

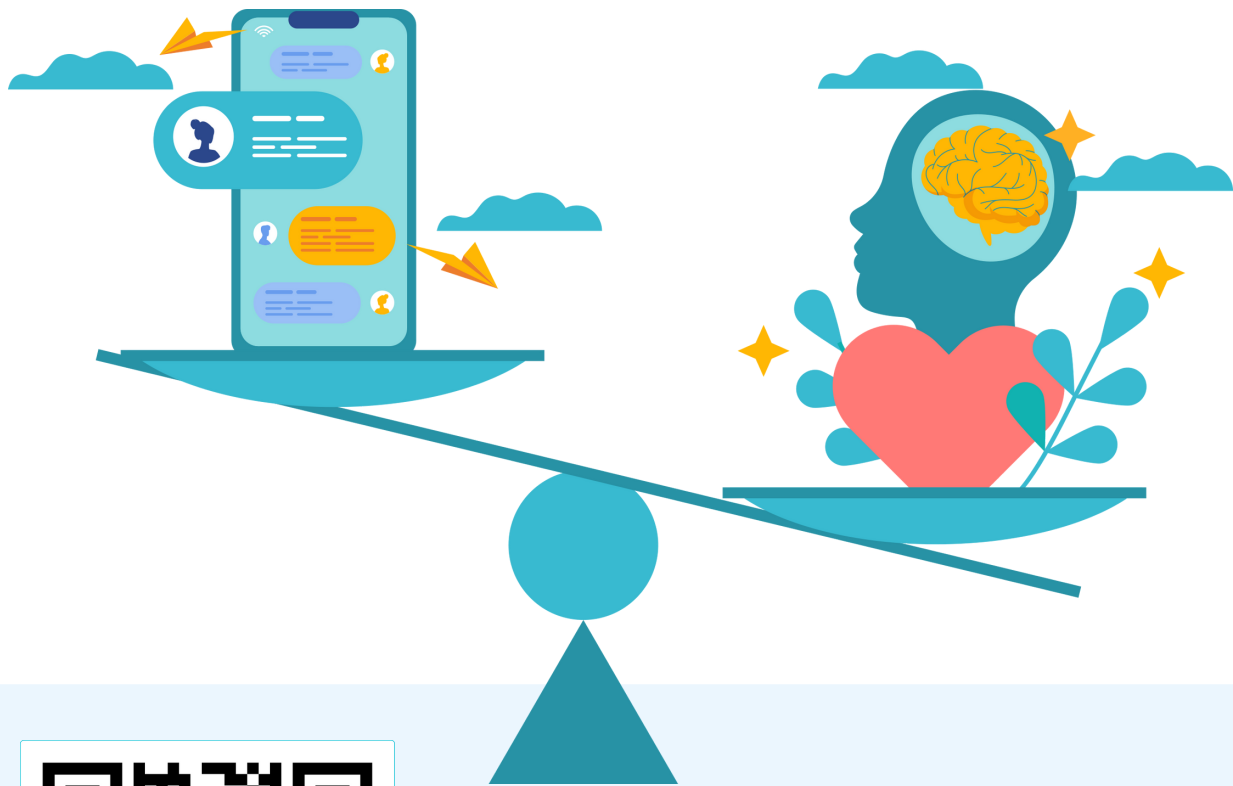
# OASIS

## Managing Technology and Mental Health

We all interact with technology daily and sometimes our mental health takes a hit; the Oasis platform is here for when scrolling becomes too much.

Oasis has a library of videos, exercises, and articles to help you balance your academic life with your social life.

Reach out to an Oasis Support Counselor to receive emotional support!



Scan to download the Oasis App!



### Suggested Self-Care Content

- Doom Scrolling
- Social Media Fatigue
- Cyberbullying