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Special Edition Number 1



THE WHALE WATCH

*"Looking Out for Yourself and Others"*

## Managing Routine

Dear Students:

The Center for Student Wellness and Counseling Services (CSWCS) has invited students to share how they are managing routine during this time of uncertainty and adjustment. Students have noted challenges with everything from new living arrangements, being distracted by loved ones and the media, staying accountable to their studies, finding time for self-care, and overall concerns for the well-being of family and friends.

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tip #1

## CREATE A ROUTINE

CHANGE OUT OF YOUR PAJAMAS, SHOWER AND MAKE A TO-DO OF ALL THE THINGS YOU WANT TO ACHIEVE EACH DAY TO CREATE A SENSE OF NORMALITY AND PRODUCTIVITY



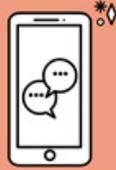
tip #2



## LIMIT NEWS AND MEDIA

STAY INFORMED ABOUT THE SITUATION THROUGH RELIABLE SOURCES, BUT LIMIT YOUR NEWS AND SOCIAL MEDIA INTAKE TO AVOID FEELING OVERWHELMED.

tip #3



## STAY CONNECTED WITH PEOPLE

USE TECHNOLOGY TO VIDEO CHAT, CALL, AND TEXT YOUR FRIENDS AND FAMILY. CHECK IN ON YOUR LOVED ONES AND TRY TO FOCUS ON POSITIVE TALKING. YOU CAN EVEN PLAY GAMES OVER VIDEO CHATS!

tip #4



## TAKE CARE OF YOUR BODY

EAT HEALTHILY, GET PLENTY OF SLEEP, GET SOME FRESH AIR AND EXERCISE DAILY. MANY LOCAL TRAINERS ARE OFFERING FREE HOME WORKOUT PLANS. TAKE ADVANTAGE OF THIS TIME TO TRY SOMETHING NEW! A NEW WORKOUT OR EVEN A NEW RECIPE.

*Tips compliments of Raneem Alayoubi, second year pharmacy student*

**Raneem Alayoubi, a second year pharmacy student who was living on her own, is learning to adjust to living at home with family.**

*"I moved a small desk and rearranged my bedroom so the desk can sit in front of my nice large window (natural light is a must for me) and my parents now know that if the door is closed I'm busy and if it's open they're welcome to come in and encourage study breaks.*

*My family has been nothing but supportive during this change. I hope to better master online education by creating a detailed planner (Microsoft has a month calendar template that I'm currently using) where each day I made daily goals of what lectures I want to accomplish to hold myself accountable. I also have a large whiteboard up for studying but the first thing I do before writing on it is write down "you are blessed" at the top.*

*I think it's important to remain positive during this time as some are unable to continue their education. I know I need to take care of my mental health first and with that, I will see success in my education."*



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**Whitney Stolnicki, a second year medical student, got herself back on track after coming to terms with the impact of COVID-19.**

*“My new daily routine goes something like this: I wake up to my alarm at the same time every day and make my perfect cup of coffee. My morning is spent studying for upcoming exams and STEP1. I have lunch around noon, and then I study for a few more hours. Then, I take a break by taking advantage of the warm weather and the outdoors whether it be walking, biking, or fishing.*

*I spend dinner time with my family and make phone calls to friends followed by a yoga class. (F.Y.I. One Love Yoga in Kent is offering virtual yoga classes, and they are great!) I finish my night off with a little more studying, and then I repeat! By no means is this routine perfected; I am just trying to put some structure in this unpredictable time.*

*I wish everyone safety, good health, and happiness, and I know we will be stronger together when all of this is done!”*



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**Victoria Parry, a second year pharmacy student, has found ways to prioritize her well-being.**

*“During the social distancing I've been going outside a lot and going on walks or hiking. When I am outside and off of my phone I feel the most relaxed! I also have been playing with my rabbit more often and that's been fun. I am still working occasionally as a pharmacy intern so I picked up a couple of shifts. I like lists, so each week I keep a check list of things I want to accomplish and that helps me stay organized and on track.”*

*“My best advice is to restrict social media, go outside, stay connected (over the phone, video, etc) with family and friends and educate yourself on what's going on. Don't read into the "stories" on social media or the news that everyone is posting, take the time to look up facts and educate yourself on the topic.”*



**Vickie's rabbit, Dublin**

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At the CSWCS, we understand that these times pose as a challenge and it has had a significant impact on your lives, and you may be feeling stressed, overwhelmed, frustrated, anxious or depressed. We want you to know you are not alone.

- Take each day one at a time and break it down into hours
- Focus on what you **can** do
- Consider your needs (friends, family, routine, self-care, etc.) and how you plan to meet them

Maybe it's Face timing with a friend while you binge watch "Tiger King"

**OR**

Perhaps it's Raneem's designated study space

**OR**

Whitney's structured but flexible routine

**OR**

Vickie's time spent outdoors away from her phone.

Considering the COVID-19 pandemic, most everyone is working or schooling from home; this situation is far from normal. Harpreet Gujral, program director of integrative medicine at Johns Hopkins' Sibley Memorial Hospital, offers suggestions on practicing wellness and staying

healthy when you're working at home during the pandemic.

Whichever way you choose to manage your routine, it will be the right one for you!

Please visit our [web page](#) for additional resources on managing routine, coping, loss control, STOP mnemonic, and much more!

**Want to share how you are managing routine? We would love to hear from you! Email CSWCS at [counseling@neomed.edu](mailto:counseling@neomed.edu).**

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**Sincerely,**

**The Center for Student Wellness  
and Counseling Services**

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