

LiveWell Newsletter

Seek emotional support!!

**For Students:
Counseling Services**

(843) 349-2305

**For Staff:
Life Services EAP**

1-800-822-4847

Emotional Wellness



Identifying, expressing, and navigating the entire range of feelings. Having self-awareness and the ability to cope with challenges, and embracing not only your feelings but the feelings and emotions of others.



Emotional First Aid



Find out more about emotional care.
CLICK HERE

(Sign in with your CCU Username and Password)

10 Ways to Stay Connected While Social Distancing

- Video calls with Facetime, Zoom, Hangouts
- Join an Online Fitness Community
- Share Your Recipes!
- Join/Host Virtual Celebrations
- Let someone know you're thinking about them!
- Join/Host Watch Parties
- Social Gaming
- Virtually Support Charities
- Virtual Book Club
- Stay Updated on Facts Regarding COVID-19

Follow us on social media!

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@ccushore
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