



NEWS FLUSH

The Art of Social Distancing and Self Care

#SOUTHERNSTRONG

Health Services is here to help you maintain your health!



We are available for telephone consultations and video conferencing.

To make an appointment, log into your patient portal using your SCSU credentials.

- ❖ As we are all effected by the constant flow of news and information surrounding COVID-19, prioritizing self care may become a struggle. The SCSU family is stronger than ever and remember you are not alone!
- ❖ At a time like this, know that stress and anxiety are normal reactions however directing your energy toward creative outlets, studies and hobbies can reduce uneasy feelings.
- ❖ Take long breaks from the news and social media!! As it is important to stay informed, taking breaks to let your brain process overwhelming and new information is important.
- ❖ Focus on what you can control – Breathing, Mental & Physical Fitness, Diet, Sleep, and Gratitude.

Stress Awareness Month

Is This Feeling Stress?

Stress affects an individual's emotions, body and behavior. This includes headaches, muscle pain, sleep, irritability, lack of motivation & depression.

Sleep Hygiene

Set a bedtime
Reduce screen time 1-2 hours before bedtime.

Listen to white noises such as rain or beach waves to help relax.

Breath and Reboot

Stress is not always easy to avoid, however choosing how you respond to it will benefit your physical and mental wellbeing.

Dealing with Change

Adapting to doing school work at home comes with challenges. Pick a spot to be productive and set up a work area. Accountability is key!

How To Stay Connected with your friends and loved ones!

Dance, Dance!!!
Listen to your favorite artist or genre of music inviting your friends or family to a zoom party. Visit websites such as NPR.org or billboard.com to get a list of free virtual concerts as well.



Netflix Watch Party!!
Host long distance movie nights and engage in discussions!
For more information visit www.netflixparty.com



Student Well Being

~ *Counseling Services offers a variety of mental health services to enrolled SCSU students.*

~ *Counseling services remain open for business and will be exclusively providing telehealth and counseling appointments.*

~ *For information visit the counseling webpage or schedule an appointment by calling (203) 392-5475*