

# **The New Normal:**

***Connecting During this Time of Sweats, Zoom, and Quarantinis***

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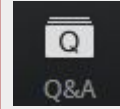
**PNACAC Webinar**

**March 27, 2020**



# Welcome, Intros, Agenda

- Introductions and logistics
- Working effectively from home
- “What I know today”
- Guided gratitude meditation
- Self-care strategies
- Reflection/moving forward
- Resources
- Q&A
- Wrap-up



< Click this button at the bottom of your screen to ask questions



# Gettysburg

COLLEGE

**Courtney Best**  
**Senior Associate Director & West Coast Coordinator**



# Working Effectively From Home

## BASIC NEEDS

- **Wifi/Internet connection**

- **Computer**

(test your internet speed <https://www.speedtest.net/>)

- **Cell phone**

(use \*67 before you dial the number- if you do not want your personal cell number to show)

- **Desk/Table**

(in a quiet space, if possible - away from distractions or other family members working/learning at home)

- **Comfy Chair**

(a bed is not a chair and couch is okay, but a table and chair are better for your posture)

- **Healthy snacks and water**

- **Ask questions/platforms**



Zoom meeting,  
audio only



Zoom meeting  
with video



# Working Effectively From Home



## DAILY SCHEDULE

- **Keep a regular schedule**  
(sleep 7-8 hours, get up at the same time, work 9am-5pm, evening routine, go to sleep a decent hour)
- **Shower, brush your teeth and change out of your pajamas, be presentable for ZOOM meetings**
- **Turn on lights and if it is nice outside open a window**
- **Make a schedule- make a list of daily tasks, schedule every hour, make sure you have an hour for lunch (eat normal meals)**  
If you have kids- get them involved in making their own daily schedule, take a break with them, and include outdoor play.
- **Reach out to a co-worker or a friend everyday- human contact is important. Weekly check-ins with your boss/supervisor**
- **Find time to move- go for a walk, do a workout at home, get up from your chair and walk around/stretch every 2 hours.**
- **Find time to look away from your screen- try this for a minute every hour, blue screen glasses can help.**

# Working Effectively From Home

## DAILY QUARANTINE QUESTIONS:

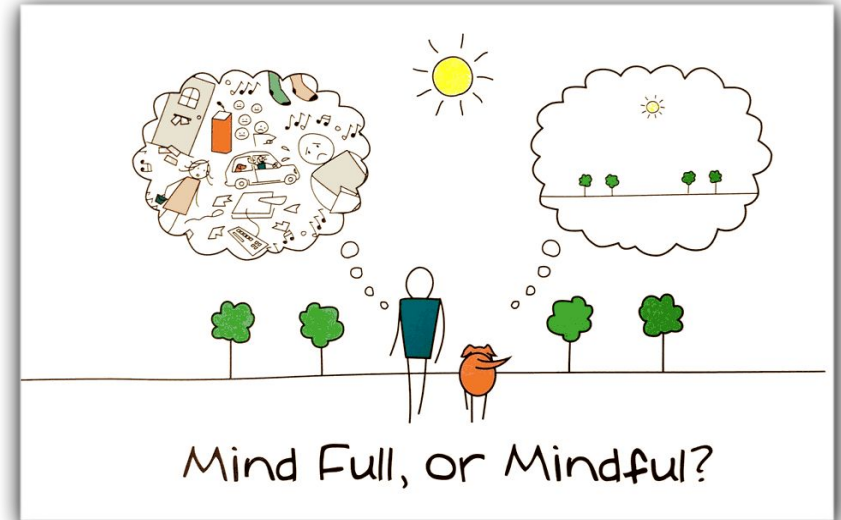
1. What am I GRATEFUL for today?
2. Who am I CHECKING IN ON or CONNECTING WITH today?
3. What expectations of "normal" am I LETTING GO OF today?
4. How am I GETTING OUTSIDE today?
5. How am I MOVING MY BODY today?
6. What BEAUTY am I either creating, cultivating, or inviting in today?

