Balance, balance, balance. As the COVID pandemic continues, it is more important than ever that you work toward finding balance in your life. Checking with yourself to make sure that you are tending to the 7 areas of wellness will help you do just that!
Stay informed about what is going on but know your limits! Monitor how you are feeling after you watch or read the news. Feeling preoccupied or upset by the news may be a signal to cut back on your news intake and social media consumption. Consider scheduling a short block of time in the morning and one in the evening to catch up on the news.

Make sure you do take ‘digital breaks’ and use that time to do something enjoyable that does not involve any screen time.

Finally, incorporate self-soothing practices into your daily routine. This can help you to reduce the intensity of negative emotions by engaging all of your senses in intentional, calming ways. **Try the following:**

**SIGHT:**
- LOW LIGHT, SOOTHING COLORS, SLEEPING MASKS, COLORING BOOKS

**SOUND:**
- CALMING NOISES, NATURE SOUNDS, GUIDED MEDITATIONS, BINAURAL BEATS

**TOUCH:**
- SOFT THINGS, MASSAGE, HOT/COLD SHOWER, HEATED/WEIGHTED BLANKET

**SMELL:**
- AROMATHERAPY, FRESH AIR, COMFORTING SMELLS

**TASTE:**
- STRONG FLAVORS, WARM DRINKS, NOSTALGIC FLAVORS
Utilize the practices that are consistent with your spirituality. These practices can provide calmness while also emphasizing the connection you have with something bigger than yourself. Prayer, meditation, and being in nature are some of the ways that students have practiced spirituality.

IF YOU WISH TO EXPLORE MORE ABOUT MEDITATION, THESE ARE THE TOP APPS AVAILABLE FOR DOWNLOAD:

- CALM
- HEADSPACE
- INSIGHT TIMER
- AURA
- SIMPLE HABIT
- BREATHE
- 10% HAPPIER
- BETTERME
- PACIFICA
- ABIDE

Check out CAPS’ video on mindfulness:
wcu.edu/experience/health-and-wellness/caps/self-help.aspx
EXERCISE.
Campus Recreation and Wellness (wcu.edu/experience/campus-recreation/index.aspx) offers multiple opportunities for students to tend to their physical wellbeing.

ZZZ

SLEEP.
We can’t overemphasize the importance of sleep for your overall health. If you are having difficulty with your sleep, check out CAPS’ sleep hygiene video: wcu.edu/experience/health-and-wellness/caps/self-help.aspx for some tips.

HEALTH.
Check out these tips to help prevent the spread of Covid-19 and protect our community:

CATAMOUNTS CARE
All of us, working together, can prevent the spread of COVID-19 and protect our campus community.

Face coverings are required
Those not wearing face coverings may be asked to leave a classroom, workplace or public event.

Regularly wash your hands
Scrub your hands with soap for 20 seconds, rinse and dry. No soap and water? Use hand sanitizer and rub for 20 seconds.

Clean and disinfect
Use EPA-registered disinfectant on frequently touched surfaces, objects, shared work space and equipment after each use.

Practice physical distancing
Keep your distance from others, avoid large gatherings and wear a face covering in a public or classroom setting.

Feeling sick?
Stay home
If you have COVID-19 symptoms such as fever, cough or shortness of breath or know you have been exposed to the virus, stay home and call your health care provider to seek medical guidance.

Practice good self-care
Care for your physical and mental health. Stay connected with your family and friends.
This is an important time to remain **CONNECTED**.

**CONNECTION ALLOWS YOU:**

- **TO DECREASE LONELINESS, STRESS, DEPRESSION, AND ANXIETY**
- **TO EXPERIENCE SOLIDARITY**
- **TO EXPERIENCE LOVE AND BELONGING**
- **TO RECEIVE AND GIVE CARE AND COMPASSION.**

Connecting in the middle of a pandemic is hard! Here are some great ways to build stronger connections during the pandemic... or really, at any time:

- **WRITE A LETTER**
- **CALL (DON'T TEXT!) SOMEONE**
- **ASK MEANING QUESTIONS**
- **ANSWER QUESTIONS HONESTLY. IF YOU AREN'T DOING WELL, SAY THAT!**

We have heard of very creative ways to connect virtually. Zoom dance parties, the House Party app, virtual group workouts, CAPS support groups: [wcu.edu/experience/health-and-wellness/caps/index.aspx](wcu.edu/experience/health-and-wellness/caps/index.aspx)

Try these out!
Zoom fatigue is real. And it is a reality that we have to use it right now. How do you manage using Zoom without creating MORE stress?

**TRY THESE TIPS:**

- Establish ‘no screen’ blocks of time in your day. Of course, choose these times when you don’t have to be in class or at a meeting.

- You may want to turn off your camera during class as a way to manage your zoom fatigue, but don’t do it all the time. Remember, leaving your camera on, even if you can only see your professor, can help you feel connected and more focused on content.

- Do not try to do multiple things while on Zoom. It is tempting to use multiple devices at one time to check emails or respond to texts while also zooming, just focusing on one thing—your class—will give your brain a break.
Identifying what is important to us can be one way to foster motivation and connection. Try a values card sort (think2perform.com/our-approach/values/new) and then consider how you can express your values on a daily basis.

Another important way to address problems is to lean on your strengths. These are important characteristics to help you be successful after your time at WCU. Try taking the VIA Character Strengths Survey to identify your strongest traits: viacharacter.org/
It can be challenging to stay motivated right now. But doing something – some action, no matter how small – can lessen some of the uncertainty.

Activism, service and generosity can help you feel more connected to your environment. Finding a sense of empowerment and contribution can help you to overcome a sense of helplessness.

You can also find a cause you believe in by joining a club or organization at engage.wcu.edu.