

ABSTRACT

There is an increasing research on the impact of COVID pandemic and other disasters to the health and well-being of students in higher education. The isolation and limited socialization of students in higher education need to be understood from the perspective of the “new normal”. This session will unpack some of the the coping skills that will will increase resilience, while this society is at the center of a pandemic.

BEHAVIORAL OBJECTIVES

To understand the human (psychological/emotional) reactions to the covid pandemic.

To explore ways of coping and develop resilience when challenged by emotional/psychological difficulties.

HOW DO I KNOW THAT I MAY NOT BE OK?

	HOME	WORK
PHYSICAL	HYPERTENSION SLEEP DISRUPTION	LACK OF ENGAGEMENT
EMOTIONAL/SOCIAL	ANXIETY FEAR SHAME EMOTIONAL NUMBING	POOR SELF-ESTEEM BURNOUT SHAME/GUILT CYNICISM
MENTAL/ PSYCHOLOGICAL	DEPRESSION RAGE	INTRUSIVE THOUGHTS HEARING VOICES

WAYS OF COPING & BUILDING SKILLS TO ENDURE UNDER COVID

IMPROVE YOUR RESILIENCE

GET CONNECTED
WITH YOUR
FAMILY, FRIENDS
AND

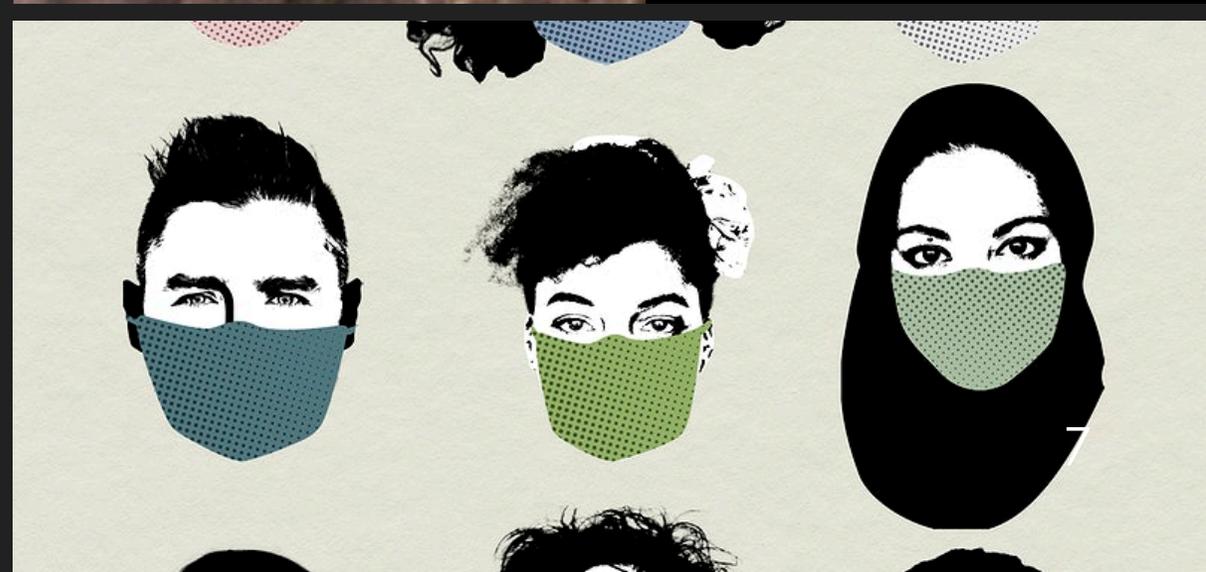
SPIRITUAL
COMMUNITY

COMMUNNICATE WITH YOUR PROFESSORS

