



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

Facing the Unknown with CAPS

Did you know that having a "fear of the unknown" is an evolutionary trait? Yet, we often have a hard time coping with anxiety of the unknown in a successful way. When faced with ambiguous threats and a desire to curl up and hide under the covers in response, it's helpful to counteract that urge by doing something active. One great way to reduce this anxiety is to exercise. On a basic level, exercise requires concentration, and this can take our minds off our fear and anxiety as well as give us more control over our own well-being. Learning relaxation techniques can also help with the mental and physical feelings of fear. Even the simple act of dropping one's shoulders, breathing deeply, and visualizing a relaxing place for a few minutes can reduce anxiety. We can never control our futures completely, but we can lessen our anxiety about the unknown by being physically active and practicing mindful relaxation skills. If anxiety is interfering with your ability to focus, try taking a study break with this guided relaxation exercise:

<https://www.youtube.com/watch?v=Mlr3RsUWrdo>

Wellness & Prevention: Sleep Well

Along with exercise and relaxation, prioritizing sleep is so important, since it is essential to our health, well-being, and safety. "Sleep hygiene" refers to a series of healthy sleep habits that can improve your ability to fall asleep, stay asleep, and help prepare you for a better tomorrow. Here are a few sleep tips:

- Go to bed at the same time each night and get up at the same time each morning, including on weekends.
- Keep your bedroom quiet, dark, and a comfortable temperature.
- Remove electronics such as TVs, computers, and phones from your room.
- Avoid large meals, caffeine, and/or alcohol before bedtime.
- Exercise during the day can help you fall asleep more easily at night.

If sleep problem persists, contact your doctor or seek help from an American Academy of Sleep Medicine accredited sleep center. To read more about the effects routines can have on our health and well-being, visit sleepeducation.org.

Health Services Helps

The CDC now recommends wearing a cloth face mask to help slow the transmission of COVID-19. You do not need to know how to sew to make your own mask. Masks can be made from bandannas, t-shirts, or scarves. Cloth masks should be worn when it may be difficult to maintain proper social distancing, such as for trips to the grocery store or the pharmacy. If going out for essentials:

1. Walk or take your own car. Avoid public transportation, taxis, or ride shares.
2. Go during non-peak hours to avoid large crowds.
3. Use sanitizing wipes on carts/carrier handles if available.
4. Do not touch your face while doing errands.
5. Try not to use your phone in the store. Disinfect it after!
6. Cards are better than cash! Use card readers instead of handing cards to cashiers. Use the backs of your knuckles on touch pads.
7. Use hand sanitizer after leaving stores, BEFORE getting in the car.
8. DON'T USE sanitizing wipes on produce. The chemicals can be hazardous if ingested. Wash produce with water.
9. If you're around people who are coughing, wash your clothes when you get home on the warmest possible setting for the fabric.
10. Once home, leave your items on the floor and wash your hands. Put the items away, and wash your hands again. Also, wash your hands before preparing and eating any meals.

See the latest updates from the CDC regarding masks at [cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html).

PREVENT to PROTECT your health

and the health of those around you

Self-care: Ways to support yourself



be thoughtful of personal news consumption and the impact it may have on you



take time to connect with others either in person, via FaceTime, text, or call



take care of your body. meditate, eat well, exercise, and maintain healthy sleep patterns



visit babson.edu/coronavirus for community updates

Messages from our Chaplains

As we continue to lean into this new normal, may we also lean into being present. I am learning how to take one day at a time. Yes set goals, yes find a routine, but also be present in this day. One of my favorite scriptures reads "this is the day that the Lord has made and I will rejoice and be glad in it" (Psalms 118:24). Regardless of our belief or truth, our reality is that we each have this day; let us be glad (thankful, cheerful, pleased). This doesn't mean we ignore the state of our world and communities, it means we can experience life both in darkness and light simultaneously. Below are snippets of our chaplains' reflections. Please visit our website to read more.

—Denicia Ratley

Prayer, A Constant in Crisis

With the onset of a pandemic which, as we are constantly reminded, has upset our consistency, I find solace in the fact that regardless of time and place, a Muslim prays five times a day.

—Bilal Mirza

Easter Lessons

What I have learned is that Easter comes anyway, no matter what our circumstances. There is no pain or loneliness or fear that we experience alone as God has embraced even crucifixion.

—Donna McKenzie

Passover: What does it mean today?

For me, these words at the beginning of the seder are most powerful: *Let anyone who is hungry come and eat. Let anyone who wishes to share Passover come and join us.*

—Rabbi Neal Gold

Hopeful Spaces

The challenge is how do we create the necessary room for these difficult emotions without losing hope. This is where faith has been a pivotal part for me.

—Liz Oh