



# WEEKLY WELLNESS & COUNSELING NEWSLETTER

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## HELLO AND WELCOME BACK, URSINUS COMMUNITY!

We at Wellness are happy to see the community coming back together.

We understand that this will be a uniquely challenging semester, and want to let you know that the counselors are here to support you. Keep an eye out for our newsletters every Monday, where we will share relevant information for the health, happiness, and well-being of our community.



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# CREATING NORMALCY WHEN THINGS AREN'T NORMAL

When you decide to or are asked to make a big change in your life, like moving to college, going into quarantine, or living in a post-COVID-19 world, difficulty adjusting is common. Feelings of anxiety may arise when your routine is interrupted and it is important to establish a new "normal" for yourself.

**Here are some tips to help you establish a new routine!**

## WAKING UP

Waking up can be difficult, especially when others aren't around to hold you accountable. Try to create an approach to mornings that works for you and allows you time to be up and present for your day.

**Practice kindness towards yourself if you don't get it right away.**

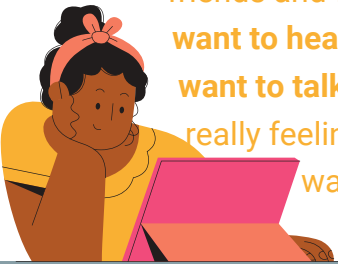
## BE REALISTIC WITH YOUR SCHEDULE

Plan for when you have classes, assignments, and meetings. ALSO plan to take regular breaks for enjoyable activities.

Taking regular breaks has been proven to improve concentration, and leads to better mental health and mood.

## CONNECT

It is important to stay connected with friends and family on and off campus. **They want to hear from you just as much as you want to talk to them!** Tell them how you're really feeling, play some games online, or watch a movie together.



## TRY SOMETHING NEW

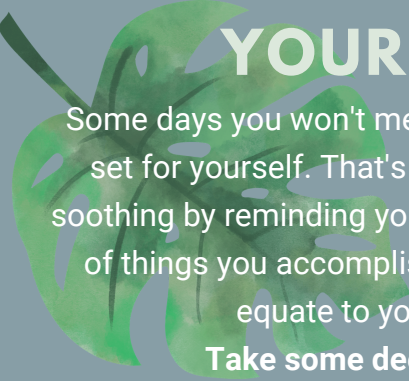
Connect with your playful and creative self. Take some time to learn a new skill, try out an artistic venture, or give crafting a shot. There are so many different things you can try **without putting pressure on yourself to be 'productive'**.



## BE PATIENT WITH YOURSELF

Some days you won't meet the goals that you set for yourself. That's okay! Practice self-soothing by reminding yourself that the amount of things you accomplish in a day does not equate to your worth.

**Take some deep breaths!**



## WINDING DOWN

Spend at least an hour before you get into bed every night **being intentional about slowing down your body and mind.**

Try some of these activities:

- Take a soothing shower
- Use calming essential oils, like lavender
- Slowly stretch to release the tension from your day
- Wash your face and drink some water

# STAYING CLOSE, WHILE FAR(THER) AWAY

5 ways to connect with a friend or family member when you can't be with them in person

## 1

Text them good morning every day and ask how they are doing

## 2

Do a shared activity, like watching Netflix together

## 3

Prepare yourself by learning how to support someone who may be experiencing psychological distress.

## 4

Help them keep a healthy routine by exercising, or practicing yoga at the same time

## 5

Schedule group video calls to play trivia or virtual games

## UPCOMING PROGRAMMING FOR FIRST YEAR STUDENTS

### Adjusting to College Virtual Group

Feeling Homesick? Want to meet new friends? Having trouble adjusting to college life?

Interested about the services that the Wellness Center provides?

Come connect with other Ursinus students in this safe support group, led by UC therapists.

**Meets: Every Monday & Wednesday from 4:00-5:00 pm**  
see link in Orientation Schedule, or email from Wellness

## REACH OUT TO WELLNESS

If you would like to talk more with someone about how you are feeling, please don't hesitate to reach out to the counseling team at Wellness. The Wellness Counselors provide consultations, individual, and group counseling. Reach out by phone (610.409.3100) or email ([wellness@ursinus.edu](mailto:wellness@ursinus.edu)) for more information.

Check out our new [resource page for those in Quarantine or Isolation](#)