- BE CLEAR WITH YOUR EMAILS.
- EXPLAIN WHAT YOU ARE GOING THROUGH



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BE THE BEARER OF GOOD NEWS



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ESTABLISH A ROUTINE

- DO YOUR ASSIGNMENTS FIRST
- 3:2
- MAKE TIME TO DO THINGS THAT YOU ENJOY



SELF-CARE: TAKE CARE OF YOU

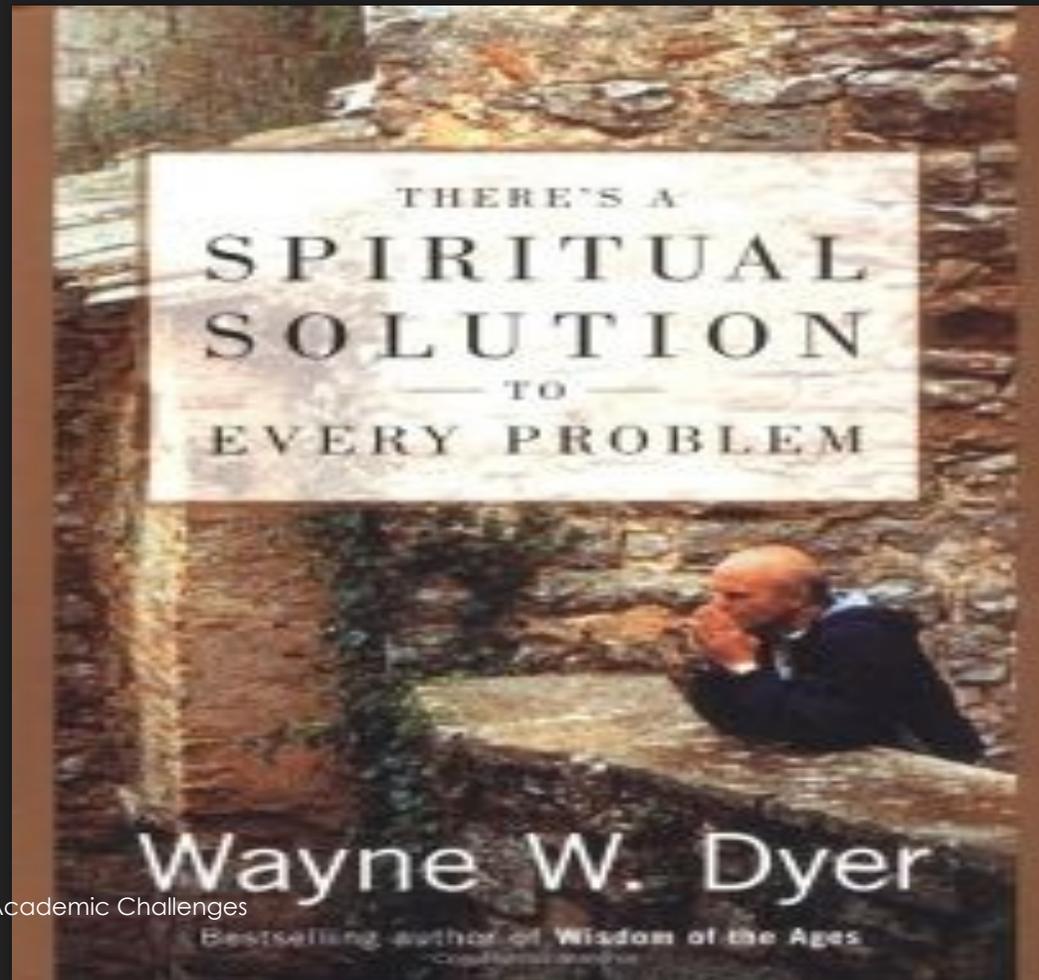


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Self-Care Using Spirituality or Religion



A SPIRITUAL SOLUTION TO EVERY PROBLEM



EAT HEALTHY TO IMPROVE YOUR IMMUNE SYSTEM



Aiming for 80% full

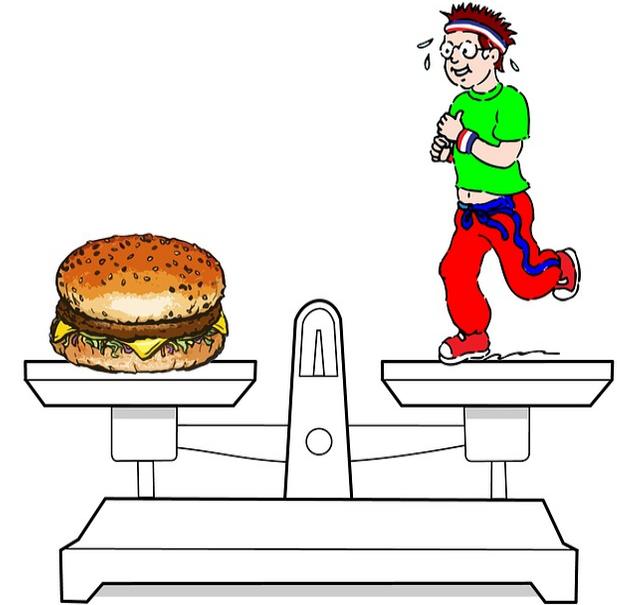
HARA HACHI BU



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EXERCISE REGULARLY

Releasing feel-good endorphins enhances well-being.



ALCOHOL & DRUG USE: MORE HARMFUL THAN HELPFUL

- No evidence of any protective effect of drinking alcohol for viral or other infections. In fact, the opposite is true as the harmful use of alcohol is associated with increased risk of infections and worse treatment outcomes.
- Alcohol and drug use may prevent you from taking s precautions to protect yourself again infection, such as compliance with hand hygiene.

