



Blair Wellness

Back to School Edition



Did the first “How to Be Well @ Blair” session pique your interest?

Hit up Netflix to watch the rest of [Headspace’s Guide to Meditation](#) and keep the learning going!



MindFULL? Try taking a mindful walk like Amalia!

Mindful walks are all about lessening stress using the senses [CLICK HERE](#) for more information!



Back @ Blair!

Anyone else having a hard time adjusting back to school?! You’re not alone!

Some of us are struggling to get back into a routine, especially since we haven’t experienced a normal-ish year at Blair in what feels like a very long time. Maybe you’re loving that you can *really* play your sport, but you’re missing the down time you had when you didn’t have to travel for games. Maybe you appreciate being in a classroom with your teachers and peers, but you miss being able to mute or turn off the camera when you were having a tough day. You might be loving the idea of being together but feel like your social skills are a bit rusty. Whatever you’re feeling (the exciting and the hard) are all okay! The truth is we’re all a bit out of practice when it comes to pre-COVID expectations and routines.

Think of all the things you’re trying to get used to- a full class schedule and homework, dress code, dorm living, sign ins, social dynamics, ETC. Transitions are hard under normal circumstances, but after the twenty months we’ve been through, this is A LOT! It’s okay if you’re feeling that too. We hope you’ll show yourself and

others compassion as we all navigate this transition and that you'll find the challenge worth the positives. We've included some helpful reminders on campus resources, tips for managing stress, and things to keep in mind as you adjust. Take a look and reach out if you want to talk through anything, we're here to support you!

Who are your people?

Need support but aren't sure where to start?
Good news- we have a lot of resources here!

Academic? Try your teacher or your monitor first. Mrs. Leddy is another FABULOUS resource (more on her on the next page!).

Social/ emotional? Talk to your advisor- you picked them for a reason!

Prefer to keep it confidential? Reach out to a counselor! Read more below.

Physical health or an emergency? Go to the health center and talk to a nurse- they're available 24/7!

Counseling

A resource for all students!

We've heard from students before that they didn't reach out sooner because they "didn't want to bother anyone" or they didn't think their situation was "as important as things others might be dealing with," but we aren't here to judge the situations that come to us. We're a support for ALL students who want to talk through ANY type of situation. Sometimes it's just nice to have someone who isn't personally attached to whatever the situation is, someone who can support you as you reflect, and someone you know will honor your privacy. [CLICK HERE](#) for more info! And just in case you're wondering who your counselors are...

Mrs. Thomas

It's hard to believe this is my 5th year at Blair! Prior to Blair, I served in clinical positions in a variety of settings- including community mental health, juvenile justice, child protection, domestic violence and sexual assault- primarily with children, adolescents and their families. I love what I do and I care deeply about supporting students.



I'm originally from Chester County, PA. I met my husband, Mr. Thomas (your amazing 2D Art Teacher), in middle school and we moved here together to live and work at Blair. We have a three year old daughter, Kiley, who loves to be around the "big kids" on campus. We also have a ten year old border collie, Riley. We live just off the golf course on Mohican Rd.

Ms. Jimenez

This is my 2nd year at Blair! I started last year during COVID, so I too, am adjusting to a more normal Blair! I am a licensed social worker and have worked in a couple of different settings including an outpatient mental health agency providing therapy to children, adolescents and their parents. It has been great to work at Blair and get to know so many amazing students.



I grew up in New Jersey the majority of my life, just 30 minutes east of here, but I was born in the Dominican Republic. I live in Cook Farmhouse (the last house on Park St.) with my fiancé, James, our 9 month old daughter, Amalia and our 4 yr black lab, Ollie (who loves to bark at anyone and anything that walks by). We love sitting out on the porch, going for walks around campus and going to BTD (Blairstown Dairy).

Academic Support

The Academic Support office provides academic services that are designed to meet a student's individual needs. Students can learn effective time management techniques, organizational strategies, and study skills. Need a tutor? Struggling with an essay? Come by for a visit and let us know how we can help! You can find our office on the ground floor of the library across from the Technology office.

Mrs. Leddy

This is my 4th year as a faculty member at Blair. I live just across the golf course with my family where you will often find us walking our dog Milo. I love working at Blair and I enjoy helping students reach their potential. As I have often said before, students say they come to see me... but I know they just come for the candy!



Student Tips from Be Well

To get you off to a good start!

1. Balance is key! Set aside time for work and time for leisure.
2. Avoid multitasking.
3. Make sure to rest your body (get the right amount of sleep and fuel)- IT ACTUALLY MAKES A DIFFERENCE!
4. Be patient with yourself- recognize you're going through a change.
5. Balance your expectations with the expectations of others. It's okay those might be different.

Less Stress, More Success

Tips for managing when times get tough

TIP #1: Work on your self compassion. Treat yourself like you would a friend. We all need compassion, especially from ourselves. Pay attention to that inner voice, resist the urge to label yourself (stupid, weird, etc) when something doesn't go well. Self shaming is going to leave you feeling stuck, helpless, and never good enough. Actively work on having an inner dialog that sounds more like how you'd talk to a friend and one that focuses more on how to move forward.

TIP #2: Break the problem(s) down! It's hard to think clearly when stress levels are running high. Take time to write down all the different things on your mind- a "to do" list of sorts for any problem you're dealing with (social, emotional, academic, you name it). And then break that list down even more! What are the small steps to each of the problems on your list? Write that pros and cons list, contact that teacher to ask for extra help, ask a friend to talk, etc- and then start checking things off! Small steps (or knowing what to do) will help lessen the stress.

TIP #3: Let yourself feel the emotions. There are all times where we need to contain our feelings- to get through the day, to avoid taking our frustration on on the wrong people, etc. But it's important you make time to process your emotions too. Whatever the emotion is, it's important to name it. And then we have to do the hard work of processing it. There are so many different ways to do this- write it out, talk to someone, dance/sing/draw it out, cry it out- it's really about what works best for YOU. But whatever you do, try not to contain it too long, that lid will eventually pop off!

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