|  |
| --- |
| **Mental Health Minutes**  Previous communications were shared with students addressing various topics during the pandemic. These are archived and ace be accessed by clicking the links below. |

* [11.20.20 - Mental Health Minute - Pandemic Thanksgiving](https://www.nymc.edu/media/schools-and-colleges/nymc/pdf/student-life/11.20.20-MentalHealthMinute-PandemicThanksgiving.pdf)
* [5.29.20 - Mental Health Minute - Strategies and Tips to Enhance Well-Being](https://www.nymc.edu/media/schools-and-colleges/nymc/pdf/student-life/5.29.20-MentalHealthMinute-StrategiesandTipstoEnahnceWell-BeingandReduceAnxiety.pdf)
* [5.22.20 - Mental Health Minute - Perspective Shift](https://www.nymc.edu/media/schools-and-colleges/nymc/pdf/student-life/5.22.20-MentalHealthMinute-PerspectiveShift.pdf)
* [5.15.20 - Mental Health Minute - Summer 2020](https://www.nymc.edu/media/schools-and-colleges/nymc/pdf/student-life/5.15.20-MentalHealthMinute-Summer2020.pdf)
* [5.8.20 - Mental Health Minute - Avoiding the Groundhog Day Effect](https://www.nymc.edu/media/schools-and-colleges/nymc/pdf/student-life/5.8.20-MentalHealthMinute-AvoidingtheGroundhogDayEffect.pdf)
* [5.1.20 - Mental Health Minute - May is Mental Health Awareness Month](https://www.nymc.edu/media/schools-and-colleges/nymc/pdf/student-life/5.1.20-MentalHealthMinute-MayisMentalHealthAwarenessMonth.pdf)
* [4.24.20 - Mental Health Minute - Self-Care for Studying from Home During COVID](https://www.nymc.edu/media/schools-and-colleges/nymc/pdf/student-life/4.24.20-MentalHealthMinute-Self-CareforStudyingFromHomeDuringCOVID-19.pdf)
* [4.17.20 - Mental Health Minute - Managing Grief During a Pandemic](https://www.nymc.edu/media/schools-and-colleges/nymc/pdf/student-life/4.17.20-MentalHealthMinute-ManagingGriefDuringaPandemic.docx)
* [4.3.20 - Mental Health Minute - Department Updates](https://www.nymc.edu/media/schools-and-colleges/nymc/pdf/student-life/4.3.20-MentalHealthMinute-DepartmentUpdates.pdf)
* 3.27.20 - [Mental Health Minute - Things You CAN Control](https://www.nymc.edu/media/schools-and-colleges/nymc/pdf/student-life/MentalHealthMinute-ThingsYouCANControl.pdf)
* 3.13.20 - [Resources and Tips for Managing Worries Related to COVID-19](https://www.nymc.edu/media/schools-and-colleges/nymc/pdf/student-life/ResourcesandTipsforManagingWorriesRelatedtoCOVID-19.pdf)