



Blair Wellness

Hybrid Learning Edition



Photo Credit: Sofia Ciminello

We're Here For It!

For what? The good, the bad, and everything in between!

It's been SEVEN weeks of hybrid learning! Maybe you've got this thing down, maybe you're just doing okay, or maybe you're a little all over the place. Wherever you are it's OKAY! There is nothing normal about the times we are in, and everyone's experience is going to be different. Just like midterm grades, it's important we assess where we are emotionally. Forget the generic "good" you give in passing, it's time you check in and ask yourself: How am I *really* feeling?

Whether you're thriving or surviving, this newsletter has something for you! It's has helpful reminders about the basics (yes, we're going to talk about sleep again... it's important!) and tips with links to resources to help you work through some of the bigger stressors (like college apps). Let's get to it!



Feel like you could use more support?

Watch this [video](#) to refresh your memories about resources available on Blair's campus.



Feeling a little all over the place like Charlie?

If you need tips for online or hybrid learning, [check out this video](#) that has 20 tips for keeping organized in our current learning environment!

BACK TO BASICS

Having a plan for mental health maintenance is a must, especially when there are so many things that are out of our control. And we have good news for you, it's often our basic needs that have a quick and significant impact on our overall wellbeing. What do we mean by basic needs? Let us explain...

1. Sleep



Photo Credit: Dylan Bently

It protects your immune system, keeps you focused, and helps you manage stress- It's important! Here are some tips to combat some of the typical struggles we all face when it comes to sleep:

Do something calming, like this [Nighttime Body Scan](#)

Don't force it! If you've been lying awake for more than 20 minutes, get up and do something low key, like reading, in dim lighting until you feel sleepy. Then go back to bed and try again!

Can't shake the **'to do' list** on your mind? Write it down so you can address it in the AM!

And last, but not least, a **daily meditation routine** will help you sleep longer at night! Don't believe us?... Try it for yourself!

2. Exercise

All you need is **30 to 50 minutes** of exercise a couple of times a week! Walk a faculty dog, ride a bike, try [bodyweight exercises](#) or "[Yoga with Adriene](#)" with your roomie. Whatever you do, just move!



Photo Credit: Dylan Bently

3. Nutrition

It's literally what keeps us going, the fuel that we run on. Try some of these yummy [recipes that can be made in the comfort of your dorm!](#)



Photo Credit: Caelen Folino

1. **Acknowledge and manage the stress.** You aren't fooling anyone, this is a lot! Talk about what you're feeling with your BFF, Advisor, Counselor— someone! And create a stress reduction plan. Definitely take some pointers from our "Back to Basics" list, and make time for preventative strategies— like exercise, deep breathing, meditation- whatever works for you! This isn't the time to neglect yourself.
2. **Find positive outcomes.** Our brains naturally want to focus on the negatives, but actively looking for the good will keep your mood and energy levels up, keeping you in a place where you're feeling motivated and productive.
3. **Use technology to your advantage!** It's what we've got, so we might as well. It's a perfect way to expand your search. Colleges have enhanced virtual tours and are even hosting Q&As, and other events that weren't previously an opportunity. Be sure to check them out!
4. **Keep perspective.** It's easy to get caught up in the long term, worrying about what may may not be, but in those moments try to remember this is a process. Break things down into small goals and don't get too ahead of yourself. Trying to predict the future will only leave you frazzled, exhausted, and overwhelmed.
5. **Remember, you aren't alone!** Your College Counselors are great resources and are offering lots of opportunities for some additional support. Take advantage of those College Campfires with Mr. Parsons!

These tips aren't up for debate!

No matter where you are on the political spectrum, it's important to take care of yourself. Here are some things to be mindful of:

1. Stay informed, but **know your limits**. Consider how much news you watch and how that may be impacting you. If you are preoccupied by national events and it is interfering with your daily life, this may be a sign to cut back on your news intake and limit social media.
2. Find meaningful ways to get involved in your community. Identify issues that are important to you, and research organizations that work on those issues.
3. Be honest about how you're feeling! Openly talking about your fatigue can be helpful in processing your feelings around politics. Being open about where you are personally can do so much more for you than just opting out of political conversations all together. *Keep it real!*

COLLEGE APPS AND COVID

Senior year is already challenging enough with managing your Blair schedule, keeping up with academics, and applying to college— and then there's the pandemic! It's understandable if you're struggling. Here are some ways to keep yourself grounded and focused, while still getting stuff done.



Breaking outside of the bubble

Growth happens outside of your comfort zone, so try something new (maybe even exploring your creative side)! Sometimes our typical ways of coping need adjusting.

Photo credit: Duc Dinh

Homesick or Missing Blair?

Sometimes it's the simple things that get you through!

Stay in touch: Set up a time to communicate with people from home or Blair, whether it be via text message, a simple phone call, FaceTime, WhatsApp or social media AND if you're old school, writing a letter works too!

Talk to someone at Blair: Homesickness is super common! Chances are your fellow classmates have experienced it at some point. Talking to others about homesickness can make you feel better, especially people who *get it*.

Do something fun: Stay busy and find things to do around campus (or to do at home, if you're remote) that will serve as a distraction!

Find your constant: Do that thing that gives you comfort. For some it is running, for others it might be listening to music or watching a movie. Find that place where it all seems right.

Think it's more than that or just want someone to talk to? Reach out to your school counselors, we want to support you!

Managing the other symptom of COVID...

We're all feeling unsettled, anxious, or some kind of disruption related to the pandemic. Here are some strategies that could make a BIG difference:

- Keep a regular routine with consistent sleep (sorry, not sorry for mentioning it again), academics, and study patterns.
- Talk with people you feel comfortable with about your worries and then give yourself permission to let it go at times.
- Limit the amount of time you spend researching it or looking at social media and the news. Stick to the facts!
- Be kind to yourself and others as we navigate all of this. We are all experiencing this together, just in different ways. While our reactions will vary, consistent patience and kindness can go a long way. Take care of your friends, but don't forget to take care of yourself!

We're here for you, just reach out:

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