

Wellness Wednesday's

April 29, 2020



Retrieved from https://www.uwosh.edu/couns_center/internal_images/wellprograms.jpg

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Preparing for Finals

As you wrap up your final week of classes, it's a good time to start thinking about prepping for your finals. Depending on the format, whether it will be an online test or paper, it can be helpful to create a plan for how to manage your studying and prep time.



Retrieved from <https://www.webanywhere.co.uk/blog/2016/04/top-tips-smarter-studying-home/>.

Here are some ideas:

- **Put together a schedule.** Be as detailed as you need (e.g., have certain days to study a specific topic or break it down to the hour if you need that level of detail). Also consider what time of the day you study best.
- **Use study methods that fit your learning style** (e.g., if you are an auditory learner, consider studying with a friend over Zoom and read content aloud to one another or to yourself). Unsure what your learning style is? Find out here: <http://www.educationplanner.org/students/self-assessments/learning-styles.shtml>.
- **Take care of your physical health.** Make sure to eat balanced meals, exercise, and get enough sleep to improve your focus and be mentally prepared.
- **Find a quiet place or use headphones to minimize distractions.** If you don't like silence, try putting on rain or other soothing noises. If you're having trouble focusing, try removing any distractions from your study area and have designated break times to access those items.
- **Practice your test browser ahead of time.** If you are required to use a lock-down browser, make sure you are familiar with what may need to use. If you need assistance, contact IT Services (<https://www.stcloudstate.edu/its/>).

Ideas to Kickstart your Summer



Retrieved from <https://www.one12counseling.com/3-tips-for-a-stress-free-summer/>

Looking for some ideas on what to do this summer? Consider creating summer goals or choose a fun activity to make new memories!

- Create your own beach day. All you need is a towel and a little bit of creativity!
- Learn a foreign language. Try the Duolingo app!
- Go for a hike
- Read a book you've always wanted to
- Try out new cooking recipes
- Plan for the future, are there steps you can take over the summer?
- Host a virtual game night
- Write a postcard to your friends and family
- Just be, no action needed
- Watch that show you've been meaning to check out
- Learn to play an instrument
- Create a photo collage
- Find a new podcast
- Start an herb garden
- Make your own spa day
- Go on a picnic (even if it's inside!)
- Create your own vision board
- Listen to music
- Find a craft or fun project on Pinterest
- Relax with meditation, a bath, yoga, or other activity of your choice

Coping with the End of Semester & Missed Celebrations

It is okay if you are feeling sad about the lack of closure as the semester comes to an end. Some of you may be graduating, others may be completing their first year of college, or perhaps you didn't get to say goodbye to friends. Either way, it's not uncommon to feel a loss for what you thought this moment might look like.



Retrieved from <https://www.dailydot.com/irl/throw-a-party-viral-no-show/>.

While you cannot change the circumstances, there are ways that you can find peace or celebrate this step in your journey.

- **Allow yourself space to feel and reflect.** Allow yourself time to grieve. Whether it is thoughts or feelings, let yourself experience whatever may come up. What would it have been like to have a celebration or be able to say goodbye to others? What does it mean now that it looks different? If it is helpful, write it down.
- **Acknowledge your accomplishments.** You've made it through this semester and regardless of the outcome, you pushed through and did the best you could in the moment.
- **Create your own closure.** Whether it is missing friends, graduation, or something else, make your own version of closure. This could look like having a virtual celebration or decorating your own apartment. You can reach out to friends or write them a letter. Consider taking pictures and documenting your celebration or hanging up pictures of your friends. Perhaps you prefer a more creative approach, such as collaging or painting. Either way, choose something that will be meaningful to you.
- **Consider how you wanted the end of semester to look.** Are there steps you could still take now? Are there some areas or things that you can still do even in the new format?
- **Seek support from family or friends.** Share your thoughts with your family or friends and allow them to be there for you or celebrate as you navigate this change.
- **Schedule an appointment with a counselor.** If you would like a little extra support, call a local counselor or utilize one of the mental health services listed on page 9. It's understandable to feel a bit lost during this time and sometimes it can be helpful to just talk with a neutral party.

Weekly Relaxation Activity

Mandalas are circular drawings comprised of symbols and shapes, with a focal point at the center. This is a great way to relax and as you'll see in the video below, there's no wrong way to do it! Use your favorite writing utensil (pen, marker, pencil, crayon, paint, etc.). Personalize it with shapes or designs that represent something important to you.



