

Christine Augustin
Office of Health Promotion and Wellness
Peer Health Educator
DePaul University 20', Senior, graduating Spring Quarter

- A big concern for students has been coping with anxiety, stress and depression about the onset of a completely online learning experience, job loss and potentially losing housing. What are your tips on dealing with these heightened levels of anxiety?

When it comes to anxiety or feeling fearful, I recommend limiting your use on social media. It's important to obey what the government is saying but also do not overwhelm yourself with the news. Know your limit. Do not allow fear, anxiety, sadness to overtake you and your body.

I also recommend mindfulness; it allows individuals to focus and embrace the present moments and reduce distractions. Mindfulness activities include but are not limited to meditation, prayer, reading, and listening to inspirational/motivational/spiritual podcasts and/or music.

Praying to God is a priority for me. One of my favorite biblical scriptures is Philippians 4:6-7 which states that we need to give all of our worries and requests to God and thanking him for all the things he has given us, and we will receive peace. Believing and Having faith in God has allowed me to live in peace during this season and empower and support others.

Find, create and develop coping strategies that you can do during this season.

- Usually we all get breaks from the people we live with, but self-isolation has placed many of us in close quarters with roommates and/or partners for much longer than we are used to. How can students maintain healthy relationships with the people they live with?

There is not one correct answer to this question because a healthy relationship consists of many factors. Refrain from touching of course, but you can provide verbal affirmations and words of encouragement and support. Also, can pray with one another, you can eat with one another from afar and still keep your distance. Check-in with one another throughout the day.

- How can you get some space without being confined to your room?

Set a routine for each day, switch it up, and include ways to exercise within your routine. For example, change your scenery within your home when doing different activities. For example, Monday mornings you meditate in your living room and on Tuesday mornings you meditate in your bathroom.

- Do you have any exercise tips for students to remain active?

-Stretch after you wake up and before bedtime

-Create a fitness goal and get an accountable buddy to check-in with one another

-Participate in Zumba Classes with Ashantis, a Zumba instructor, a DePaul graduate student, and DePaul faculty, via Zoom

(<https://www.ashantisjones.com/iamashantis/zumba-live>)

-Choose an exercise buddy via facetime or zoom and do our workouts together

- How can students maintain healthy relationships with their friends and family while continuing to social distance?

There is not one correct answer to this question because a healthy relationship consists of many factors. Most importantly though is to communicate and check-in with one another through Skype, FaceTime and/or Zoom. Find something fun to do with one another like create or find virtual games to do with one another.

Netflix has launched a feature where you can have "Netflix party" so have movie nights while social distancing.

For your DePaul friends that are involved in student organizations on campus, the Office of Student Involvement (OSI) are providing virtual options for students to engage with one another, more information about is

here: https://static1.campusgroups.com/upload/depaul/2020/doc_766526_Student_Or

[ganization Digital Resource Guide 63df2e76-d9e6-45d3-a57c-a2a3748137f9 318102721.pdf](#)

Feel free to email them as well: studentorgs@depaul.edu

At HPW, we have launched a brand-new series called wellness Wednesday's. We will be talking about all things related to health and wellness during this 30-minute bite-sized session. We will be checking in with one another, diving deep into holistic well-being and offering a time to re-energize and rejuvenate during the busy workday. Every Wednesday from 12:00-12:30 PM, you can learn and share tips with friends and family on how to stay healthy within all aspects of our life during this season.

- What is the most important thing for students to do during this incredibly uncertain time?

-Have faith and do not allow fear to steer your life.

-Plan and create goals

-Isolation and avoiding virtual contact can be unhealthy for your health so I would advise to set up virtual meetings with your family and friends weekly

-Understand that there is a season for everything, so know that this season of COVID-19 will pass.

-Also, understand that time is the only thing we cannot take back so use your time wisely during this season.

-Take this time to strengthen your relationship with yourself by practicing self-care, reading, developing goals for YOU. Think of things that you have always wanted to do in your home but never created time for it, now you have time!

-Maintain healthy relationships with those around you in your home.

-produce something meaningful and needed on this earth. Understand that everything you do affects your future.

Josean Amill
Office of Health Promotion and Wellness
Graduate Health Educator

- A big concern for students has been coping with anxiety, stress and depression about the onset of a completely online learning experience, job loss and potentially losing housing. What are your tips on dealing with these heightened levels of anxiety?

Our office always promotes taking a holistic approach to our wellness. Here we want to emphasize the importance of taking inventory of our mental well being. Some tips on managing these heighten levels of anxiety and stress are as follow:

1. Focus on what's in your control- Sometimes we get to caught on things out of our locus of control and this adds to our anxiety and stress. Work to improve situation in the realm of your control!
 2. Acknowledge your thoughts and feelings- Being able to identify how certain things effect us emotionally and sensationally can go a long way in managing our stress and negative feelings increase levels of anxiety
 3. Come back into your body- After we name our feelings to tame them, grounding our bodies to the now can provide peace of mind and relaxation. This can be done by executing some grounding techniques that range from meditation, journaling, our anything that brings us back to our window of tolerance. Remember this is different for everyone!
 4. Download Stress and Mindfulness Apps- This can be quick helpful for people who prefer everything at their finger tips. Apps like *Sanvello* have a integrated system to track how you are feeling, exercises to practice mindfulness, and a interconnected support community that promotes togetherness when it comes to stress and anxiety.
- Usually we all get breaks from the people we live with, but self isolation has has placed many of us in close quarters wirh roommates and/or partners for much longer than we are used to. How can students maintain healthy relationships with the people they live with? How can you get some space without being confined to your room?
- It is important to have conversations about establishing healthy boundaries. Talk to your roommate/partners about what levels of engagement is comfortable for you. Also be mindful on how they are feeling as well, this open channel of communication is important in any healthy relationship. This will help maintain your privacy but allow for healthy levels of interactions between your friends and loved ones.

- Do you have any exercise tips for students to remain active?

This has been especially hard for me. I am use to being able to go to the gym but circumstances like these call for some creativity. I like going for runs when I can in more low-key neighborhoods where I can get some fresh air and limited exposure to larger groups of people. I also recommend following fitness accounts of people who are providing free live at-home workout session through instagram. One that I have been doing is with @trainwithquan who is a Chicago based personal trainer who is providing insta live at-home sessions everyday at 6pm. These are easy to do where ever you are and a great way to stay active while at home.

- How can students maintain heathy relationships with their friends and family while continuing to social distance?

During this it is important to seek and maintain your support system. Open up to others on how you are feeling a develop a value system in which you can lean on for support. Check-in with family and friends to maintain contact and schedule in Facetime calls throughout your day. Have lunch over Zoom or have a virtual movie party which can do through Netflix now! These are all ways to maintain healthy relationships with your loved ones while still practicing social distancing.

- What is the most important thing for students to do during this incredibly uncertain time?

I think the most important thing students can do during this time is practice healthy habits and the kinds of self-care that most benefit you. Make sure you are taking care of yourself first and then you will be able to take care of other. Overall this helps take care of DePaul.