

Health & Wellness Newsletter: On Campus Edition

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COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS)

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Managing Our Emotions

Most of you have been living by yourselves for four weeks now on a campus devoid of the usual buzz of activity. As circumstances evolve from all-consuming to the new normal, many of you may be experiencing a range of emotions that differ from your peers who are home with their families. We know that many of you are here because it's not safe to travel home or because home does not offer a safe space for you. Regardless of why you remain on campus, the days may feel lonely and managing your emotional well-being may be tough. Grief, loneliness, and boredom are common experiences for us during this time.

Grief

Not only are we grieving our losses as a result of the pandemic, many of us are experiencing anticipatory grief about uncertainty of the future and feeling a general lack of safety, whether it's about when the pandemic will end or about the summer and next fall. It's important to acknowledge your grief and move through it, and talking about it with a friend or counselor can help.

To connect with a counselor online, reach out to Colony Care, a local therapy group that works with Babson students. **Health insurance companies have waived co-pay fees during this time, so the counseling is free.**

To get connected with a counselor, email staceymastromatteo@colonycare.net.

Loneliness

Many of us are experiencing more loneliness as our physical isolation continues. Engaging with others online can help, but these types of connections are designed for brief, less intimate conversation, and many who live alone are suffering.

- If you're feeling lonely, we recommend connecting with a counselor. You don't need to have anxiety, depression, or other mental health concerns to speak with a counselor. If you're interested, refer to the contact information under "Grief."
- CAPS is offering a support group for those who want to connect with other Babson students and share their experiences. The group will meet virtually on Monday, April 27, from 2-3 p.m. ET. Find the link at babson.edu/coronavirus

Boredom

Maybe you've binge-watched all your favorite shows and you've done all you can to entertain yourself. Now what? To combat boredom, try coming up with positive ways to distract yourself.

- To manage your thoughts, try guided meditation tools like this one: youtube.com/watch?v=vjKltKKSUR8.
- Set a daily routine that includes getting outside, eating well, personal hygiene, and exercise. BRAC is offering free online workouts on wellbeats.com (access code: b27fdf55).
- If you'd like a coloring book and colored pencils and/or a fidget stick, we'll can deliver these items to your door. Just email counselingservices@babson.edu with your room number.