

STUDENT ENGAGEMENT

Weekly Newsletter

In this issue:

- Taking Care of yourself while practicing social distancing



Taking Care of Yourself: How to Isolate Without Feeling Isolated

STAY CONNECTED WITH FRIENDS AND FAMILY

It is easy right now to feel alone, isolated, and a little helpless -- we understand that. And while social distancing is important for our physical health and safety, it is important for your mental health that you maintain friendships and relationships.

- Call your friends, parents, or siblings. Check in with the important people in your life to make sure they are doing okay.
- Set-Up Netflix Watch Parties (<https://www.netflixparty.com/>) with friends, or call them and both turn on your favorite tv show or movie.
- Find new Facebook Groups related to your interest groups, start a blog, invite someone to your island on Animal Crossing. There are a million ways to connect online, so make sure you are exploring them.



CREATE VIRTUAL STUDY SESSIONS WITH FRIENDS OR CLASSMATES

- Whether you choose to use some of the campus-provided resources like WebEx, or just want to FaceTime with your best friend, set up virtual groups to hold each other accountable and continue working together (maybe even have a little fun). Work on the same reading, subject, or completely different topics!
- Dedicating this time for homework and studying will help keep you on track in your classes, and spending time with friends or classmates will help you feel more connected and empowered.



GET OUTSIDE AND STAY ACTIVE

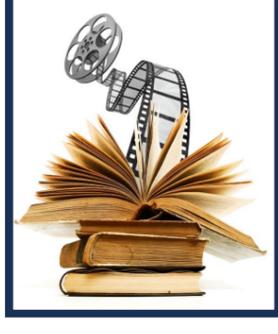
- Whether it's a 15 minute walk outside (maintain social distancing and recommendations) or a 10 mile run, make sure you are continuing to get outside for fresh air, and moving around.
- Look at the MassBay Athletics Instagram (@massbayathletics) for daily suggestions, or try a new workout.
- There are a lot of guided at-home workouts for you to try even if you can't get to a gym right now!

MANAGE YOUR STRESS

- Keep up with whatever your go-to stress reliever is! Keep up with whatever yoga, meditation, breathing exercises, or other techniques you have found to be most helpful for you in the past. Lots of additional free resources are coming out, so keep an eye out for those as well:
 - <https://emergency.cdc.gov/coping/selfcare.asp>
 - <https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/covid-19-lockdown-guide-how-manage-anxiety-and>
 - <https://www.verywellmind.com/tips-to-reduce-stress-3145195>
 - <https://www.verywellmind.com/self-care-strategies-overall-stress-reduction-3144729>

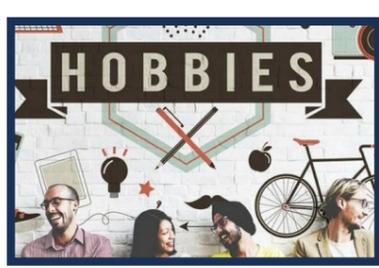
RE-WATCH YOUR FAVORITE MOVIES AND TV SHOWS OR READ ONE OF THE BOOKS ON YOUR SHELF THAT YOU HAVE ALWAYS MEANT TO READ.

- Fill up your days with things that will continue to engage you mentally, distract you, and give you something else to think about.
- Find ways to escape the current stress by engrossing yourself in the world of your favorite character, or find a new character to love.
- Just make sure you don't get lost there; these should be escapes, not places you move to permanently.



TRY TO MAINTAIN A NORMAL SCHEDULE

- It would be easy right now to fall into a Spring Break sleep schedule (you know, the one where you go to bed an hour later each night and get up an hour later each day, until you find yourself going to sleep at 2am and waking up at noon every day). Try to keep a regular sleep schedule, and wake up at your normal time.
- Work out at home at the same time you would normally go to the gym.
- Eat meals at their regular hours and avoid snacking all day every day.



HOBBIES

- Now especially is a great time to get back into the hobbies that you used to love (grab the trumpet you haven't played in a while and give it a try, you might find solace or just a good laugh).
- Try out a new hobby or work on your cooking skills! There are lots of how-to videos and other things coming out

online; check out some new videos and give it a shot. Go ahead and try something that has intimidated you in the past or that you aren't great at.

TAKE ADVANTAGE OF THINGS COMING OUT ONLINE

- DJ's are hosting live dance parties on Instagram (<https://www.oprahmag.com/entertainment/a31860967/dj-dnice-instagram-dance-party-coronavirus-quarantine/>)
- Ellen is still pumping out positive content and celebrity interviews (now featuring her couch and cat: <https://www.ellentube.com/#channel=ellen-at-home>)
- Your favorite artists and musicians are putting out home concerts (make sure you are following their social media pages). As we all stay home, the world is coming together in new ways, so take advantage of it!



REACH OUT TO COUNSELING AND OTHER RESOURCES AVAILABLE TO YOU TO TALK WITH SOMEONE IF YOU NEED IT.

- Counseling Services have moved to 100% virtual for the remainder of the Spring Semester, and are holding sessions on secure video or phone. Check out the [Counseling Services webpage](#) for more information and immediate resources.

DON'T GIVE YOURSELF PERMISSION TO FALL BACK INTO UNHEALTHY HABITS

- Everyone is trying to cope in their own way, but if you have ever fought and struggled to break out of unhealthy eating, drinking, or other harmful habits, do not let the uncertainty around you be a reason to give up your fight.
- You are stronger than this, and we believe in you. Reach out to resources if you need help or someone to talk to.

LOOK AT RELIABLE NEWS SOURCES AND TURN OFF THE NEWS WHEN YOU NEED TO

- Don't trust everything you read online but take your social responsibility seriously. Look for reputable sources of information and make sure you are listening to specialists and health professionals first, rather than accidentally spreading disinformation.
- Look to the [CDC](#) or the [Massachusetts Department of Public Health](#) for up-to-date information.
- If the constant news stream is causing you anxiety and worry, take breaks from the news and take care of yourself.



GIVE YOURSELF A BREAK

- Things are not normal right now, and we are all being stretched to our limits. Be patient with yourself, take breaks when you need them and learn to be okay with not feeling 100% productive all the time.