MINIMIZE NEWSFEEDS, SOCIAL MEDIA, VIDEO GAMES, SCREEN TIME



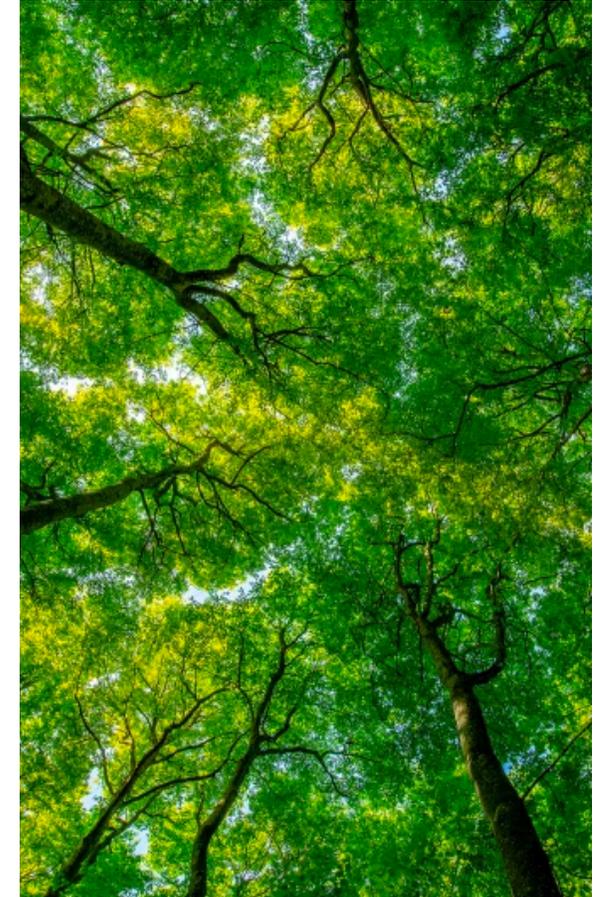
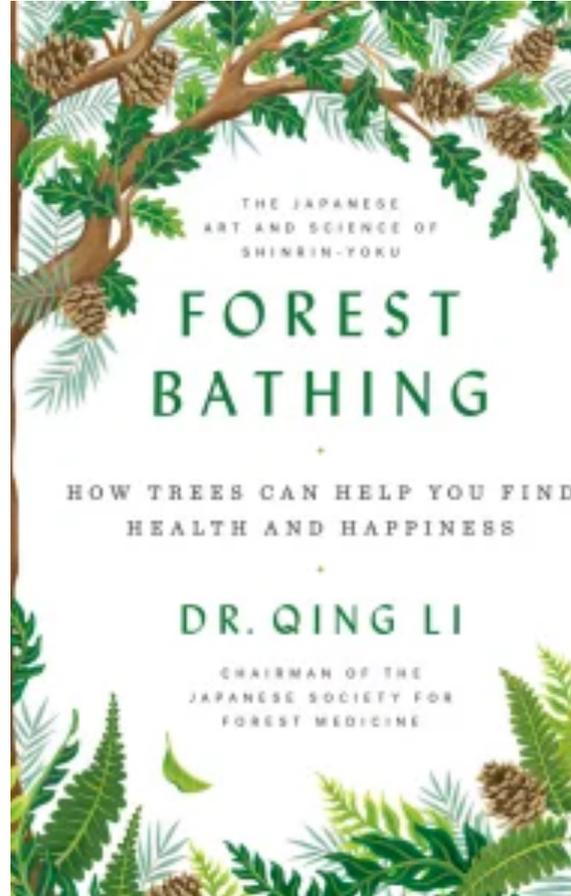
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LEARN SOMETHING NEW: MUSIC, ART, GAMES, BOOKS

FOREST BATHING

- Once you have learned how to do it, you can do *shinrin-yoku* anywhere



A Bio-Psychosocial and Spiritual Model



ALL HAVE TESTS & DIFFICULTIES: HOW WE APPROACH THEM IS WHAT MATTERS MOST

“The more you plow and dig the ground the more fertile it becomes. The more you cut the branches of a tree the higher and stronger it grows. The more you put the gold in the fire the purer it becomes. The more you sharpen the steel by grinding the better it cuts. Therefore, the more sorrows one sees the more perfect one becomes...The more often the captain of a ship is in the tempest and difficult sailing the greater his knowledge becomes.” Abdul Baha, Star of the West.



KNOW WHEN TO SEEK PROFESSIONAL HELP

**J-204 Monday - Friday |
9:00am-5:00pm**

(609) 652-4722

counseling.services@stockton.edu



QUESTIONS TO CONSIDER

- 1. HOW DO YOU KNOW THAT YOU ARE NOT OK?**
- 2. WHAT ARE SOME OF THE COPING SKILLS THAT YOU CAN USE AS A BUSY STUDENT?**
- 3. HOW CAN FOREST BATHING OR NATURE WALK HELP WITH YOUR PHYSICAL AND MENTAL HEALTH?**