**Staying Healthy While Learning Remotely**

**Adapted from Rebecca A. Eckland, TMCC Marketing**

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As TMCC students, faculty and staff move to remote learning for the majority of its classes and services, we want to give you as much support and resources as we can to ensure you are successful while you are learning from home. Below is some advice on how to keep yourself mentally and physically healthy while negotiating the demands of remote learning.

While it’s important to complete assignments, participate in online discussions and complete exams, it’s also important to keep your health and wellness as a top priority. This means focusing on getting some form of exercise, but also focusing on your mental and emotional well-being, too. This is not an exhaustive list and we hope it serves as a reminder that being successful in life is learning how to approach challenges holistically.

***For starters, don’t sit all day****.*  Schedule regular breaks for yourself to stand up, stretch and walk around. If you have a foam roller, you can roll yourself out. If you can, go outside into your yard, balcony—some spot where you can get the sun on your face.

***Be creative with keeping yourself moving****.* During a scheduled break from school work, try to find ways to move your body while practicing safe social distancing. Go for a walk, or do yoga in your living room. Maybe you’d like to try a YouTube video that can walk you through body weight exercises (push-ups, sit-ups etc.) that you can do in your own home.  Or, if you are craving a little social interaction, Facetime with a friend and host a virtual dance party or simply chat over a cup of coffee or tea. Your body, mind and spirit will thank you.

***Be sure to hydrate.***It’s always important to drink water, but even more so now with the increased concerns around public health. As you study, be sure to drink enough water. Health authorities commonly recommend eight 8-ounce glasses, which equals about a half gallon. You can remember this by reminding yourself to be square: 8 glasses, 8 ounces, or “8 x 8 every day.”

***Don’t gain the COVID-19.*** While many are worried about the virus this season, we urge you to avoid the COVID-19 by eating mindfully. Mindful eating means making sure that you are eating what is healthy for you: fresh vegetables and fruits, high-fiber legumes (like beans and lentils) and lean sources of protein. In fact, this might be the moment to embrace learning how to cook at home. Cooking can be therapeutic and it can also become a way to learn a new skill. If cooking isn’t your “thing” and you plan to order take-out food, practice mindful eating in that case, too. You can select healthy choices and support local businesses by ordering take out from them.

Our last piece of advice comes from our desire for you to be healthy—in your body and your mind. What is going on in the world is unprecedented, and it is normal to feel anxious or even scared. It’s important to schedule breaks for yourself to manage your mental health. In fact, *when taking a break, it is OK to do nothing*. That is a strange thing to write in a world where it can feel like obligations pile up faster than dirty laundry. We are constantly bombarded with texts, emails, calls and responsibilities that we shoulder as students, parents, siblings, friends, employees and all the other roles we play in our day-to-day lives. We’re used to being asked to do more. Now, more than ever, it’s important to embrace doing less. Work in breaks for yourself that do not include screen time. Watch the clouds. Spend time with your pets.

***Envision yourself succeeding****.* There’s a reason why there are clichés that speak about the darkest moment occurring before dawn. When situations become challenging, sometimes it’s hard to imagine ourselves out of them. Trust that you’re someone who’s capable of succeeding despite surmountable odds. Envisioning your success can be a big part of making it a reality.

**Talk to someone: *If you would like to talk to a TMCC Counselor, we are now set up to talk to you by phone or by virtual appointment using Blue Jeans, a video platform. You can schedule an appointment by calling our main number at (775) 673-7060 and leaving a message or by emailing us at******counseling@tmcc.edu******.***

Stay tuned for up-to-date information about TMCC campus operations and support services, check TMCC’s Coronavirus page at [coronavirus.tmcc.edu](http://coronavirus.tmcc.edu/).

***For daily tips on how to take care of yourself during these unsettling times, check out our Counseling Center Facebook Page and use the discussion platform on the new Lizard’s Lounge which has been added to your Canvas account.  Let's use this time of social isolation to reflect on what's important to us!***