



APRIL 6 | VOL. 2

# 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**

### Tips from CAPS

At Counseling and Psychological Services (CAPS), we hope each student is well during these unprecedented times. CAPS staff are dedicated to supporting your mental health and overall well-being. With that in mind, here are a few tips and recommendations we hope you find helpful as you continue to work through and become more comfortable with the life changes we're all experiencing.

1. Get outside several times a day for fresh air or a walk. If you're with another person, stay 6 feet apart from each other.
2. Participate in BRAC's online exercise options!
3. Watch [this video](#) on brief but helpful tips about what we can do day-to-day to stay mentally fit as we continue social distancing.
4. In Massachusetts and a few other states, there are no longer co-pays for mental health services. If you want help finding services or additional online resources, please email us at [counselingservices@babson.edu](mailto:counselingservices@babson.edu).

### Wellness & Prevention Updates

In addition to the COVID-19 outbreak, the Centers for Disease Control and Prevention (CDC) and state health authorities have also been investigating a national outbreak of **e-cigarette, or vaping, product use-associated lung injury** (EVALI). The CDC recommends that people not use vaping products containing THC or vitamin E acetate, especially from informal sources like friends, family, in-person or online dealers, since both substances have been linked to the EVALI outbreak. For more information on EVALI, visit [cdc.gov/lunginjury](https://www.cdc.gov/lunginjury).

Both COVID-19 and EVALI can cause pneumonia in a person's lungs, and patients have reported symptoms of coughing and shortness of breath. Because both illnesses can seriously impact the lungs, take precautions to protect your respiratory health, particularly if you are in a high-risk group. For help with smoking or vaping cessation, email [wellness@babson.edu](mailto:wellness@babson.edu).

# Health Services Helps

We are committed to you all and to continuity of care. Providers are on campus in the clinic and will be wearing masks for all visits. Our office is staffed **Monday through Friday, 8:30 a.m.–12:00 p.m. and 1:00 p.m.–4:30 p.m.** with clinicians available to take calls and, in specific cases, schedule appointments for students to be seen in the clinic. **Visits are by appointment only and students will need to call when they arrive to be let in for their appointment.** Until these strange but necessary measures end, know that our thoughts are with you and those you cherish the most.

- For medical record requests, go to [babson.edu/media/babson/site-assets/content-assets/images/student-life/health-and-wellness/release-of-medical-information-from-babson.pdf](http://babson.edu/media/babson/site-assets/content-assets/images/student-life/health-and-wellness/release-of-medical-information-from-babson.pdf) to download and complete the medical release form. Please return by fax to (781) 239-5069 or scan and email it to [healthservices@babson.edu](mailto:healthservices@babson.edu).
- For questions about medications that were prescribed to you in the clinic that you want to continue while away from campus, please call us at (781) 239-6363 to speak with a clinician.
- Please continue to listen to and follow the recommendations from your state and local authorities regarding social distancing, leaving home, and mask wearing. Refer to primary sources such as the **Centers for Disease Control and Prevention (CDC)**, **World Health Organization (WHO)**, **National Institutes of Health (NIH)**, state health departments, and the **U.S. Department of State** for information.

**PREVENT to PROTECT your health**  
and the health of those around you

## Stay Informed



sign-up for CDC email updates at [cdc.gov](http://cdc.gov)



check in with the World Health Organization for situation reports



stay up-to-date with local and national news



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

## Messages from our Chaplains

Religious and Spiritual Life continues to offer support and care to students. Below, you will find snippets of weekly entries from our chaplain team. They provide insight on upcoming holidays as well as faith during crisis. To read the full entries, please visit the RSL webpage and/or connect with a chaplain.

Passages from the Qur'an as well as a Hadith (saying) of the Prophet Muhammad (pbuh) indicate how tribulations and crises are a part of life and there is great benefit in taking solace in and patiently persevering with faith in times of difficulty.

—**Bilal Mirza, Muslim Chaplain**  
[bmirza@babson.edu](mailto:bmirza@babson.edu)

Passover is a major 8-day Jewish festival of freedom that begins this year at sundown, April 8. The highlight of Passover is the first night, marked by a ritual meal called a seder, where the story of the Exodus is retold and interpreted to make it personal for each participant.

—**Neal Gold, Jewish Chaplain**  
[ngold@babson.edu](mailto:ngold@babson.edu)

Easter means that death does not have the final answer, and it's celebrated during the first full moon after the spring equinox on March 31. Easter is the foundation of Christianity and cannot be quelled by the COVID-19 pandemic and shuttered churches. Masses and services will be live-streamed and celebrated all over the world.

—**Donna McKenzie, Catholic Chaplain**  
[dmckenzie@babson.edu](mailto:dmckenzie@babson.edu)