

KEEPING CALM AND CARRYING ON

The YU Counseling Center Newsletter

March 25, 2020

Vol. 1

IN THIS ISSUE

A Word from the Counseling
Center

Tolerating the Unknown:
What you can do

Being Home Again:
How You Can Cope

**This is an evolving story. We
cannot script out the next
couple of days.**

Dr. Ari Berman



LIVING IN THE TIME OF COVID-19

A WORD FROM THE COUNSELING CENTER

Tolerating the unknown is hard, like REALLY HARD. It is normal to feel: scared, anxious, angry, frustrated, overwhelmed, panicked, sad... The list goes on. Routines have been disrupted, we don't have all the information, and we don't know what to expect. When we don't have all the information we need to feel comfortable and safe, our brains try to find the answers, resulting in anxiety. Notice your feelings. Name them. Engage with them. If they become too overwhelming, reach out.



We are here for you - we may not be in person right now, but we are still here. If you need us, email counseling@yu.edu or call (646) 592-4210/Beren or (646) 592-4200/Wilf.

Things you can do

1. think of what you CAN control (what you wear, what you cook, how you engage with friends/family)
2. set some type of routine
3. limit social media/news coverage
4. continue some physical activity (running, walking)

Looking to do a mitzvah?

- Call to Care (be paired with someone over 70 to stay in touch!)
- STAY HOME
- Educate your family members on the idea that it's okay to feel feelings right now.



Reframing Thoughts

Mindset Shift During a Pandemic

I'm stuck at home



I get to be **SAFE** in my home and spend time with my family

I will get sick



I will self-isolate and wash my hands, this will significantly **DECREASE** my chances of getting sick

I will run out of items at home during self-isolation



I have prepared for this and I will use my items wisely. I have everything I **NEED** for now

Everything is shutting down, I'm panicking



The most **IMPORTANT** places, such as medical centers, pharmacies and grocery stores, remain open

There is too much uncertainty right now

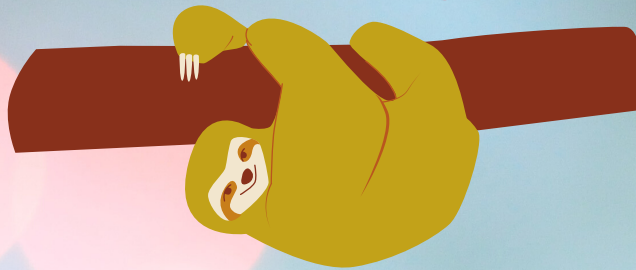


While I can't control the situation around me, I **CAN** control my actions. Doing breathwork, calling loved ones, getting enough sleep and proper nutrition, prayer, and doing activities I love at home will all help during this time



How to navigate tough family dynamics

First, identify the dynamics you've noticed. Validate your right to your feelings. Know that it is hard to go away to school and then be home again. Conflicted feelings - anger, sadness, guilt, confusion - are all normal and okay to have.



