

### Email Posts

- **Monday March 23<sup>rd</sup>:** Now that you're back at home, life can be a lot different than when you're living on campus. Here is an article to help Manage the Stress of Living at Home from College: <https://www.activeminds.org/blog/managing-the-stress-of-living-at-home-for-college/>
- In addition, please check out these live webinars happening this week, March 24<sup>th</sup>-26<sup>th</sup> hosted by students, for students.
  1. **Sleep, Self-Care, and Sharing a Productive, Healthy Indoor Environment: Everything Students Need to Know about Mental Health during COVID-19 - Tuesday, March 24, 7pm ET. Intended for students.** Millions of students have been displaced due to COVID19-related school closures and are curious about practicing self-care, creating a productive, healthy indoor environment, talking to their parents about mental health while quarantined and more. Drs. Kristen Lee and Jen Hartstein will share tips for all of these questions and more during this free, interactive discussion with up to 500 student participants. [Register here.](#)
  2. **Student Chat: Student-Led Mental Health Advocacy in an Era of Physical Distancing - Wednesday, March 25, 7pm ET. Intended for student and mental health advocates.** In an unprecedented moment for higher education, students continue to lead the way with innovative, creative, and impactful ideas to support the mental health needs of their peers. This interactive meeting and discussion, led by Active Minds, will share strategies students have employed to maintain connection, educate and support mental health and wellness, and build community at a time of increased anxiety, isolation, and instability among students. Limited to 100 student participants. [Register here.](#)
  3. **Communicating in Quarantine: Tips to Encourage Mental Wellness in Close Quarters - Thursday, March 26, 7pm ET. Intended for young adults, parents, remote workers, neighbors/community members.** All over the country, families, communities, schools, and workplaces are facing feelings of isolation and challenges with communicating with others as a result of widespread campus and workplace closures; individuals balancing multiple responsibilities in a shared space with each other and other family members or roommates; colleagues, students, faculty, and administrators continuing their work through online formats; and members of the community working to support their most vulnerable neighbors while practicing physical distancing. This webinar will share easy, practical ways we can start supporting each other better right now through active listening. Limited to 500 participants. [Register here.](#)
  4. Stonehill's Health and Wellness Monday's Polling Question: How do you relieve your stress while at home? Send in your ideas to [wellness@stonehill.edu](mailto:wellness@stonehill.edu) by Thursday March 25<sup>th</sup>. Answers will be posted on Friday!
- **Wednesday March 25<sup>th</sup>:** Feeling Anxious? During high stressful times such as these it is common to feel anxious and overwhelmed. Stonehill College's EAP, New Directions offers the following tips:
  1. **Set limits around news and social media & choose reliable sources for information.** Constantly tuning into the news and combing through social media posts to read about

coronavirus can be overwhelming and confusing. Rely on quality sources like the CDC to get key facts and advice but try to limit other news viewing habits. In fact, think of your TV and your tablet as great ways to escape into a good movie or book.

2. **Practice healthy habits and the kinds of self-care that most benefit you.** Routines are important to maintain and that includes personal routines. Vow to be good to yourself by eating healthy foods, getting enough rest, limiting alcohol and engaging in active fun. Escape to a bubble bath, give everyone in the family a facial, or find a meditation video on the internet and give it a try.
3. **Look for the positives and embrace them!** Don't view staying home as being trapped. Think of it as an opportunity to spend more quality time with your children, spouse, friends...even the family pets. And remember, not everything is cancelled. Getting outdoors, listening to music, enjoying family, reading, singing laughing, hope—all NOT cancelled!
4. If you feel you need more emotional support for yourself or for your family, don't hesitate to call our Emotional Support hotline at **833-848-1764**. This is a free and confidential 24/7 mental health helpline staffed by trained and caring professionals ready to guide you to the care you need.

Looking for more? Check out these Virtual Events!

<https://www.stonehill.edu/news/emergencies/updates/coronavirus/for-students-and-parents/student-support-resources/virtual-programming/>

- **Friday March 26<sup>th</sup>**: Positive Self Talk. Andrew Carnegie, a famous philanthropist, once said “You are what you think”. Staying positive during difficult times can help how you perceive the situation and improve your outlook on it, which in turn can help decrease anxiety and improve mood. Here are some tips for developing Positive Self Talk:
  1. When you find you are using negative self-talk, change your internal dialogue to something that is more hopeful. For example “everyone makes mistakes” or “I am doing the best that I can.”
  2. Say daily positive affirmations to yourself – Write down a few statements that resonate with you and post where you will see them often like, “I’m becoming better every day” or “I am allowed to say ‘no’ to others and ‘yes’ to myself.”
  3. Engage in at least one daily self-care activity (walking, listening to favorite music, etc.). Practice mindfulness, i.e. being completely in the present moment. (Take care to notice the sights and sounds of life and people around you).
  4. When you find yourself speaking or thinking negatively to yourself, ask yourself if you would say this to someone you love. If not, what might you say instead? Talk to yourself in a way you would speak to someone important to you.
  5. List your five favorite qualities about yourself and remind yourself of these regularly.
  6. Journal your thoughts, feelings, and emotions. End each journal entry on a positive note with a positive goal or next step of action.

(Source: Stonehill's EAP New Directions)

For more online wellness resources visit <https://www.stonehill.edu/offices-and-services/health-wellness/student-support-during-covid-19-pandemic/>