

## You didn't sign-up for Social Distancing 101, now what?



Spring is a season of excitement, hope and new beginnings for many, especially as you wrap up finals and start your summer activities. This year, that excitement may be turning into uncertainty, and uncertainty can easily turn to fear. Learn to Live is here to help you discover ways to manage stress and anxiety, keeping those feelings from turning into fear. Below are a few ideas and resources to help you navigate the unprecedented situation we are in.

**Acknowledge your disappointment:** You had to quickly leave campus, wrap up club activities and say goodbye to classmates and roommates, all while continuing classes online. The disappointment and difficulty are real, and they are very relatable. Students across the country are dealing with the fallout from COVID-19. It is ok to acknowledge what you have lost and to let yourself feel the deep sadness of that loss. Disappointment is a normal reaction.

**Find a new normal:** You had a schedule and routine that felt comfortable, and now that has all changed. You can find a new normal by creating a new routine. Any routine that mirrors your school schedule will likely make the new routine seem more familiar and reduce the anxiety often felt when experiencing change. If possible, try to dedicate time and space to focus on your schoolwork. You will likely begin to associate your schoolwork with that space and can physically leave it for breaks or after finishing. It's also helpful to keep a schedule that gets you up, dressed, and eating meals when you normally would have. This may be a great time to add journaling or exercising to your schedule to release tension. If you are living with roommates or family, it is important to set healthy boundaries. In Lesson 7 of our Stress, Anxiety & Worry program, we discuss assertiveness and setting healthy boundaries.

**Stay Connected:** The connection we have with our friends and classmates is an important source of our joy and has been linked to positive mental health. Beyond connecting via social media, we can connect with others through online learning and entertainment. Join an online book club, try an online language exchange program, or try forming a virtual study group. Take advantage of today's technology to find creative opportunities to connect with others.



**Know your resources:** Your school is a good source of useful information. Look for the mental health resources they have available to you. You can also talk to friends and loved ones about how you are feeling, you may be surprised to hear that they are experiencing the same feelings you are. Reaching out for help is okay and many are doing just that during these uncertain times. You can also explore our Stress, Anxiety & Worry program to help you understand and deal with the emotions you may be feeling.

Want to learn more? See our collection of materials in the COVID-19 [Resource Center](#). To get started in our one of our programs, visit [www.learntolive.com/partners](http://www.learntolive.com/partners) and use the code **INTACT1**. If you are already a Learn to Live member, simply sign in with your username and password.

<https://www.psychologytoday.com/us/blog/talking-about-men/202003/improving-student-mental-health-during-the-covid-19-crisis>