

LiveWell Newsletter

Social Wellness

To develop, foster and maintain healthy and supportive relationships based on trust, honesty and respect as well as the ability to communicate and deal with conflict. Social wellness during the COVID-19 pandemic includes physical distancing, wearing a mask, avoiding large gatherings, and putting the health of the community first



Maintaining social wellness during this election season can include setting personal boundaries, limiting exposure to news media, and establishing a personal action plan regarding how you may want to be involved, such as having a voting plan.



Managing Election Stress



For more information,
[CLICK HERE](#)

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and Password)**

DEALING WITH THE 6 MONTH COVID SLUMP

- This is a very normal time to struggle or “slump”. Recognize that the desire to “make it stop” or “get away from it all” is normal.
- This is our next major “adaptation phase”. We’ve already re-learned how to do groceries, hold meetings and go to classes. We’ve found new ways to be happy and have fun, but we must be flexible and continue to adapt to changes as they come our way.
- As days get shorter (winter is coming!), we still need to be ready to innovate again. Remember there is light at the end of the tunnel!
- Identify the things you **HAVE** to do: cook, learn, exercise, etc.
- Don’t expect to be “sparkling happy or wildly creative” in the middle of the slump.
- Do your best to meet your obligations and be kind to **YOUR-SELF**, and your **LOVED ONES** and you’ll get an A+!

- Dr. Aisha Ahmad

Follow us on social media!

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