



THE DUALITY OF LIFE DURING THE COVID-19 PANDEMIC

You can grieve the little things that have been taken away from you



You can find new ways of being and appreciating

“I really wish I could study with my friends right now”



“Keeping my physical distance is very important right now. Perhaps I can form an online study group”

You can stay informed and updated from the news



You should schedule breaks from the news to prevent feeling overwhelmed

“I would focus more if I were at the library”



“The library is not a safe place right now. How can I make my environment more conducive to my studying?”

“I feel like I’ve accomplished nothing today”



“It takes time to adapt to a new (at-home) routine, but I am still doing my best”

You can worry and be nervous about the state of the world



You can find moments of joy and pleasure

You can miss your family and friends



You can find alternative method of connecting that is safe right now

“I feel worried about my education and future”



“I can try shifting to a more optimistic and hopeful thinking and learn ways to support my education”

You feel encompassed by stress



Count on your strengths and problem-solving skills to get through this difficult time

“I feel bored and secluded “



Pick up a new hobby or try a relaxation activity