

QUARANTINE CARE PACKAGE

STUDENT COUNSELING CENTER | STUDENT HEALTH, WELLNESS & ENGAGEMENT | CHAPLAIN'S OFFICE



Pam Detrie
Director of Student Counseling

Facing time in quarantine or isolation can feel like a difficult proposition. Not having the usual options for activities and involvements, can contribute to feelings of frustration and disappointment.

We at the Student Counseling Center want to make sure that you know that we are here for you. We are still offering individual counseling through teletherapy so that you can participate in counseling from your living space. In addition,

we have an anonymous self-help platform, **Therapy Assistance Online (TAO)**, available for all students.

Please check out our website for a full listing of our services: rhodes.edu/counselingcenter



Beatrix Weil
Chaplain

One practice that many faith traditions share is fasting - abstaining from food or drink or particular activities for a period of time. You are now entering a season of fasting from face-to-face interactions. This fast you have entered can be a spiritual practice if you let it. How does your fast connect you with your community? At this moment of isolation and quarantine, you are loving your neighbor by fasting from interacting with them. In this paradoxical

way, you are connected to your neighbors, even ones you will never meet. Thank you for loving your neighbor so well, and may you have an easy fast. For more spiritual reflection opportunities, follow Chaplain Beatrix on **Instagram**.

While your primary concern during quarantine may be for your physical health, remember to take care of yourself holistically during the next couple of weeks. The Office of Student Health & Wellness at Rhodes exists so that students may have flourishing college experiences. There's not much about a pandemic or having to quarantine that feels like "flourishing," but perhaps what we can take away from this time is a renewed sense of commitment to pursuing wellness in multiple areas of our lives. For more information about the Office of Student Health & Wellness, visit: rhodes.edu/healthwellness.

OCCUPATIONAL WELLNESS

Make sure you're finding meaning and value in the work you are doing for your classes.

Periodically pause to step back to assess how what you're learning fits into your overall plan.

Be sure to read the weekly Career Services newsletters (delivered on Mondays in your Rhodes email box) and attend relevant programs to explore options for post-graduation planning.

Virtual career advising appointments are available via Handshake.

Click here to join Handshake:



Take advantage of these additional resources:

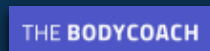


PHYSICAL WELLNESS

Schedule times for daily physical activity that you can do in your room, such as yoga, calisthenics, or walking/jogging in place.

Download a physical activity-oriented app and start a program that fits for you.

Check out these workout links:



SOCIAL WELLNESS

Check out *Rhodes this Week* to see what's going on and pick one event that you plan to attend. Plan to reach out to at least one friend or family member at least one time per day.

Consider these apps:



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WHERE TO FIND HELP

There are a variety of resources on-campus and in the community that can help you be an effective gatekeeper. Remember, you are not alone when it comes to helping a student in distress. **Use your resources!**

IN CRISIS:

• *If you or someone you know has need for emergency after-hours care, including thoughts of suicide and/or self-harm, and the risk seems imminent:*

Call Campus Safety at (901) 843-3333 or call 911.

• *If you are experiencing a mental health crisis, and the risk does not seem imminent:*

DURING BUSINESS HOURS (8:30 A.M. to 5:00 P.M. | Monday-Friday):

Call (901) 843-3128 the Student Counseling Center in the Moore Moore Building (next to the Refectory) for a crisis session.

If a student is walked over for a crisis session, the person accompanying them will be asked to give information describing their knowledge of what happened to cause the need for a crisis session.

AFTER HOURS OR ON WEEKENDS:

Any Rhodes student who requires urgent or emergency counseling services outside of regular office hours can contact an after-hours counselor at (901) 843-3128 or (855) 861-9253.

Campus Safety is also available if you or someone you care about needs assistance or crisis counseling outside regular office hours: (901) 843-3880.

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Your online resource for college mental health
ulifeline.org



jedfoundation.org

Promoting emotional health and preventing suicide
www.jedfoundation.org/



"A Friend Asks" app

Keeping More Than Dreams Alive

jasonfoundation.com/get-involved/student/afriend-asks-app/



National Alliance on Mental Illness

National Alliance on Mental Illness

nami.org

INTELLECTUAL WELLNESS

Reflect on yourself as a learner and on your current development of your intellectual abilities. Are there some new horizons you'd like to explore? As you have time available, you may consider picking up a book that you know will challenge you, or engaging in a study of some new topic.