Retrieved from <https://www.youtube.com/watch?v=U49TaN-MkM8>.

Parent's Corner

You're doing great! I know you have a lot on your plate right now and it might feel like certain areas of your life aren't exactly how you thought they might be, but you've come so far and are on the home stretch! Celebrate the little things as you go into the last week of classes and finals week. Did you get out of bed today, great job! Did your children have food, excellent! Even if it means asking for help or a little extra screen time for your child this week, that's okay. This is an unprecedented time right now, so take it moment by moment and know you are doing what you can. You got this!

Summer Activities

Self-Care for Families

<p><i>emotional</i></p> <ul style="list-style-type: none"> __ watch a good movie __ write each other positive notes __ verbalize and talk about feelings __ draw self portraits __ Say "I love you" __ spend time writing __ have a sing-a-long __ tell jokes __ try a new craft 	<p><i>physical</i></p> <ul style="list-style-type: none"> __ dance party __ go for a walk __ family bike ride __ take a hike __ play kickball __ tag __ roller skating __ go to the pool __ jumprope __ kids yoga __ wii fit games 	<p><i>spiritual</i></p> <ul style="list-style-type: none"> __ a gratitude list __ go outside __ talk about forgiveness __ write thank you's __ volunteer __ spend time outside or with nature __ practice positive self-talk __ plant a tree
<p><i>mental</i></p> <ul style="list-style-type: none"> __ read together __ draw or write stories __ kids meditation __ find shapes in clouds __ practice belly breaths __ go on a walk to find new things __ make vision boards __ try Headspace for kids __ create mandalas __ make mindfulness jars __ play mind strength games like memory 	<p><i>practical</i></p> <ul style="list-style-type: none"> __ clean up __ declutter old toys __ assign chores __ make a grocery list together __ learn about money __ make a weekly budget check-in __ make a weekly cleaning check-in __ homework/study __ have a morning & night routine 	<p><i>social</i></p> <ul style="list-style-type: none"> __ play in the park __ call or visit relatives __ have family dinner __ play boardgames __ host a sleepover __ invite friends over __ plan a bbq __ join a team __ do a neighborhood food drive __ have talks about friendship and how to be a friend.

just stay curious

Coloring Pages

If your child is excited about science or wants to learn about the brain in a fun way, check out the National Institute of Mental Health's coloring activity book: <https://go.usa.gov/xvRCe> (recommended for ages 8-12, although anyone can color!).

Artsyville has lots of free, printable color pages (<https://www.artsyville.com/blogs/coloring-prints/you-are-amazing-coloring-page>) like the one below! These can be fun to cut out and paste on your child's door or send in little cards to family and friends.



© artsyville

Retrieved from <https://www.artsyville.com/blogs/coloring-prints/you-are-amazing-coloring-page>.

Resources

Career Resources

- **Handshake** (Job search)
Website: <https://app.joinhandshake.com/>
- **SCSU Career Center**
Make an appointment: Email careercenter@stcloudstate.edu or go to:
<https://www.stcloudstate.edu/careercenter/contact/appointment.aspx>
Website: <https://www.stcloudstate.edu/careercenter/>

Mental Health Resources

- **Disaster Distress Helpline** (crisis and support line for natural/pandemic disasters): Text "TalkWithUs" to 66746 or call 1-800-985-5990
Website: DisasterDistress.samhsa.gov
- **Local Crisis Line**: Call 320-253-5555 or 800-635-8008
- **National Domestic Violence Hotline**: Text "LOVEIS" to 22522 or call 1-800-799-7233
Website: <https://www.thehotline.org/>
- **National Suicide Prevention Lifeline**: Call 1-800-273-8255
Website: <https://suicidepreventionlifeline.org/>
- **SCSU Counseling and Psychological Services (CAPS)**: Call 320-308-3171
Website: <https://www.stcloudstate.edu/counseling/default.aspx>
- **ULifeline** (online resource for college mental health): Text "START" to 741-741 or call 1-800-273-TALK (8255)
Website: <http://www.ulifeline.org/>

Student Support Resources

- **SCSU Non-Traditional Student Support**: <https://www.facebook.com/SCSUNonTrads/>
- **SCSU Student Parent Support Center**:
<https://www.facebook.com/scsustudentparentsupportcenter/>

Substance Use Resources

- **Alcoholic Anonymous (AA) Online Meetings**:
Website: <http://aa-intergroup.org/>
- **Narcotics Anonymous (NA) Virtual Meetings**:
Website: https://na.org/?ID=virtual_meetings

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