

Peay Professor Resource: "I Care" Messaging

October 2020



Hello Faculty,

COVID-19 has created challenges for all of us. One of the biggest is staying connected with students while face-to-face formats are limited at best. "I Care" Messages provide a quick and easy way to encourage, empathize with, and be a trusted resource for students. It's as easy as 1-2-3...

1. Select any "I Care" Message below
2. Copy & Paste to your D2L Course Shell Announcements (title & content are provided, but feel free to tailor or create your own "I Care" post)
3. Make it a goal to post 1 "I Care" message each week separate from any course content to remind students that we're all in these uncharted waters together.

This is another opportunity to come together during tough times and exemplify what it means to be a part of the APSU family.

"I Care" Messages

Stay Active, Stay Healthy

Did you know that just 20 minutes of physical activity each day can boost your mood, reduce your stress and help you focus? We all need a mental break from time to time; use that break to go for a walk, ride a bike, swim, stretch or anything that gets your body moving. This will help to clear your head and allow you to focus on your homework or study sessions. Access to the Foy Center is included in your tuition and is a great resource to help you stay active and healthy. Go to <https://www.apsu.edu/recreation/> to find facility hours, fitness classes, outdoor trips and more!

Don't Give Up – Reach Out!

This is the time in the semester when work piles up, and life doesn't stop. If you are feeling overwhelmed with all that is on your plate, don't give up, reach out for help. What might seem like an insurmountable to-do list, can be completely possible with a little prioritizing and some help. When you feel like quitting, remember why you started. You got this. I am here to help.



Reflect on How Far You've Come

I want to remind you how resilient you are and how far you've come this semester. Remember to take some time for yourself and reflect on what has worked well or maybe not so well for you in the semester so far. Don't forget to communicate with your professors and seek any additional help if needed. Here are some tips for your continued success:

- Set up a study group via zoom with your peers and have each person prepare two questions from your course content and use them to quiz each other
- Consider utilizing the APSU writing center <https://www.apsu.edu/writingcenter/> if needed
- Consider any peer tutoring services available in your college <https://apsu.edu/student-success/peer-tutoring.php>

You should be very proud of yourself. Give yourself a pat on the back!

Fall Break for Your Brain

I just wanted to check in with everyone and send you some encouragement. We have officially been at this for over a month--Navigating the semester virtually and on-campus. I hope you are settling into your schedule and getting the hang of your "new normal". As you all know mid-October is when we usually have fall break to take a deep breath, but this year the schedule is a bit different. Without an official fall break, I want to encourage you to take a bit of time for yourself this week and catch your breath.

Here's a Fall Break for your Brain checklist:

- Take a day off of social media
- Go for a walk in the cooler air
- Listen to a podcast that is uplifting and encouraging
- Call a friend just to check in
- Meditate for 10 minutes in the morning
- Visit a park in Clarksville
- Make a list of 10 things that you are thankful for or are going well right now

COVID-19 and Disabilities

As everyone knows, the current pandemic poses special risks for people with disabilities. In addition to being more susceptible to complications from the virus, the pandemic may be causing higher rates of isolation for groups of people with mobility and communication differences. For example, masks and face coverings make it even harder for Deaf and Hard of Hearing individuals to communicate. Thus, it is important to stay connected to resources on campus to alleviate these additional strains-- as we are finding more accessible ways to navigate this unique situation. Know that you are not alone in experiencing new struggles and barriers that the pandemic is causing for those with disabilities! The Office of Disability Services can be a paramount tool for contact and aid throughout the semester.

Email: Disabilityservices@apsu.edu



Need a Breather?

Feeling overwhelmed with all you have to accomplish this week? It's important to take a breather to care for your mental health and get a much deserved break from school work even if just for a few moments. This week, please take some time to do something that makes you feel good and serves as a mental health break. If you can't think of something specific, you might try doing a body scan meditation to relieve tension by systematically focusing on different parts of your body. This will help you reduce stress and improve your well-being so you can finish the semester strong. The body scan meditation will take as little as 20 minutes, and you can repeat it as many times as you'd like. Here are the detailed directions:

https://ggia.berkeley.edu/practice/body_scan_meditation

Govs Give Back Funds

If you find yourself in need of assistance this semester, APSU has some helpful resources. The Govs Give Back Fund was established to help you if you are facing unexpected financial hardships due to non-routine auto expenses, medical expenses, childcare expenses, disability expenses or computer problems. To learn more about how to apply for funds, visit the APSU Emergency Funds website: <https://apsu.edu/volunteer/sos-food-pantry/sosfunds.php>

#GovsWearMasks

Thank you for your continued effort to stay safe this semester! As a reminder, face masks are required on campus. If you are currently experiencing any COVID-19 related symptoms or believe you have been exposed to someone who has tested positive, please complete the [APSU COVID-19 Reporting Form](#) and follow [guidelines](#) for quarantining and returning to class.



"I Care" Messaging is an initiative of the Health Promotion Standing Committee.

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