

Virtual Care Package for Staff/Faculty



COVID 19 RESOURCES

>> [Coronavirus Anxiety Toolkit](#)

>> [CU Boulder Roadmap](#)

>> [Virtual Self-Care Package: Manage COVID- 19 Stress](#)



CARE PACKAGES

>> [Insomnia Cookies](#)

>> [Boulder Care Packages](#)



WELLNESS

>> [College of Arts and Sciences Be Well](#)

>> [Down Dog Yoga](#)

>> [Zook Dance Fitness](#)

>> [ITEA Plus](#)



ENTERTAINMENT

>> [Free Entertainment](#)

>> [Netflix Party](#)



INVOLVEMENT

>> [CU Boulder Involvement](#)

>> [Staff Resources](#)



STAFF/FACULTY

>> [Working Remotely Resources](#)

>> [Faculty Support for Online Learning](#)