# What I know today:

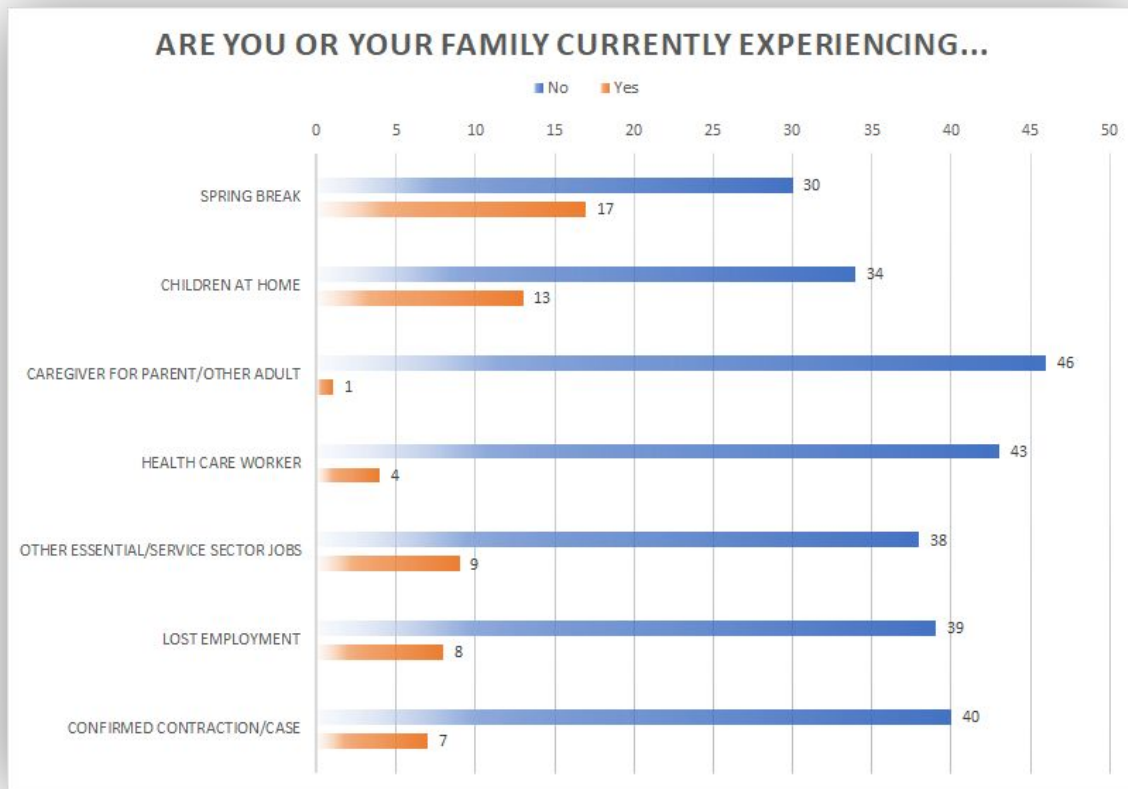
- I am responsible for sharing facts.
- I choose to share hope with my students & their parents.
- Meet the student where they're at emotionally, mentally.
- I limit my time on social media, including Facebook groups related to our work in college admission.
- It's ok to ask for help.
- How I feel right now might be different in an hour.
- Making lists & listening to instrumental music (Peaceful Guitar on Spotify) helps me focus & feel productive.
- We're all in this together.



# David Chehey, M.A., LPC, **Boise High School**



# Poll Results



# Gratitude ~



# I CANNOT CONTROL

(So, I can LET GO of these things.)

IF OTHERS FOLLOW THE RULES OF SOCIAL DISTANCING

THE AMOUNT OF TOILET PAPER AT THE STORE

## I CAN CONTROL

(So, I will focus on these things.)

THE ACTIONS OF OTHERS

MY POSITIVE ATTITUDE

TURNING OFF THE NEWS

FINDING FUN THINGS TO DO AT HOME

HOW LONG THIS WILL LAST

HOW I FOLLOW CDC RECOMMENDATIONS

LIMITING MY SOCIAL MEDIA

MY OWN SOCIAL DISTANCING

MY KINDNESS & GRACE

PREDICTING WHAT WILL HAPPEN

HOW OTHERS REACT

OTHER PEOPLE'S MOTIVES



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Let's reframe  
Social Distancing  
and call it the  
Physical Distancing  
& Social Solidarity  
Movement.  
We Need Each Other.

kindred psychology

“Distant socializing”



# THE DIMENSIONS OF SELF-CARE

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The five different dimensions of self-care include physical, intellectual, social, spiritual, and emotional aspects. Incorporating activities from each dimension into your life means you'll be nourishing every aspect in your life and ultimately getting better at self-care.

