5 Online Learner Life Hacks for Wellbeing

GET INVOLVED
Be sure to check out all of our online activities at BBNVOLVED and UK Campus RecWell. There are a ton of ways to stay connected to UK from taking a virtual group fitness class to playing e-sports and more!

JUST BREATHE
Take a moment to simply breathe! Virtual Koru classes are offered with two options – full course (four 90-minute sessions) as well as drop-in courses (30 minutes join when you can). For more information about Koru and a full listing of offerings go to www.uky.edu/koru.

STAY MOTIVATED
Wellness coaching can assist you to do things you need to stay well and feel your best – like being active, eating well, managing stress or getting enough sleep. Schedule an appointment here.

MAINTAIN FOCUS
Academic coaching is here to support you as you make your transition to online learning! You can make a one-on-one appointment with an Academic Coach here.

LET'S TALK
The UK Counseling Center is here for you! There are individual and group virtual programs. Learn more about what the center can do for you and make appointments here.