

OLIVER SCHOLARS

OLIVER NEWS - 2020 - SPECIAL EDITION

OPPORTUNITY UNLOCKED

Self-Care & Mental Health: In the time of Covid-19

Whether you're a parent, scholar, teacher or friend; no one person has escaped the turbulent path of the pandemic we now know as the Corona virus. COVID-19 has been termed the tsunami of this decade crushing almost everything in its path. From massive deaths to school closures, job layoffs and cancelled graduations, the Corona virus has drastically changed the landscape of normalcy as we knew it. Stress and anxiety are wreaking havoc in households across the globe while individuals struggle to find balance adjusting to the "new norm."

Oh! how things have changed.

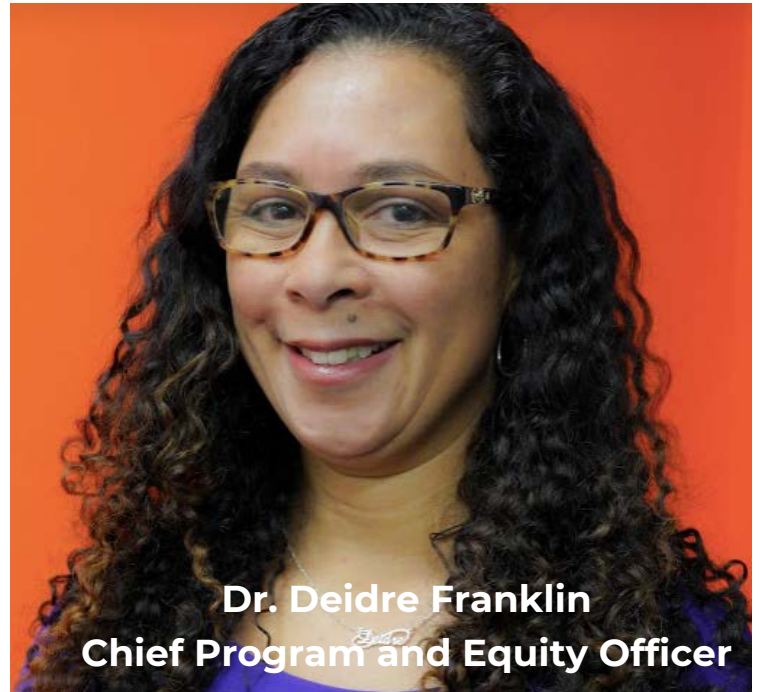
Things one took for granted just two months ago, like having lunch with a friend, a day at the salon, recruitment season or state exams at school are now missed more than ever. While home structures are being fiscally challenged as resources dry up, scholars are left to question their educational future as financial aid packages dwindle as well. Though our scholar services team mans the front lines with our scholars, offering counseling and providing services to our youth, there are also some families in abusive homes or sheltered living, who now have minimal escape without risk of exposure. PRESSURE is mounting at every turn for everyone and people are looking for ways to cope.

During this time last year, the world exuberantly proclaimed social media as a tool of Isolation, yet today, it's the only thing keeping the world connected while socially distanced. It's become the cry for help, and an outlet, but there has to be more. So what's the answer? Is there an answer? How do we support each other, our parents, teachers, scholars, ourselves? How does one find the balance our psyche so desperately seeks amidst crisis, while trying to help everyone else.

Well, It starts by taking back control of the things you can control, despite the uncertainty of tomorrow. Taking that moment to breathe and realize that balance starts with you. Practicing SELF-CARE and maintaining your mental well being may not eradicate the pandemic, but it will make you strong enough to handle the emotions and pressure associated with it.

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"During a crisis, talk to people you trust. Oliver Scholars Counselors are here for you"



Dr. Deidre Franklin
Chief Program and Equity Officer

HERE ARE SOME STRATEGIES TO HELP YOU FIND BALANCE AND FEEL BETTER:

Do- Stick to a routine. Having a schedule can ease some of the anxiety. Control what you can.

Do- Eat healthy and choose a well-balanced diet. Watch out for stress and boredom eating. Avoid loading up on junk food and limit caffeine as it can aggravate stress and anxiety.

Do- Relax and recharge. Take a pause if you are feeling overwhelmed. Even a few minutes of quiet time can be refreshing and help to quiet your mind and reduce anxiety.

Do- Exercise. Physical activity and exercise can help reduce anxiety and improve mood. Find an activity that's fun and makes you move.

Do- Connect with friends and family. Engage with people who bring you positivity vs those who will stress you out. Enjoy virtual socializing and talking to those in your home.

Don't- Immerse yourself in the media. Evaluate sources of the news you are getting. Constant news about COVID-19 from all types of media can heighten fears about the disease. Limit social media that may expose you to rumors and false information.

Don't- Over indulge with substances. Using alcohol to try to cope can make matters worse and reduce your coping skills. Smoking and vaping impact your lungs and might put you at higher risk.

Don't- Stay plugged in. Turn off electronic devices for a set amount of time when you don't need to work, go to school or connect with friends.

***When this pandemic fades you can still use these self-care tips to manage stress and increase your ability to cope with life's ongoing challenge.**

Stay Oliver strong!