## 01

PHYSICAL

Physical self-care involves your fitness and sleep habits. This area also includes how you manage stress, your dental/medical check-ups, and sexual health.

## 02

INTELLECTUAL

Intellectual self-care involves your personal growth, continuous pursuit for learning and education, engaging in new things, practicing mindfulness, and having a positive mindset.

## 03

SOCIAL

Social self-care involves having a supportive network of people you can turn to when you need uplifting, guidance, or someone to talk to. Social connection helps create a sense of belonging and acceptance.

## 04

SPIRITUAL

Spiritual self-care involves the beliefs and values that help guide your life. This includes practices that help nourish your soul, seek understanding, and explore your spiritual life.

## 05

EMOTIONAL

Emotional self-care involves awareness of your feelings and emotions, dealing with stress positively, and cultivating a sense of compassion, kindness, and love for ourselves and others.

# Self-Care for Educators



Treat yourself  
when you need it



Remember to  
start fresh every  
day



Connect with  
uplifting colleagues



Do physical  
activities you enjoy



Take a break when  
you need one



Use positive self-  
talk



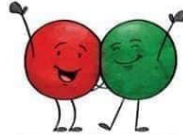
Go for a walk or  
spend time outside



Read a good book  
(just for you)



Plan an activity  
to look forward  
to



Spend time with  
friends and family



Leave work at  
school for the night  
or weekend



Spend less time  
on social media



Bring healthy  
snacks and meals



Be comfortable  
saying "no" to  
more obligations

[www.thepathway2success.com](http://www.thepathway2success.com)

Clipart by Kate Hadfield & Sarah Pecorino

## 20 STRATEGIES TO

# Lower Your Daily Stress



- Let go of the thoughts that aren't serving you.
- Decide what matters and what doesn't.
- Take off your mask.
- Trust your intuition.
- Practice gratitude.
- Detach yourself from the habit of taking things personally.
- Take a deep breath when you need one.
- Keep sanity in your schedule.
- Just do your best and appreciate it.
- Focus on the positive.
- Realize you likely need a lot less than you have.
- Fill your life with a lot of experiences, not things.
- Take small daily steps.
- Embrace self-discipline.
- Let go of what's no longer there.
- Be humble. Be teachable.
- Spend time with supportive, loving people.
- Walk away from drama gracefully.
- Practice patience as you work for your desires.
- Exercise your love.



Your diet is not  
only what you eat. It's what  
you watch, what you listen to,  
what you read, the people you  
hang around... be mindful of the  
things you put into your body  
emotionally, spiritually  
and physically.

[tinybuddha.com](http://tinybuddha.com)



Ok, but honestly,  
**how privileged are so many of us**  
that during a global pandemic, we can  
just stay warm at home, reading, working,  
still being educated, creating, talking to  
our loved ones, with little worries and  
a fridge stocked with food?

**Do remind yourself to  
be grateful today.**



# Over the past few weeks:

*The biggest thing I miss...*

*The most significant lesson I learned...*

*The most important thing I did for others...*

*The biggest thing I accomplished and/or am most proud of...*



# Looking ahead:

*Moving forward, I am ready to change/let go of these three things...*

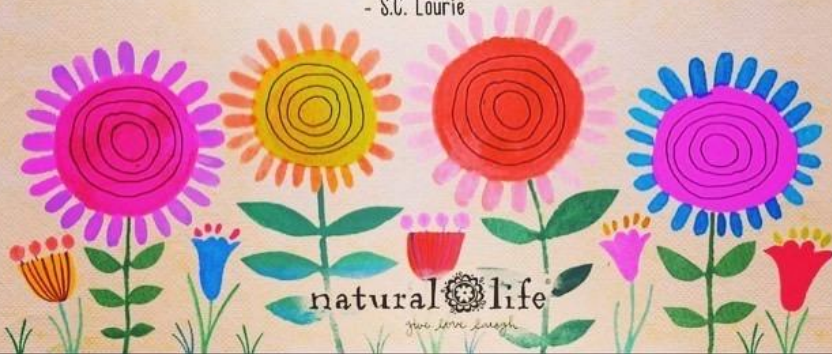
*How I envision the next several weeks and/or the eventual transition back to 'normalcy'...*

A SHOUTOUT TO  
EVERYONE WHO IS TRYING RIGHT NOW.

