

Heading Back to School

From the Wellness Center

OVERVIEW & PURPOSE

2020 has been a year with the “new normal” continually changing. Each day we are asked to be flexible, adjust and overcome; which let’s be honest, is tiring. Going back to school with the hybrid approach is a relief for some and a struggle for others. No matter where you sit on the spectrum, mental health is an important part of the equation. Please be mindful that all students and teachers bring with them unique experiences, worries and concerns from the last few months. We hope we can all continue to rise above the challenges and come together as a community to create a healthy, happy and safe environment for everyone.

Please do not hesitate to contact the Wellness Center if support is needed. The following link is to the WC contact information: <https://www.scfswellnesscenters.org/contact>

Some Ideas To Think About

- Approach the hybrid schedule with a healthy mindset using the 4 B’s:
 - Be Flexible
 - Be Optimistic
 - Be Supportive
 - Be Kind
- It is OKAY to not be OKAY
- Writing down your schedule or having it easily available can help with setting-up a new routine.
- Back-to-School Toolkit: [*Back to School*](#)
- Be mindful of your feelings, mixed emotions, stressors, concerns. If you would like support, ask. There are many options for support on campus available to all students.

Articles/Resources

Short Read: Head Back to School with ‘5 B’s’ for Mental Health
[*Head back to school with ‘4 Be’s’ for mental health*](#)

Helpful Resource: Self-Care Wheel
[*Self Care Wheel*](#)

**If you have any questions please call the Wellness Center at (530) 280-2009.