Consider these apps or take a virtual field trip:



ENVIRONMENTAL WELLNESS

Scan your environment and set it up to be as positive as it can be even given the limitations. Make time for tidying up, accessing a window for fresh air, or creating activity zones in your space. The emotional benefits of having a low maintenance plants such as a cactus or succulent can have positive benefits, too.

Consider a time management app such as moment and/or working with a peer academic coach:



EMOTIONAL WELLNESS

Take some time each day to write a brief reflection about how you're doing and to tune into your emotions. Check out the self-help resources available at:



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WHERE TO FIND HELP

ON-CAMPUS:

Rhodes Student Counseling Center

The Student Counseling Center provides free and confidential short-term individual counseling and group counseling for all enrolled, degree-seeking Rhodes students. Appointments are available on Monday through Friday from 8:30 A.M. to 5:00 P.M. Students can call (901-843-3128), or send an email (counseling@rhodes.edu) to schedule an appointment.

Community Mental Health Resources

Tennessee Crisis Text Line

Text TN to 741741

Memphis Crisis Center

(901) 274-7477

Contact the Rhodes Student Counseling Center (901-843-3128) for additional community mental health resources information.



The Trevor Lifeline for LGBTQ Youth
thetrevorproject.org



Veterans Crisis Line
1-800-273-8255 **PRESS 1**

Veterans Crisis Line
1(800) 273-8255 Press 1
veteranscrisisline.net



Let Your Wellness Flow.

SPIRITUAL WELLNESS

Pause to breathe and reflect on your connection to yourself, your community, and any higher powers you believe in. Reflect on your own tradition and how you can cooperate and create with people from other traditions with the Interfaith Youth Core. Click "Do A Virtual Pick" on the Virtues Project website to randomly generate a virtue. Consider this virtue and meditate on the statements associated with it. Find more opportunities for spiritual exploration on Chaplain Beatrix's Instagram.



CULTURAL WELLNESS

Explore possibilities for learning about people from cultures other than your own. Take some moments to write about your own cultural identity. Check out the Study Abroad Office and begin to consider some of the possibilities for a study abroad experience.



Consider reading something to expand your cultural awareness specifically.



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WHERE TO FIND HELP

KEEPING A JOURNAL:

Adding some reflection and structure to your daily routine can help pass the time and even make the time meaningful. One way to do that is by keeping an isolation/quarantine journal. Here are some journal prompts you can use to explore this season.

Isolation & Quarantine Journal Prompts

Day 1: What are the biggest feelings you're having right now (both in your body and your emotions)? What are some words or images that describe how you're feeling? What is your intention for today?

Day 2: What parts of your living space are you drawn to? Which seating options, clothing, and space setups are making you feel comfortable? What can you change to increase your comfort? What is your intention for today?

Day 3: What are your expectations for this time? What do you think your days will be like? What are some ways you can prepare for those experiences? What is your intention for today?

Day 4: What are some people, places, things, happenings that you're thankful for? Why are they important to you? What is your intention for today?

Day 5: Look outside your window, what is the weather like today? Does the weather reflect your mood? How so or how not? What is your intention for today?

Day 6: What practices are giving you strength? What practices are draining you? What is your intention for today?

Day 7: (One week down! Keep going!): What has surprised you about this experience? What changes do you want to make to your daily routine to make this experience better for you? What is your intention for today?

Day 8: What is something that has made you laugh recently? Draw images or write down a few words describing the experience. What is your intention for today?

Day 9: Is there anyone you're missing? Describe why your relationship with them is special, and hold the relationship with gratitude. If possible, call or text that person. If that's not possible, take a moment of silence to honor the relationship. What is your intention for today?

Day 10: What are the ways you are being gentle with yourself? What are the ways you're being hard on yourself? You deserve to be treated kindly, what's one way you can be kind to yourself today? What is your intention for today?

Day 11: What have you discovered you missed most about life outside of quarantine? What have you missed the least? Are there any changes you want to make? What is your intention for today?

Day 12: What music or sounds can give you strength and inspiration today? What sound sparks your curiosity? What is your intention for today?

Day 13: What is something you lose track of time doing? Is that because you are enthralled, or because you are disengaged? What does that teach you? What is your intention for today?

Day 14: What have you learned over the last 14 days? What advice do you have for others heading into quarantine? What is your intention for today?