

## **As we all transition back to in-person learning, here are some tips to keep in mind:**

### **Get Back into a Routine — Including Breaks as Needed.**

- Routines give us the structure we need in times of uncertainty. Even in a pre-pandemic world, routines are an important part of helping us feel in control and secure. Establishing a back-to-school routine will be more important than ever.
- From wake-up habits to study times and regular bedtime rituals, stick with a routine that helps you feel your best
- Don't forget to build in time for fun and relaxation!

### **Practice Patience When Getting Acclimated to a New Routine & New Learning Environment.**

- This is a big transition, and just as it took a while to figure out remote work and learning, it may take a while to reintegrate back to in-person school and the way of life that surrounds it.
- Try to set realistic expectations and anticipate that getting into a new and stable routine may take some time. Practice compassion for yourself.

### **Eat well, be active, and get enough sleep.**

- Make sure to stay hydrated, practice healthy eating, and develop a sleep routine.
- Regular exercise boosts our mood, energy, concentration and sleep. Try to keep active.

### **Anticipate Some Stress & Uncertainty While Acclimating Back or in Any New Situation.**

- Change (even good change) can be difficult to adjust to. Try some mindfulness activities (deep breathing, going for a walk, etc.), and get outside for some fun when you can.

### **Be Proactive About Your Mental Health.**

- For many people, the pandemic has had a major effect on our lives and well-being. Many of us are facing challenges that can be stressful and overwhelming.
- If you're feeling overwhelmed or have any concerns as you return to school, the Counseling & Wellness Center is in your corner. We offer free confidential counseling to all CCM students.

### **Find Ways to Connect with Others.**

- Making connections with others is important to our overall well-being. There are plenty of ways to connect with others (campus clubs, organizations, campus activities) in a socially-distanced way.

### **Reach out for Help If You Need It. Share Your Concerns and Questions with People That You Trust.**

- Seek out support from trusted people if you feel that you are struggling. Whether you're overwhelmed by your workload or simply feeling anxious about readjusting to campus life, sharing your concerns with others can take the weight off your shoulders.
- CCM faculty and staff are here to support you!