

2-3-2021

**Available the guide “La COVID-19: Una cascada de emociones”, aimed at improving emotional well-being within the university environment**

The University of Valencia has coordinated the preparation of a guide entitled “**COVID-19: a cascade of emotions: a healthy practical guide for emotional wellbeing in the university environment**” (in Spanish language). The guide is part of activities by the Valencian Network of Healthy Public Universities (RVUPS), whose members are the University of Valencia, the Universitat Politècnica de València, the University of Alicante, the Universitat Jaume I, and the Miguel Hernández University.

RVUPS aims at promoting health, wellbeing and life quality within the university environment, as well as at contributing to fulfil the 2030 Agenda for Sustainable Development Goals (SDGs). Each year during the third week of November, some activities focusing on relevant health issues take place to commemorate the constitution of RVUPS. In 2020, the great impact of the COVID-19 pandemic inspired a topic about the pandemic impact on the university environment. Thus, under the slogan “**COVID: a cascade of emotions**”, the 5 Valencian public universities carried out some dissemination, training and support activities focused on emotional well-being. The guide was written as part of these activities and **is now available for download on the UV Sustainability website** (<https://www.uv.es/uv-sostenibilitat/ca/universitat-saludable/benestar-emocional.html>).

The guide has been coordinated by the UV Sustainability unit (Dolors Corella and Pilar Rueda), from the Vice-Principle Office for Equality, Diversity and Sustainability, within the framework of the Healthy University. In its elaboration have collaborated experts on the subject from the University of Valencia (Francisco L. Atienza, Rosa M. Baños, Antonio Capafons, Labpsitec-UV group, Clínica de Psicología UV and José V. Sorlí, among others), from Universitat Jaume I, as well as experts from the other RVUPS universities.

If understanding health as a state of physical, mental and social well-being, and not only as the absence of disease, COVID-19 impacts not only on physical health (including respiratory, neurological or cardiovascular symptoms), but also on emotional well-being. Both students and people working in universities undergo diverse negative effects on health. This Guide, which is structured in three sections, contextualises the problem, presents some important basic concepts and formulates general and specific

recommendations for dealing with the situation and improving emotional well-being in the university environment to face difficulties resulted from the pandemic.