

## Insight into our Conference: "Quarantine and Healthy Routines: Managing our Mental Outlook"

The mental health of college students has always been a concerning topic, but specifically during the pandemic new challenges and mental pressures are affecting undergraduate students with increasing severity. A [study](#) on a variety of factors of mental health ranging from fear for loved ones' safety to sleep habits to concentration and academic success to social isolation, found that on average, 71% of undergraduates are negatively impacted by these issues. In line with this, UCLA students who are remote for increasingly long periods of time, are finding it more and more difficult to find solace in one another in order to sustain their physical and mental well-being. First-years take on their transition alone, soon-to-be graduates try to cherish their last few months of college, and underprivileged students find it more difficult to gain access to essential resources. Due to the consistent pressures that this struggle places on students' minds, it is crucial to focus on normalizing and destigmatizing discussions on mental health while promoting compassion and empathy among the college community, which is what we hope to instigate with our conference.

The pandemic has heightened the need for critical stress-coping mechanisms among individuals. More than ever, we must come together to promote the health of college students and provide them with tangible support. In an attempt to equip students with practical and accessible self-care methods to improve their overall mental wellbeing, TeamXHealth is launching a virtual conference in collaboration with the UCLA Center for East-West Medicine's (CEWM) Body-Mind-Spirit Health Initiative's Conference Series. Quarantine and Healthy Routines: Managing Our Mental Outlook will be a conference focused on cultivating healthy coping mechanisms including mindfulness and meditation techniques. The conference is open to anyone and everyone who is eager to learn more.

During quarantine, many of us might find ourselves indulging in unhealthy coping mechanisms, such as isolating ourselves from friends and family, engaging in more activities alone, spending too much time on social media or dwelling on negative thoughts. The goal of this conference is to provide students with healthy coping mechanisms that are suited to their unique interests and personalities. This conference is free to all students and upon registration, you will be entered to win 1 out of 4 Amazon gift cards worth \$25 and various other prizes. Those who attend will also receive a mental health resource bundle at the end of the conference. This bundle will cover six topics including:

1. Plant and Animal Therapy
2. Music
3. Apps for Mental Health
4. Writing
5. Sleep/Exercise/Massage
6. COVID-19

TeamXHealth and CEWM are so excited to bring this virtual conference to undergraduates all around the country! Join us on April 10th from 2-4PM PST on Zoom. The zoom link will be provided within a week before the conference to all who have filled out the following [registration form](#). We hope all these amazing resources and prizes have convinced you to join us! If you haven't already, fill out that registration form and see you live on zoom!

Feel free to reach out with further questions!

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