm - 4:00pm (phone appt)
Wednesday - No Advising
Thursday - 2:00pm - 4:00pm (in-person)
Friday - 10:00am - 12:00pm (phone appt)

OPT Application Review:
Thursday at 2:00pm *Based upon prior registration*