Week 7 of the stay at home order!  Who would have thought I would be writing this?

Just a little information about my experiences lately:

For me, last week was extremely difficult.  I seemed like after the first five weeks of going and pushing through the uncomfortable times, I hit a wall.  I felt myself losing the energy I once had.  After talking with co-workers and family members, it seemed like this was happening to other people too.  I ended up taking some time off to decompress and absorb some beautiful air and sunshine.  Since reflecting on the tough week, I thought that with exams and huge projects coming due, you all were probably feeling the same!  Just know that you are not alone and almost everyone is being challenged.

Due to all of the exams, projects and the nature of the current events, I thought it would be a good week to take a step back and breathe.  When we are stressed and overwhelmed with school, work, family and emotions, it is important to go back to the basics and make sure we are caring for ourselves.  I would like to revisit meditation (thought stopping), identifying emotions, and continuing the gratitude journal.  I encourage you all to practice this indefinitely.

**Activity 1:**

Check this meditation practice out!

<https://www.youtube.com/watch?v=sxgB6GwhmX0&feature=emb_title> (2019).

I encourage you to try this and let us know that you did and how it went!

If you are interested in engaging in more meditation exercises similar to this one check out:

<https://blog.daveasprey.com/guided-meditation/>

Or Bulletproof Radio on Apple Podcasts or Spotify!

**Activity 2:**

Continue to use the emotions chart to help identify your emotions and always remember that it is okay to feel these.

If you are interested in the effect of this skill read this article:

<https://www.psychologytoday.com/us/blog/the-clarity/201909/permission-feel#comments_bottom>

**Activity 3:**

Continue writing down three things you are grateful for daily!

\*\* Exercise is also known to improve our mood!  Take a walk around your home or apartment and let the sunlight rejuvenate you!  If this is not an option, open a window and do some exercises in your home near the source of fresh air.  There are a lot of apps that have suggestions or are descriptive in nature.

Keep on keeping on!  Good luck during your final exams and projects!

*References*

*Francis, R. (2019, January 27). Breathing for mindfulness & to ease stress+ anxiety: Rod Francis[Video]. YouTube.* [*https://www.youtube.com/watch?v=sxgB6GwhmX0&feature=emb\_title*](https://www.youtube.com/watch?v=sxgB6GwhmX0&feature=emb_title)