

# What is this new normal?

How is this even possible? You've worked for two to three years (or maybe more) to get to your last semester and now everything switches online and graduation is canceled. For those students who are in a cohort, no longer attending class or seeing your classmates, can be disheartening. All this on top of being restricted to where you can go and how many people you can be around. All this on top of possibly being suddenly unemployed and scrambling for resources. To say it's overwhelming is a bit of an understatement.

Please know disappointment is normal. Feeling stressed out by all of this and being super anxious is a normal response to what is happening. Feeling like you have no control over things only makes it worse. So what do you do? How do you cope with this new normal?

- Limit your media exposure and make sure when you do watch/listen/read something it's reliable. Always check your sources.
- Connect virtually. Zoom, Facetime, Google Hangouts, texting, even emails or an actual phone conversation. You can still "see" your people and maintain social distancing.
- Maintain a routine and healthy habits. Still get up in the morning, shower, get dressed, eat breakfast, exercise, get enough sleep, avoid alcohol/mood altering drugs, take prescriptions correctly, eat well, etc. Make sure you are getting outside. Sunshine provides Vitamin D which helps increase your health.
- Do things to make you feel better. Repetitive tasks can be soothing. Things like puzzles, crosswords, Sudoku, knitting, drawing, etc. can help reduce stress. Reading books, watching movies, meditation apps, online yoga classes, etc. can also help. Journal about what you're thinking and going through. This gets thoughts out of your head and makes them more concrete and manageable.
- Allow the emotions to happen. Crying is ok. Anger (not projected) is ok. It's ok to not be ok right now.

## Who to contact

Please know, Support Services is still available. We are still seeing students for personal counseling appointments virtually. Email [supportservices@abtech.edu](mailto:supportservices@abtech.edu) to schedule an appointment. Also, you can text HOME to 741741 or go to [crisistextline.org](http://crisistextline.org). This is an external agency to A-B Tech. If you are in immediate crisis, please call Mobile Crisis Management at 888-573-1006. Single Stop is also available to help you locate local resources. Visit [www.abtech.edu/singlestop](http://www.abtech.edu/singlestop) and click on logo. Enter your zip code and then click on Local Resources. Contact [supportservices@abtech.edu](mailto:supportservices@abtech.edu) with questions.