GIVE YOURSELF A BREAK

In this issue:

• Don’t trust everything you read online. Disinformation is rampant. We are all being stretched to our limits right now. If the constant news stream is causing you anxiety and worry, take breaks from the news and take care of yourself. Find a video of your favorite artists and musicians putting out home concerts in support of medical workers (now featuring her couch and cat: @massbayathletics). Get out and get fresh air (play there's nothing I love more). Now is a great time to get back into the hobbies that you used to love (grab the trumpet you haven't played in a while and give it a try, you might be surprised).

WHAT TO MANAGE YOUR STRESS

Now especially is a great time to get back into the hobbies that you used to love. Whether you choose to use some of the unique resources such as #channel=ellen (now featuring her couch and cat: @massbayathletics), Finding new Facebook Groups related to your interest groups, or find a new character to give you something else to think about. Find new friends online or friends that you have insta friends with and join in on the fun (maybe even have a little fun). Work on the same reading, virtual groups to hold each other accountable and continue working together! Whether you choose to use some of the campus resources, there are a lot of guided at home workouts for you to try even if you can't get outside for fresh air, and moving our bodies boosts our mood and overall well-being. There are a lot of guided at home workouts for you to try even if you can't get outside for fresh air, and moving our bodies boosts our mood and overall well-being. 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