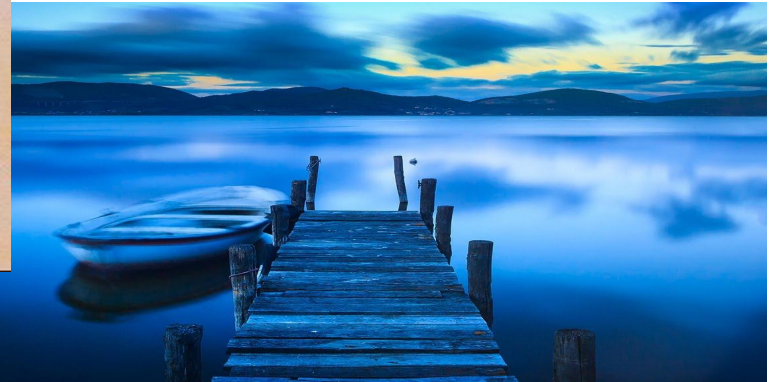
Trying to do the right thing. Trying to stay open.  
Trying to keep going. Trying to hold on. Trying to  
let go. Trying to find their flow. Trying to stay  
afloat. Trying to meet each new day. Trying  
to find their balance. Trying to love themselves.  
Trying new things and new ways.

I see you. I'm there too. We're in this together.

- S.C. Lurie



**#DoTheNextRightThing**



# Resources:

- [How to Work From Home: 20 Tips From People Who Do It Successfully](#)
- [Mental Health Lessons from Covid-19](#)
- [FAQs: Virtual School Counseling Ethics](#)
- [Stressed and Anxious? Here's How to Stay Emotionally Healthy](#)
- [Mindful - healthy mind, healthy life](#)
- [That-discomfort-youre-feeling-is-grief](#)
- [Care for Your Coronavirus Anxiety](#)
- [Managing Anxiety & Stress \(CDC\)](#)
- [Best meditation apps](#)
- [Best mindfulness podcasts](#)
- [28 Things To Do When You're Home Alone And Bored Out Of Your Mind](#)

# Audience-Generated WFH Tips:

- Get a comfy chair
- Short breaks, outside time, structured exercise time, and a firm stop at the end of the day = helpful
- Meal prep healthy snacks for throughout the day!
- Setting a schedule and taking time to get up and go on a walk/get some sort of exercise
- Take breaks...take your lunch!
- Keep your routine. Find time away from your computer phone every day & get outside, if you can!
- Move around a lot!!
- A glass of one of the PNW's great wines around 5ish... or 4ish!
- Go for walks! :)
- Stick to a schedule. Go outside, regularly. Make phone calls to catch up with colleagues (and friends).
- Keep office/living spaces separate. Go to work and leave work: do not let work seep into every part of every day.
- Get ready at the beginning of the day, as if you were going to the office.
- Keep a routine - especially in the mornings!
- Whiskey in the morning, homebrew for lunch, hard seltzer with dinner, rinse, and repeat!
- Create a standing desk!

# Audience-Generated Self-Care Tips:

- Painting
- My [Zumba teacher is doing classes via Zoom.](#)
- I love going for morning walks and listening to albums by A New Liturgy -- music and prayers to refocus and start the day [www.anewliturgy.com](http://www.anewliturgy.com)
- Staying very connected with good friends. We help each other cope and do a lot of laughing.
- I'm on day 24 of my "Vegan Challenge"!! Been cooking lots of new recipes!
- Hiking or walking EVERY DAY!!
- Watching Tiger King
- Brushing up on reading sheet music skills (pianist)
- Trying to learn a new hobby...painting and/or cross stitching!
- The Next Right Thing podcast [emilypfreeman.com/podcast](http://emilypfreeman.com/podcast) (highly recommend!)
- Peloton has a free 3 month trial right now. It's awesome - and has tons of workouts, not just cycling. They also have meditation...

Q&A



# Thank you for attending our “Happy Hour!”

- Please plan to attend our virtual membership meeting on May 21. We need a quorum to vote for our slate of officers and by-law changes.
- NACAC Conference -- Minneapolis, MN: September 24-26, 2020
- PNACAC Conference 2021 -- Carroll College, MT: May 19-21, 2021
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