

# School & Community Based Programs

at University Behavioral Health Care



**Is the Social and Emotional well being of students & staff important to learning?**

**Are you looking to increase prevention & post-vention efforts for the students?**

For more information, please contact:  
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## Self-Care BINGO

Cross Out What You Have Done!

Get Up  
& Dance

Enjoy a  
Good  
Meal

Take 3  
Deep  
Breaths

Go  
Offline  
for a Day

Sing  
Your Fav  
Song

Meditate  
for a few  
minutes

Take a  
Nap

Remember  
a Good  
Memory

Plan Next  
Week's  
Menu

*Learn more*

<https://ubhc.rutgers.edu>

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