

# THE GUIDE TO *and thriving at* SURVIVING <sup>✓</sup> UCLA



## How to find food

### Resources for hungry bruins:

- CPO Food Closet - SAC 111, M-F 8AM-6PM
- 580 Café - 580 Hilgard Ave., M-R 8:30AM- 6:30PM, F 8:30AM-3PM; call (310) 909-4471
- Bruin Dine - Meals recovered from UCLA Dining Halls; Follow on Facebook: [Bruin Dine](#)
- UCLA Meal Vouchers - Distributed at the BRC, Dashew Center, CPO, LGBT Center; email [ecr@saonet.ucla.edu](mailto:ecr@saonet.ucla.edu)
- 📺 CalFresh and General Relief Applications - Receive up to \$192/month for groceries! CalFresh interns can help at [calfresh@cpo.ucla.edu](mailto:calfresh@cpo.ucla.edu)
- 📺 Teaching Kitchen - Cooking classes to practice your skills! Register at [fitwell.recreation.ucla.edu/facilities/teachingkitchen](https://fitwell.recreation.ucla.edu/facilities/teachingkitchen)



## How to deal with stress

### Resilience and mental health support:

- 📺 Free meditation sessions - Mindful Awareness Research Center (MARC); visit [marc.ucla.edu](https://marc.ucla.edu)
- 📺 Mindful Music - Pop-up music to rest your mind; visit [mindfulmusic.semel.ucla.edu](https://mindfulmusic.semel.ucla.edu)
- Campus Resource Map - UCLA resources relating to health and wellbeing at [bit.ly/2ofUqMz](https://bit.ly/2ofUqMz)
- 📺 UCLA RISE Center - Practice holistic wellness through free programs ranging from "Coping with COVID-19" to "Daily Self-Care." Find sessions at [risecenter.ucla.edu](https://risecenter.ucla.edu)



## How to be active

### Ideas for fitness and movement:

- 📺 Flexible Fridays - Free drop-in yoga classes; visit [fitwell.recreation.ucla.edu](https://fitwell.recreation.ucla.edu) for schedule.
- ThursYAYs - Play games like giant Jenga every Thursday from 12-2PM in the Court of Sciences
- 📺 [FITTED] - Free virtual fitness and health education services. Find workouts on their instagram [@ucla\\_fitted](https://www.instagram.com/ucla_fitted)
- 📺 MoveMail - Receive email reminders to get moving. Sign up at [fitwell.recreation.ucla.edu](https://fitwell.recreation.ucla.edu)
- 📺 UCLA Recreation - Free virtual fitness & recreation classes at [recreation.ucla.edu](https://recreation.ucla.edu). Take boxing, self defense, yoga classes, and more!
- FITZONE - Free workout classes for UCLA staff and faculty with convenient locations throughout campus. No membership required!




: includes remote opportunities

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## How to manage money

### Resources for financial well-being:

-  **Financial Wellness Program** - Improve your financial literacy. Learn how to manage your money. Resources and workshops at [financialwellness.ucla.edu](https://financialwellness.ucla.edu)

## How to meet people

### Support your social well-being:

-  **Student groups** - See a full list at [sole.ucla.edu](https://sole.ucla.edu)
-  **GRIT Peer Coaching** - Peer-to-peer support; learn more at [grit.ucla.edu](https://grit.ucla.edu)

## How to get more sleep

### Ideas for better sleep hygiene:


-  **Sleep Well Campaign** - UCLA nap map and sleep tips; [healthy.ucla.edu/sleep-well](https://healthy.ucla.edu/sleep-well)

This guide was put together by the Semel Healthy Campus Initiative Center at UCLA, envisioned and supported by Jane and Terry Semel.






Learn more @[healthyucla](https://healthyucla)  
<https://healthy.ucla.edu/>

Tune into our podcast [UCLA LiveWell](#)

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## How to get around

### Active transportation and commuting:

-  **Bruin Commuter Club** - Take alternative transportation and get special perks.
-  **LA Public Transit** - Most public transit systems in Los Angeles (like LA Metro, Big Blue Bus, or Culver City) are providing free rides during COVID-19. Riders enter buses at rear doors.
-  **UCLA Safe Ride Service** - Free and safe means of transportation around campus during the evening hours; M-F 7PM-12AM; Download the [TapRide](#) app to request a ride.

## How to get involved

### Learn more about health and well-being:

-  **Semel Healthy Campus Initiative Center at UCLA** - Health and well-being information & resources at [healthy.ucla.edu](https://healthy.ucla.edu). Attend a pod meeting, apply for a student grant, and more!
-  **Basic Needs Resource Guide** - COVID-19 Information & Resources; [bit.ly/2A0BZ7X](https://bit.ly/2A0BZ7X)