



APRIL 27 | VOL. 5

# POWERFUL START TO YOUR WEEK

Health & Wellness Newsletter

## Wherever you may be: Be Well. Do Well.

THIS NEWSLETTER IS INTENDED TO HELP US STAY CONNECTED AND INFORMED ON ALL THINGS HEALTH AND WELLNESS.

EACH ISSUE, LOOK OUT FOR TIPS FROM THE HEALTH & WELLNESS TEAM:

**COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS)**

**HEALTH SERVICES**

**RELIGIOUS AND SPIRITUAL LIFE**

**WELLNESS AND PREVENTION**

### CAPS: Xenophobia Introspective

With recent events surrounding COVID-19, there has been an undeniable rise in xenophobic and racist attacks on Asians and Asian-Americans in the U.S. Whose responsibility is it to remedy blatant aggression and microaggressions? Is it up to those in the dominant culture/ethnicity to educate themselves and speak up, or is it up to the minority culture to step up and defend themselves as well as to inform those who are not aware? Perhaps we all have a role to play.

Most of the inaction on the part of bystanders is caused by uncertainty and ignorance. Whether you're a target of xenophobia or a bystander, this [video](#) could be helpful in offering tangible steps to take when confronted with, or observing, racist behaviors. The simple message is "see something, say something."

Although it's human nature to attribute or label something as the cause of our discomfort, practicing awareness and introspection builds resilience. Ask yourself what caused you to think and act a certain way to gain clarity into the automatic thoughts you have and the assumptions that come with them. It's likely that most people have no malicious intent, but when our world is dealing with so many unknowns, we rely on shortcuts to help simplify our lives, sometimes at the cost of accuracy.

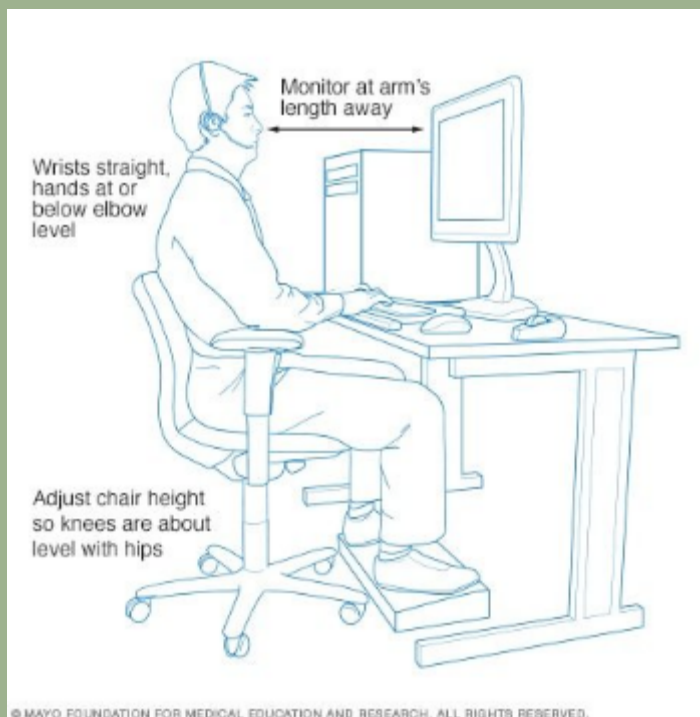
—Dr. Jeff Lin, CAPS psychologist

### Wellness & Prevention: Alcohol Use

Among the many changes we've all experienced in the last few weeks, one may be a change in substance use. Under your parent or guardian's watchful eye, it may be difficult or impossible to engage with substances in the same way you did at Babson. Or, the drinking age where you are now may be lower than in the U.S., and your alcohol use has increased. Both of these experiences can impact your tolerance in different ways. As a reminder, tolerance does not change the rate at which your BAC rises; instead, it changes how soon you feel the effects of a higher BAC. If you're not drinking at all, after 30 days your tolerance is reset to "baseline" for you. During your next drinking experience, we encourage you to take it slow because you may feel the effects faster. If you have been drinking more, your tolerance may be increasing, which can make it tough to stick to a limit or for those around you to determine if you need emergency medical attention. Either way, Wellness & Prevention Services can help. If you've noticed a change in your substance use and want to explore what that might mean for you, your health, or your future use, email us at [wellness@babson.edu](mailto:wellness@babson.edu) to set up a confidential meeting via WebEx.

# Health Services: Workplace Makeover Tips

A comfortable work space can help you feel good. Proper work space ergonomics can help you stay comfortable while completing your studies virtually. Here's how to give your work area a redo:



**Chair:** Supports your back, adjust height so feet rest flat on the floor and thighs are parallel to the floor.

**Key objects:** Keep items, such as your phone, printed materials, and calculator, close to your body to minimize reaching.

**Desk:** Under the desk, make sure there's clearance for your knees, thighs, and feet. If the desk is too low and can't be adjusted, place sturdy boards or blocks under the desk's legs. Use a foot rest or stack of books if your chair is too high to rest your feet flat on the floor or the height of your desk requires you to raise the height of your chair.

**Phone:** Place your phone on speaker/use a headset rather than cradling it between your head and neck.

**Monitor:** Place the monitor or laptop screen directly in front of you, about an arm's length away.

## Messages from our Chaplains

The Office of Religious and Spiritual Life continues to provide support and care during this time. Our hope and prayer is that you all are shifting your perspective and posture to what awaits us on the other side but not rushing these sacred moments of pause. May every area of your life be touched with light and liberty despite the present reality. May your hearts not grow weary during days of adversity and may your hands never fail to commit to days of justice and peace. Please remember this time is precious but that does not mean it has to be productive. Finish your work, finish the semester, and breathe. Keep breathing and, if within those breaths you find yourself creating and developing, that is amazing. If within those breaths you find yourself resting and reflecting, that is amazing. Whatever you do or don't do, you are finding yourself. Here are a few snippets from our chaplain team. You can read the entire article [here](#).

"Peace be with you." Reach deep inside yourself and claim the peace that is neither cheap or convenient. Our lives going forward will show the marks of this pandemic, but there will be life and flourishing once again.

—Donna McKenzie

The limitations and confinements of the stay-at-home advisories have brought about many conversations on how to make the most of your time through the encouragement of self-care. But is self-care a value we should have as Christians? When is self-care selfish and self-serving?

—Liz Oh

During Ramadan, Muslims fast from dawn until sunset. When we focus less on what we put into our mouths, we can focus more on what we're doing with our limbs. It helps us to be hyper-aware and sensitive to our actions and focus on our relationship with God via individual and communal worship as well as service-oriented worship.

—Bilal Mirza

Jewish spiritual wisdom encourages us to keep perspective and to draw upon wellsprings of inner strength in times of struggle. Even as we find ourselves temporarily isolated and distant, we have the capacity to emerge stronger, wiser, and more empathetic from our experiences—if only we remain resilient. This, too, shall pass. —Rabbi Gold