

These are strange and difficult times. Let's look at some ways to get through the days.

Here are some healthy coping strategies worth trying:

- It's important to keep things as "normal" as possible so stay on a familiar schedule. Take a shower and get dressed every day. "Pajama days" are fun on occasion, however, a pajama day every day is going to negatively impact motivation and mood
- Break class work in to manageable chunks and then schedule work in 90 minute increments. This puts boundaries around each task and reduces feeling overwhelmed.
- Schedule fun time...whatever that is. It allows you a break without guilt, and puts time boundaries around it so you don't find you've wasted an entire day and now you're classwork is in jeopardy, nor do you find yourself at the end of the day exhausted or angry because you didn't have any down time. Take care of your mental health!
- Definitely PHYSICAL distance but don't SOCIAL distance. Have Zoom lunches with friends, use Netflix share to watch movies with friends, connect with friends over zoom or FaceTime not just text and phone: eye contact, facial expression are important. Keep in visual touch with your friends
- Reconnect with the people with whom you live! Eat dinner together, play board games, do puzzles, have real conversations. This is a great time to rediscover your family. We're usually just passing each other as we're off to the next thing. Take advantage of this time to reach out.
- Stay active. Start a project, a craft. Do something you've always wanted to but didn't have the time. Do something with your hands to keep your mind occupied while it processes all of this in its own time.
- There are excellent webinars on the MCCC webpage under COVID info and resources/ongoing sources and support/ support webinars. The webinars address all kinds of issues that may come up under the circumstances we find ourselves in now, e.g. time management, stress, mindfulness.
- Get involved in the activities Student Life and Leadership has going on remotely, e.g. painting, yoga, watch parties, etc. Follow Mercer County Community College Student Life and Leadership on FaceBook.

Let's work together to be sure we stay safe now so we can meet up when this over.

Use all the resources available to you!

Reach out if you need to talk:

Dorothy Gasparro EdS, LPC, NCC

gasparrd@mccc.edu

Mike Geisert LCSW, LCADC

609.781.6648