



Blair Wellness

Back to School Edition



Photo Credit: Ava Nothstine

Navigating the New

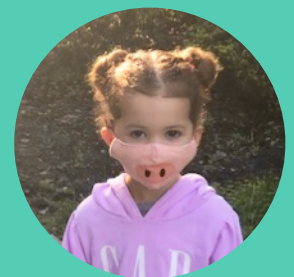
Whether you're a distance learner or a boarder, there are things to get used to!

Finally, the start of the school year... just a little different this time around. With all of the new COVID-19 protocols that have been put in place, learning how to interact with others in a new way and continuing to adjust to new ways of learning, can make the return to school difficult to adjust to! You might be feeling many emotions as you embark on another year of schooling, whether you're starting your first year at Blair, returning for another year or engaging in remote learning, ESPECIALLY while there is a global pandemic going on! Whether you're feeling excited to be out of the house and back on campus, anxious or stressed about the start of classes and the new COVID-19 protocols on campus, apprehensive about meeting new people and learning your way around campus, or whatever other emotion you might be feeling, know that it's normal, especially given our current situation! Change is hard. Learning new ways of interacting with people through six feet of distance, all while wearing a



Struggling to read body language with masks?

This [video](#) tells you all you need to know! Check it out for yourself. And shout out to Avery Lehman for this awesome photo!



Mask up and make it your own like Kiley Thomas! How do you personalize your newest accessory?

Tell us in this quick poll: [Click HERE!](#)

face mask, AND learning through a computer screen and staying connected to other students, definitely poses its challenges. This newsletter is all about helping you navigate these unique times. We hope you find some useful tips that help with the start of the new academic year, wherever you may be.

TIPS ON HOW TO “STRESS LESS”

By Tess Whitehead & Caroline Koblick

Adapting to this “new” Blair can be stressful, scary, and frustrating. We are all doing our part but sometimes it can feel pretty overwhelming. There are so many activities that can help relieve stress when you are alone or with friends (6 feet apart of course)! Getting outside is a great way to distract your mind and give yourself a break. We really enjoy going on walks either alone or with friends. Exploring the Siegel Property or anywhere past the golf course feels like an adventure off campus.

Sitting in the circles while reading, listening to music, doing homework, or talking with friends can be great. Try exploring different circles on campus!

It is really easy to feel left out and like you always need to stay busy here. Constant activity can be very draining and we have to remember to take care of our emotional wellbeing. It is 100% ok to stay in your room or sit outside alone for awhile. Give your body time to recharge! Journaling, meditation, and coloring are great ways to center yourself and calm anxiety.

LOOKING AT THE BRIGHT SIDE

BY CORRINE WILM

Though distance learning has had its many challenges the end of last year and throughout the beginning of the 2020-2021 school year, there have been lots of good things that came out of it as well. With less reliance on the in-person Blair schedule, I learned how to structure my day better, which is something that will come in handy when college approaches.

Additionally with this flexibility and additional free time overall, I was able to spend more time with my family and my pets. Distance learning was the first (and probably only) time I was able to bring my dog to class with me, and I got to choose where to study at my house whether in my living room or outside on a picnic table on a sunny day!



Corrine's study buddy, Red!

Having a hard time?

1. Remember to be kind to yourself: transitions are hard and take time!
2. Establish a routine and find ways to interact with others safely- connection is key!
3. It's okay to talk about how things are different!

GIMME SIX FEET!

Find yourself needing reminders to stay 6 feet apart? It's hard! Lose the measuring tape... Here are some visuals to help make sure you and your friends are keeping a safe distance apart!



Photo Credit: Dylan Zhang

1. The length of an adult bike from wheel to wheel
2. The length of a three person sofa
3. The length of a yoga mat
4. The length of a dairy cow
5. Two shopping carts lengthwise
6. Two golden retrievers standing nose to tail
7. The length of moose antlers (ok, we've never seen these in person either, but what a fun fact!)

How do you keep 6 feet?! Send us pictures of you getting creative with friends at jimenm@blair.edu OR thomaa@blair.edu to be featured in the next newsletter and a chance **to win a Gourmet gift card.**



**LOCKE IS
STARTING TO
FEEL LIKE
HOME SWEET
HOME ♥**
Physically
Distanced Fun in
the Dorm

PHOTO CREDITS TO MS. WILSON

LOOKING FORWARD: WHAT'S GOING DOWN ON THE HILL THIS WEEKEND

Weekend activities on September 19th and 20th:

Activities ranging from Kon-Tiki to fishing to cookouts to outdoor movies and MORE... Get ready for a Soap and Slide, Egg Toss and Super Sunday in the Bowl!!

SEPTEMBER 26th and 27th FOOD TRUCKS AND LIVE MUSIC GALORE!!