

Man, This Is Hard!



Student Success Series, No. 1

Stress and Anxiety in Difficult Times

First and Foremost:
Don't Worry
We're in this Together!
We're Going to Work Together
We've Got This!

Hard times happen. “Life events” can be challenging. What matters most, though, is how we respond to them.

First:

Acknowledge your feelings. Allow yourself a moment to turn everything off; take a slow, deep breath; and spend a few minutes thinking: yes, I’m feeling stressed, there is a lot of concern because of the coronavirus, and it is affecting everyone. Something that can affect everyone in the world—that is huge. Ok. I’m going to take that all in for a few minutes.

So if the coronavirus is affecting everybody, that means that WE’RE ALL IN THIS TOGETHER. In reality, that’s a good place to be. If you think about pooling the brain power, research power, mechanical power, and good old ingenuity of everyone, then you know **we’re going to beat this**.

Second:

Write down your feelings in words or sentences or pictures. It can be neat and organized, or it can be randomly placed on the page. Breathe again. Read over these feelings. Just absorb them for a few minutes. Breathe again.

Third:

Make a list of things YOU CAN DO TO MAKE A DIFFERENCE:
Don't Let the Virus Control You—Take Back Control by

Staying inside.

Washing your hands every 30 minutes.

Staying connected to friends and family through phone or social media.

Taking a walk (avoiding people), and getting some fresh air and movement—*hey, the weather’s going to get hot; enjoy this cooler weather while we have it!*

Keeping up with your Studies: do your assignments, take notes, read your lessons, reach out to your instructors and classmates to discuss your lessons.

Sharing ideas with others through phone and social media; utilizing chat rooms and messaging software to stay connected to the people who are important to you.

Checking out our website (northshorecollege.edu) under “Students,” under “Keep Learning”—It’s AWESOME!; checking out our website under “Library”—It’s AMAZING!

Do something **KIND** for someone:



- have a grocery item shipped to someone you know who needs some help
- send an email or call someone who might need a little cheering up
- contact someone who has children to give them the telephone number in your community for getting meals for kids (do the research for them—come on, y'all are TECH-SAVVY!) (or Meals on Wheels for the elderly)
- SHARE THE LOVE by not hugging and shaking hands—that's HARD!



RESOURCES

The coolest stuff EVER in the way of resources is out there right now—
do the research,

make it work for you.

Most of all, SHARE!!!!

Share your feelings—good and not so good.

Share your research and what you learn about resources!

Make the most of “together” time ☺

Reach out to Student Services if you need anything:
successcoach@northshorecollege.edu

We're going to beat this!
We're going to get through this together!!
We're going to be stronger in the end!!!

Whatever you do,
Stay positive and keep your chin up.

We believe in you!
You can do it!

