

Missing How Things Used To Be



A lot of things look pretty different these days! You probably miss big parts of your life like playing sports or hanging out with friends. But you're probably also missing the small things like wearing cool outfits to school and seeing friends during passing periods. COVID-19 has impacted nearly every aspect of our lives. And as you adjust to this new normal, it's not uncommon to feel feelings of sadness and discomfort, and even grief.

1.) Grief

You may have heard of grief in terms of loss or death, but it can apply to a wide range of emotions and situations. Grief is the emotion we feel related to loss, even if that loss is something like your typical schedule or your sense of safety and control. Grief is a pretty complex emotion. Many people recognize the stages of grief. You may experience them in different ways, but these are common responses to loss, including the loss of how life used to be (Mental Health America, 2020).

2.) Coping With Change

Practicing Mindfulness: Mindfulness helps you tune into your emotions – these techniques can be really helpful in situations where your routines are disrupted or you're feeling overwhelmed. You might feel so many different things that you don't even know how to start dealing with them. Try laying down, closing your eyes, and focusing on your breathing, or go for a mindful walk (pay close attention to the sounds, smells, and sights). You can also listen to a guided meditation to feel more connected to yourself. (Mental Health America, 2020)

Journaling: Oftentimes we may feel overwhelmed with negative thoughts, emotions, or experiences. This may be especially true as we cope with this challenging period in our country. However, something as simple as taking 5 minutes out of your day to sit down and write out your present thoughts, emotions, and worries can provide a great sense of relief from stress.

Exercise: Moving our bodies everyday is important, but it is even more important during especially stressful periods in our lives. Take time to find what is your preferred physical activity. It could be something as simple as going on walks, going for a bike ride, or practicing yoga.

Feeling overwhelmed?
[Click me!](#)



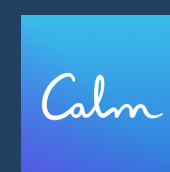
3.) Applications

Stress and anxiety can be common during the school year for students. With the current climate (i.e., Covid-19), it is even more important to pay attention to the effects isolation and distance learning can take on us. What helps? The following applications promote mindfulness, stress management, and breathing techniques to support you and your mental health.



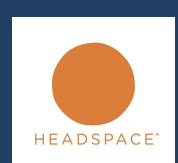
Guided meditations (UCLA Mindful):

<https://www.uclahealth.org/marc/mindful-meditations>



Calm - Meditation App

<https://www.calm.com/>



Headspace - Mindfulness App

<https://www.headspace.com/>



Yoga Time -Yoga App

https://play.google.com/store/apps/details?id=com.freeyoga&hl=en_US&gl=US

Remember that everyone is going through a hard time right now, and you can always make an appointment with your school counselor or school psychologist for additional support.

If you or someone you know is in an emergency, call

The National Suicide Prevention Lifeline

<https://suicidepreventionlifeline.org/>

at 800-273-TALK (8255) or call 911 immediately.

Substance Abuse Treatment Support

<https://www.samhsa.gov/find-help/national-helpline>

is available at 1-877-SAMHSA7 (1-877-726-4727)