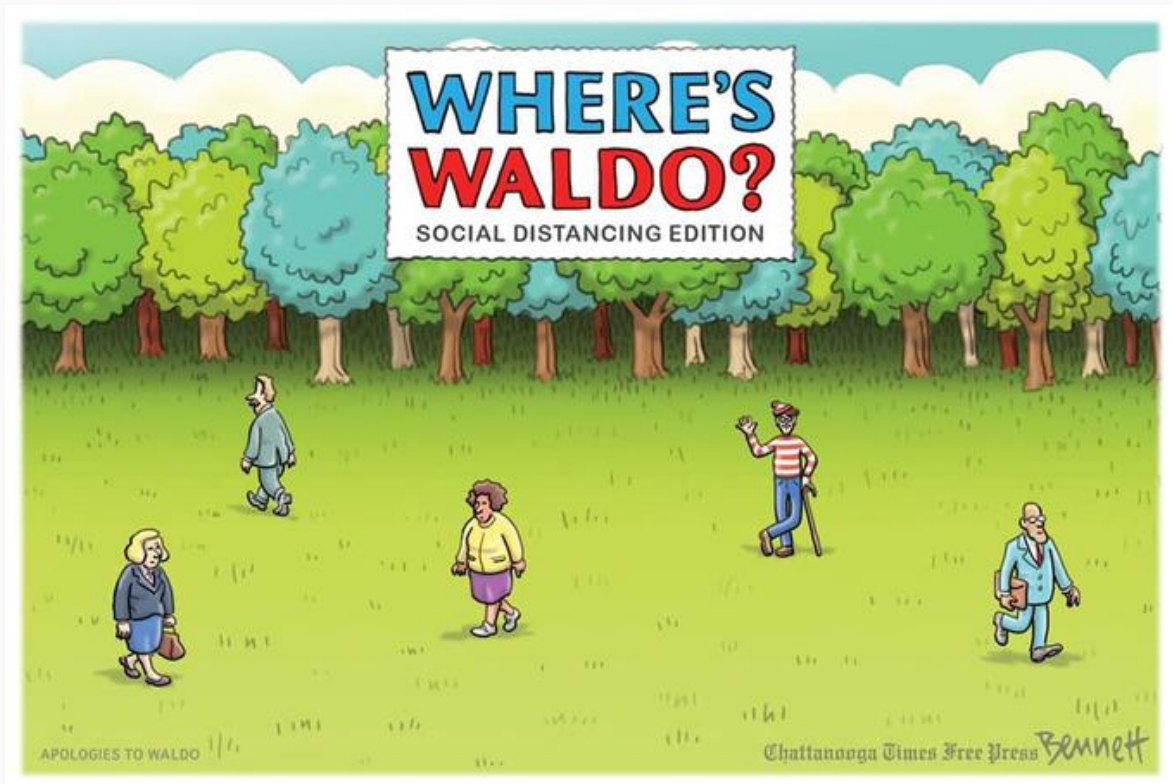
- 1. Set physical boundaries for doing work**
- 2. Ask family members if you can give them space and they can give you space (take turns using shared bedrooms for 1 hour increments)**
- 3. Take walks if family is overwhelming**
- 4. Suggest a walk together if tension is brewing**
- 5. Ask your parents to sit down and discuss their expectations of you as additional caregiver for your siblings - educate your family on the continued intense school demands; suggest compromise on "chores" and caretaking**
- 6. Try to create "chill" zones (corners of bedrooms, areas where doing work is not allowed); outline them with physical perimeters (using rope, books, scarves)**

Language to use



- "I love spending time with you and I also have to do X, Y, Z. How can we make this work better?"
- "It's actually really hard to do my classes on Zoom and then still study without changing setting."
- "I want to hang out with all of you but it's hard because I'm also worried about keeping up my work. Could we take a one hour walk at X time?"
- "I know we are all going stir crazy right now and there's not much space, but it's hard for me to focus in the kitchen for class. Can we trade off using the bedrooms?"
- "It's hard for me to feel good about myself when you -----"
- Have designated times that you say 'This is my space' or 'I don't want to be interrupted right now,' and then let family know when it is "social time"

Ways to still be social

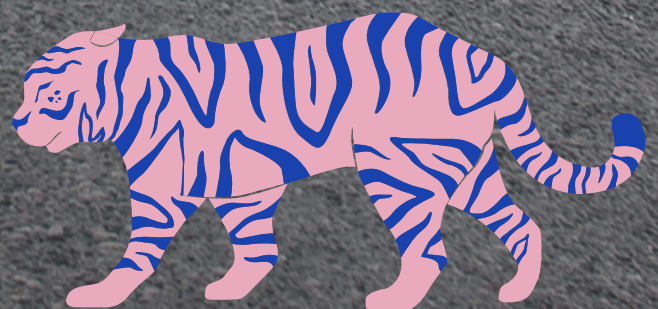


- video chatting & phone
- watch movies or eat dinner w/ friends via Zoom
- begin a pen pal relationship w/ snail mail or e-mail
- virtual museum & zoo outings
- virtual game nights

Virtual tours & livestreams

<https://www.insider.com/museums-theme-parks-offer-virtual-tours-ideal-for-social-distancing-2020-3>

<https://www.insider.com/live-animal-cams-zoos-aquariums-watch-from-home-2020-3>



Mental health apps

- Headspace - new free content called "Weathering The Storm" (meditations, sleep, movement exercises)
- Balance - can email access@balanceapp.com for free one-year subscription
- Check out "I am" app - sends you positive affirmations daily (\$2.99/month)



TRAIN YOUR BRAIN