



APRIL 21 | VOL. 4

# 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**

### Wellness & Prevention: CARE Week

Each spring, Wellness & Prevention Services, along with the Peers on Wellness (POW!), look forward to CARE Week, Babson's sexual assault awareness week. Through activities, events, and speakers, CARE Week increases awareness of resources and encourages dialogue about how sexual and relationship violence impact the Babson community. The dialogue doesn't end with Speak Out, CARE Week's signature open-mic event, and this year we've decided to celebrate Sexual Assault Awareness Month throughout April. We've seen many of your posts on social media sharing your personal, team, office, or organization's support for survivors, and we thank you for your engagement and commitment to a safer, more inclusive environment. If you'd like to learn how to personally support survivors, join us this Friday, from 12:00-1:00 p.m. ET for a webinar titled *Responding to Disclosure* with Ashleigh Hala.

### Naming & Expressing Grief with CAPS

While weathering these uncertain times, it's important to acknowledge and grieve lost routines, social connections, family structures, and our sense of security—and then find new ways to move forward. We need to recognize that mixed in with all the feelings we're having of anger, disappointment, perhaps rage, blame, and powerlessness, is grief. Left unrecognized and unattended, grief can negatively affect all aspects of ourselves—physically, cognitively, emotionally, spiritually. Once you identify the losses you're feeling, look for ways to express the grief surrounding you. A good first step is allowing ourselves to be open to sharing our stories. By communicating with your friends and family about your experiences, you begin to open yourself up to grieving in a healthy way. Another way to process grief is to plug into creative outlets. Whether you're an extrovert or introvert, keeping a written or recorded journal offers another way to express, identify, and acknowledge loss and grief. Regular meditation or just taking time to slow down and take several deep, calming breaths during the day also helps us process. Finally, be intentional about finding moments of joy throughout the day. This could mean virtually connecting with others to share an hour together, hosting a group hangout, having an online dance party, etc. The point is to connect with one another!

# Health Services Helps

COVID-19 has been affecting our lives in so many ways. During this outbreak, it's especially important to stay active and get your body moving to help maintain your health. According to World Health Organization (WHO) guidelines, ideally, people 18 and over should get a total of at least 150 minutes of moderate-intensity physical activity throughout the week, or at least 75 minutes of vigorous-intensity physical activity per week, including muscle-strengthening activities two or more days per week. Regular physical activity is good for your body as well as your mind. It improves bone and muscle strength and increases balance, flexibility, and fitness. Physical activity also has beneficial effects on our cognition as well as reducing symptoms of depression and anxiety. Here are some ideas to help get you moving while you're at home:

- Take online exercise classes like the Live Virtual Fitness offerings or Wellbeats offered from RecFit, or make up your own routine to music you enjoy that uses the major muscle groups and raises your heart rate.
- Do some muscle strengthening activities, such as lifting weights or improvise using full bottles of water, or simply use your own body weight and do sets of push ups, sit ups, and squats.
- Climb or run up and down stairs or do household chores.
- Make time for fun, such as dancing to music or a going for a walk or a jog outside.

# PREVENT to PROTECT your health

and the health of those around you

## Self-care: Ways to support yourself



maintain healthy sleep habits and a consistent routine to ensure rest



contact the pharmacy earlier than normal to ensure you have necessary medications



if you have been seeing a medical or mental health provider, make a continuation plan



visit [babson.edu/coronavirus](https://babson.edu/coronavirus) for community updates

## Messages from our Chaplains

The Office of Religious and Spiritual Life invites you to join and participate in our weekly online programs. Find the links to these programs on our [Facebook page](#). If you have any questions or ideas about programming, contact Denicia Ratley at [dratley@babson.edu](mailto:dratley@babson.edu). If you're interested in any of the Islam-related programs, email [bmirza@babson.edu](mailto:bmirza@babson.edu).

Welcoming Shabbat with the Babson & Olin Communities, Fridays at 6:00 p.m. ET

Coffee Break with Babson's Protestant Chaplain, Fridays at 10:30 a.m. ET

Want to receive weekly newsletters? Email [eohl@babson.edu](mailto:eohl@babson.edu).

Meaning of the Message: Basic Beliefs/Theology of Islam, Mondays from 9:00–9:40 p.m. ET

We'll review and discuss the basic beliefs of Islam.

Tajweed Tuesdays: Qur'an Class, Tuesdays from 10:00–10:40 p.m. ET

We will work on our reading of Qur'an.

Pillars of Practice: Basic Fiqh (Purification, Prayer, Fasting), Wednesdays from 9:00–9:40 p.m. ET

We will cover basic fiqh (legal rules and regulations of worship).

Surah Kahf & Tajweed Thursdays, Thursdays from 10:00–10:40 p.m. ET

We'll read Surah Kahf together and work on some tajweed.