

## Mental/Emotional Well-Being Tips

- Prioritize sleep
- Procrastinate in life-giving ways: FaceTime a loved one, get socially distanced coffee with a friend, listen to your favorite music, take a walk, or de-clutter your space
- Make a list of things that bring you joy and do 1 or 2 on the list, COVID edition
- Instead of venting, try finding small practical solutions- venting acts as a self-fulfilling prophecy
- Engage in frequent light-activity or functional tasks (laundry, cooking, etc.) to decrease stress
- Journal or draw



# RESIDENCE LIFE OFFICE NEWSLETTER

## How To Check-in on Your Friends

- 1) **Check in:** If someone doesn't feel ready to meet face-to-face, picking up the phone, having a video call, starting a group chat or messaging someone lets them know you are there to talk and ready to listen.
- 2) **Listen and reflect:** Whether you have a mental health concern or not, this is a challenging time for everyone's mental health and well-being. If someone opens up to you, remember that you don't need to fix things or offer advice. Listen. show that you are taking them seriously. Offer resources that help.
- 3) **Ask questions:** Ask how people are managing. Asking again in the future, with interest, can help someone to open up and explore what they're feeling.

## Boundary Setting in Dialogues

Implement a "yes... and" approach. In relationship, you can be a kind person *and* still say "no" and hold to your boundaries. Avoid black and white thinking when approaching conversation with those you are about. It is important to be there for you friends and family *and* take your time for self-care. Feeling emotionally drained, physically exhausted, or always on edge and anxious should prompt you to reevaluate your expectations of yourself and others. It's ok to say, "I'm not in a space to talk about this right now."

## Navigating Family Dynamics While Home

Clear communication with those you live with is key because differences arise like: preferring quality time or time alone, being present for family meals/activities or going separate ways, household responsibilities and expectations. These are common behavioral factors affecting family dynamics that are important to talk about even before going home to be on the same page .

### CPDC Fall 2020 Events

- 4th:** Virtual Internship & Career Expo
- 11th:** Careers in the Sports Industry Webinar
- 16th:** Virtual Career chat with Greater Than Me Sports Ministry
- \*To register, visit CPDC's Upcoming Events Page

### Reminders:

- ✓ Please wear a mask on the floor when employees are working
- ✓ View the mass email about election-related programming

## Tips On How to Celebrate "With Others in Mind"

Particularly as we approach this election, keep in mind that some will be celebrating and some experiencing loss. Be intentional to not assume people feel the same way you do. Instead of asking, "Aren't you excited about the election results?" as instead, "How are you feeling about the results of the election?" Also, since it's likely results won't be named on election night, keep in mind that the unknown may be very stressful. Be honest with your feelings and reach out to people who can support you (like you RA & RD). While we love positive experiences, pressure to be happy can create unhappiness. Find ways to celebrate showing empathy for those who may be feeling otherwise.

## Local students:

While employing COVID-19 hygiene vigilance, (wearing a mask and maintaining six feet distance from others at all times) you are permitted to leave campus to vote on Election Day. Please go straight there and back.



"Do not be daunted by the enormity of the world's grief. Do justly, now. Love mercy, now. Walk humbly, now."

-The Talmud