

STUDENT ENGAGEMENT

Weekly Newsletter

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YOUR First 8 Weeks

We know that starting classes can be overwhelming. Your attention is pulled in a lot of directions; most of you are working and going to school, and many of you have family responsibilities as well. Getting back into school can be a challenging transition-- whether it's been 3 weeks, 3 months, or 30 years since your last class.

To help you stay focused and get connected, we've put together a guide to help you focus on what is important throughout the first half of the semester to set you up for success now and into the future. See below to find a guide to your FOURTH week!



Week 4: My Wellness

Self-Care is more than a trend! Students lead incredibly busy and stressful lives and it's important for you to prioritize your emotional, mental, and physical health so you can stay focused in school.

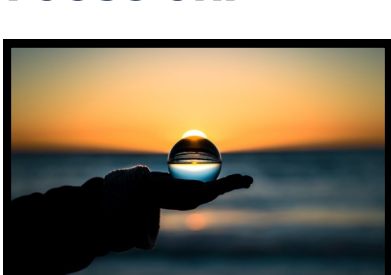


Especially now that we are all spending more time on our computers and are physically separated from others, it's important to maintain a routine, be physically active and find ways to manage your stress.

THIS WEEK YOU SHOULD FOCUS ON:

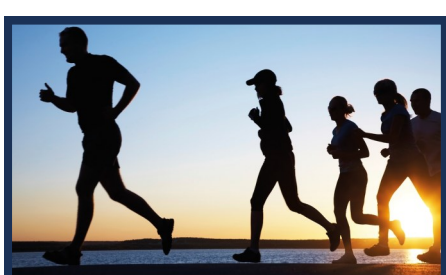
Mental/Emotional Health

- College is hard. Life is hard. Make sure you aren't making it harder by ignoring your own mental health. Take breaks, go outside, ask for help, and talk to someone when you need it.
- Connect with our Counseling Services. Our professional counselors help students overcome interpersonal, emotional, and psychological barriers to academic success. Counseling services are confidential, free, and here to help you succeed www.massbay.edu/counseling
- Participate in Mindful MassBay every Monday and Thursday at 3:00pm (email counseling@massbay.edu for an invite) Counseling Services creates space for students and staff to practice mindfulness, distress, and take a break. Check out a session.
- Explore free virtual apps!
- **Meditation and Mindfulness:**
 - ⇒ [Mindfulness Coach](#) Self-Guided Program to help you develop a mindfulness practice
 - ⇒ [Stop.Breathe.Think.](#) Fit mindfulness seamlessly into your daily life, with meditation, breathing, yoga, guided journaling and more with over 400 free short activities.
 - ⇒ [Insight Timer](#) Library of free guided meditations and yoga for sleep, stress and anxiety
- **Stress and Anxiety:**
 - ⇒ [Savello.](#) Clinically validated techniques for coping with stress, anxiety and depression.
 - ⇒ [Mindshift CBT](#) Free tools and strategies to help reduce worry, social anxiety and perfectionism
 - ⇒ [COVID Coach](#) The COVID Coach app was created for everyone, including Veterans and Servicemembers, to support self-care and overall mental health during the coronavirus (COVID-19) pandemic.
 - ⇒ [Happify](#)
 - ⇒ [SAM](#) Self-Help for Anxiety Management helps you identify what impacts your stress and anxiety and create a personalized stress management tool-kit



Physical Health

- Staying physically active is important to leading a balanced life! Although exercising indoors and being physically active while going to school online can be more challenging, we also know be physically active can reduce stress and clear your mind so you can focus more and sleep better!
- Follow our Athletics Department on Social Media
- Challenge Yourself this week to try a different kind of activity every day, being active is about overall health and moving your body!
- Try out Free Virtual Work-Outs
 - ⇒ [J&J Official 7-Minute Work-Out](#) Library of exercises and work-outs designed to fit your schedule!
 - ⇒ [Nike Training App](#) Train at home, in the gym, or on the road, with everything from bodyweight sessions, yoga flows, cardio, HIT classes, and full-equipment gym workouts for all fitness levels.
 - ⇒ [Fit On](#) Quick & Effective Workouts from Celebrity Trainers that You Can Do Anywhere!
 - ⇒ [Evolve21](#) Inclusive exercise app for people of all abilities
 - ⇒ [Daily Yoga](#) More than 100 yoga and meditation classes to help people from all levels.
- YouTube Channels:
 - ⇒ [OrangeTheory](#)
 - ⇒ [POPSUGAR Fitness](#)
 - ⇒ [Yoga with Adriene](#)



Get some fresh air

- Whether it's a 15 minute walk outside (maintain social distancing and recommendations) or a 10 mile run, make sure you are continuing to get outside for fresh air, and moving around.



Turn Off your Electronics!

Learn about our Food & Housing Resources

- We know it's hard to focus in class when you are hungry, so MassBay staff, faculty, and students have worked to create a wide variety of food resources for our students.
- Check out what is available to you at www.massbay.edu/snacc.
- [Food and Housing Resource List](#)



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