



Master of Museum Studies Student Association (MUSSA)

Faculty of Information, University of Toronto

mussa.ischool@gmail.com | mussa.ca | @mussauoft

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As we head back from Reading Week into the rest of the semester, don't forget to take time to take care of yourself!

Not sure where to start? Check out MUSSA's guide to mental health resources below!

Mental Health Resources

Resources for International Students:

- [Nadi Caidi](#)
 - Faculty of Information Associate Professor
 - Director of International Student Experience
 - nadia.caidi@utoronto.ca
- [Centre for International Experience - U of T](#)
 - Programs, workshops, advising services, student immigration advisors, and more
 - CIE advisors can be contacted [here](#)
 - cie.information@utoronto.ca; 416-978-2564
- Master of Information Student Council, [International Student Representative](#)
 - Wing Lam Tse, UXD & ISD
- MMSt Program Director Irina Mihalache
 - She is here to support and make sure you are having a meaningful and fulfilling time in the MMSt program
 - Drop-In Hours: Wednesdays from 12-1 PM EST
 - Nov 4, Nov 18, Dec 2, Dec 16
 - [https://us02web.zoom.us/j/84173322998?pwd=R01Vb3FyN285QnlyOEhRTDhFT01CZz09&mc_cid=0c808ecf40&mc_eid=\[UNIQID\]](https://us02web.zoom.us/j/84173322998?pwd=R01Vb3FyN285QnlyOEhRTDhFT01CZz09&mc_cid=0c808ecf40&mc_eid=[UNIQID])
 - irina.mihalache@utoronto.ca
- Faculty of Information International Student Association
 - Contact nadia.caidi@utoronto.ca for more information

Time Management Resources:

- Google Calendar
 - Keep your schedule on hand available on desktop and mobile so you can easily manage your time anywhere
 - <https://www.google.com/calendar>
- Forest
 - Helps you stay motivated and focused on your task, the more you stay focused the more your tree grows that can eventually result in a real tree getting planted!
 - <https://www.forestapp.cc/>



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- Evernote
 - Allows you to keep notes and to-do lists on 2 devices (mobile or desktop)
 - Can organize notes with tags to allow for easy search
 - <https://evernote.com/>

Stress Relief Apps:

- Breathe2Relax (Google Play, App Store)
 - Free app that provides instructions and exercises in breathing to help manage stress and relax the body
- Headspace (Google Play, App Store)
 - App to teach how to meditate and learn how to calm your head and body
 - Free week trial but there is a student price (9.99 for a year subscription)
 - <https://www.headspace.com/studentplan>
- Stop, Breathe & Think (Google Play, App Store, Web App)
 - A meditation app that guides you through breathing and thinking techniques to help ground the user
 - Free first 15 meditations (free to download app)
 - <https://www.stopbreathethink.com/meditations/>
- MindShift
 - Free app that can help users on different ways to approach their stress and anxiety.
 - <https://www.anxietycanada.com/resources/mindshift-cbt/>
- Happify
 - Provides activities that can help reduce anxiety and stress, and combat negativity in difficult situations.
 - Has a limited free option and a paid option
 - <https://my.happify.com/>

MUSSA Colouring Pages:

- Take a break and print out a design to colour!
- shorturl.at/ekqL7 or <http://www.mussa.ca/resources1.html>

U of T Community Resources:

- [Hart House Get Crafty](#)
 - Links for events and scheduled events are advertised on social media, happen virtually every Thursday from 3-4 PM EST
 - Facebook - Hart House Get Crafty
 - Instagram - @harthousegetcrafty



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- U of T My Student Support Program (U of T My SSP)
 - Access U of T My SSP by calling 1-844-451-9700
 - Provides students with real-time and/or appointment-based confidential, 24-hour support for any school, health, or general life concern at no cost to you
- U of T Mindful Moments
 - Join instructors virtually every week for mindfulness techniques
 - Find the Mindfulness Moments schedule on CLNx:
<https://clnx.utoronto.ca/home/mindfulness.htm>
- MoveU
 - A U of T initiative promoting physical activity and healthy living
 - Find exercises you can do anywhere at: <https://www.moveu.ca/moveuanywhere>

Tunes for Focus & Relaxing:

- Playlists on Spotify
 - [Lo-Fi Beats](#)
 - [Brian Eno - Ambient Music for Airports](#)
 - [Brian Eno - Music for Installations](#)
 - [Calm Game OSTs](#)
 - [Classical Study Music](#)
- Listen to Wikipedia
 - Website that makes a sound every time there is an edit made on wikipedia resulting in soothing random white noise
 - <http://listen.hatnote.com/#en>