

MAINTAIN WELLBEING IN YOUR LIFE WHEN EVERYTHING HAS CHANGED

ADJUST YOUR SCHEDULE

It's easy to feel overwhelmed when everything suddenly changes. You can add structure by creating a new daily or weekly schedule. Write it down and be realistic about what you can accomplish.

Plan time to eat

With a lack of structure, we might forgo our mealtime schedule. Make time in your schedule to prep and eat meals.

Schedule academic time

If your classes aren't meeting as regularly scheduled, schedule each class yourself, and devote time to each course. Consider following your class schedule as you would on campus and, even if a class isn't being held, spend the scheduled time on that course.

Include time to be social

Schedule social time each day. This can be a Zoom call, a phone call, or a group text that allows you to feel connected to friends or family that you can't see in person.

Limit news consumption

Block out a time to read COVID-19 news instead of being bombarded with it throughout your day.

Add time to move your body

Whether it's indoors or outdoors, remind yourself to get up every hour and move. For work-out sessions, the RFC has started offering on-demand fitness classes. Search "RFC on demand" on Facebook to join the group and get regular updates.

Remember to sleep

Plan and stick to a regular bedtime and morning wake-up time.

OTHER HELPFUL IDEAS

Try starting some of these useful wellbeing practices to help you get through this time, and make them habits that will help you later!

Get Outdoors

Try to get outdoors at least once a day. Follow social distancing and other recommendations from the CDC.

Use Helpful Apps

Download some apps to maintain wellbeing and manage stress:

- Calm
- Headspace
- Insight Timer
- Stop, Breathe & Think
- Omvana
- Happy Feed Gratitude Journal
- Grateful
- Yoga for Beginners
- Yoga Studio

or others that you find helpful.

Let Go

Differentiate what's in your control and what's not. We often worry about things that are outside of our control. Take a moment, breathe, and allow yourself a moment to gain perspective on the situation.

Participate in the RFC's 30-Day Challenge

Check it out on their Facebook page:
facebook.com/RegionalFitnessCenter/

Follow Morris Let's Thrive on social media

facebook.com/morrisletsthive
instagram.com/morrisletsthive/

HONORING YOUR FEELINGS WHILE FINDING A NEW NORMAL

Our world changed overnight, and your daily life did too. It's okay and important to acknowledge your feelings, grieve, and allow yourself to process what you feel.

You might feel grief—over the loss of graduation plans, over the sudden change in your final days on campus (for the year or ever), over the unplanned changes in your friendships and classes, over the lost opportunities to say goodbye to faculty mentors, over the cancellation of events you worked hard to plan, and more. You might experience fear, anxiety, or uncertainty about how this situation might impact you and your loved ones. Or maybe you work in an essential field like healthcare—or you have family members who do—and you find yourself navigating daily uncertainty at work. You might feel angry or experience a sense of helplessness. No matter how you feel, your emotions are valid, and you have the right to feel them.

How do you honor your feelings in a way that will allow you to function during this unprecedented time?

There can be room both to feel your feelings AND to create a healthy new normal as you navigate life during the pandemic. You can spend time navigating and processing these feelings in any way that works for you.

Processing and navigating the difficult feelings may become easier if you make room to take care of yourself and build more balance and structure into your daily routine. Writing or journaling about feelings could help you gain perspective. Telling others how you feel can create a sense of shared experience. You might try making space in your day to appreciate moments of connection with friends and family, to acknowledge little things that bring you joy during your day, to breathe in fresh air, to sit in the warm sunshine that we haven't felt in months. You could try looking for spaces where you can recreate structure and the community that you miss so deeply.

Some of these ideas may work for you and feel like a fit in your life, and others may not. Give yourself grace as you practice things that might be new to you or you try a new skill or routine. Allow room for changes in expectations and make adjustments when you need to, acknowledging the new normal you are faced with.