



# Virtual Care Package

By the 2021 Hillel Board

A person is sitting on a wooden floor, surrounded by vinyl records and a record player. The person is wearing white pants and is looking at a record. The record player is a vintage-style turntable with a wooden case. The scene is lit with warm, natural light, creating a cozy and artistic atmosphere. The text 'Playlists' is overlaid on the image in a white, serif font.

# Playlists

Zen et Relax 2021

Peaceful Meditation

POLLEN

New Music Friday

Daily Lift

Feel Good Indie Rock

Morning Motivation

Mood Booster

Songs to Sing in the Shower

Mellow Morning

Lo-Fi Beats

Chill Vibes



## Apps

headspace

insight timer

calm

10% happier

sanvello

motivation

aura

breathe

simple habit

lumosity

nike training club

i am



## Books

you are a badass

thinking, fast and slow

atomic habits

an introvert's way

the power of  
positive thinking

on being human

the subtle art of  
not giving a f\*ck



## Recipes

Green Smoothie

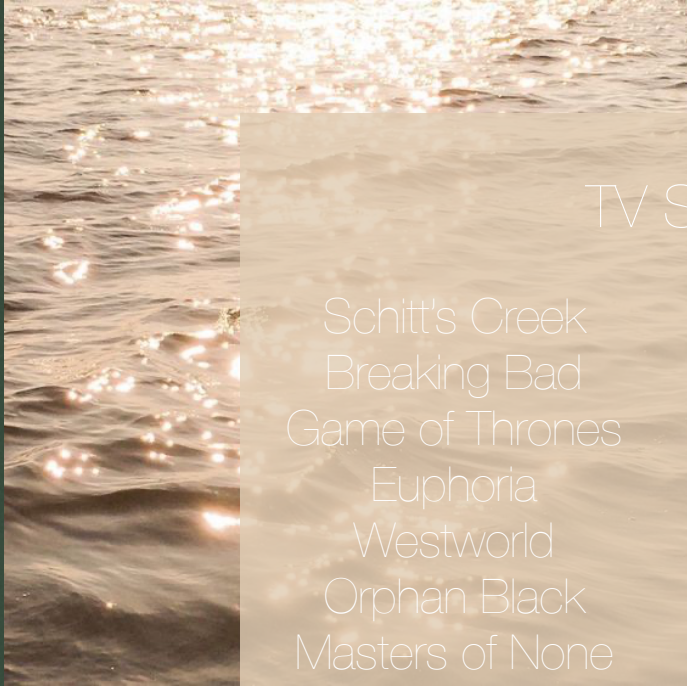
Matzo Ball Soup

Banana bread

Granola Balls

Pancakes

Cinnamon Rolls



## TV Shows

Schitt's Creek  
Breaking Bad  
Game of Thrones  
Euphoria  
Westworld  
Orphan Black  
Masters of None  
Veneno  
The Crown

Black Mirror  
Ozark  
Glee  
New Girl  
The Queen's Gambit  
Prison Break  
Law and Order  
How I Met Your Mother  
The Good Place

## Youtube Videos

NPR tiny desk  
concerts

TEDx talks

POPSUGAR  
Fitness

Be Inspired

Yoga with  
Adriene

School of Life



## Self Care

Breathing Exercises

Get a Plant

Paint/Draw/Create

Journal Prompts

Spend Time in Nature

Vision Board

Stretch

Gratitude Jar

Exercise

Aroma Therapy

## Positive Self Affirmations ☺

I make a difference in the world by simply existing in it.

I put my energy into things that matter to me

I give myself permission to do what is right for me

I give myself space to grow and learn

I accept my emotions and let them serve their purpose

I trust that I am on the right path

I am at peace with who I am as a person

## Additional Resources

**University of Pittsburgh Counseling Center:**

412-648-7930

**University Counseling Center Virtual Hours:**

Monday -Thursday 8:30am-8:00pm

Friday 8:30am-5:00pm

**Virtual Drop-in hours:**

Monday-Friday 9:00am-4:00pm

**After-Hours Support:**

UCC Mental Health Crisis Response:

412-648-7930 x1

Sexual Assault Response:

412-648-7856

**Covid grief network**

**\*\* Need immediate support? \*\***

Try one of these options:

National Suicide Prevention Hotline:

1-800-273-8255

Trevor LifeLine 1-866-488-7386

Crisis Line: Text "HOME" to 741741