

Resiliency in the Face of Chaos

Hey Everyone,

I hope newsletter #2 finds you well and healthy. We are coming to the end of week two of the stay at home order and some of you may have been at home for longer than that at this point. I hope you have started to lock down a routine that is working for you while still staying open to adjusting. I know I continue to bring up routine, I wonder why that could be???

Another unsolicited piece of wisdom for all of you, go outside. If you can't get out, then open a window or something. It looks like the weather is started to warm up. Just 30 minutes of fresh air does us all well. Double word score if you let the sun shine on you as well. I have attached an additional document to the newsletter email. I held a town hall style meeting earlier this week where we focused a lot on tips and tricks on thriving during this challenging time. I have re-worked my outline, so you all have access to the info if you need **23 helpful tips and tricks**.

This week our topic is Resiliency. I have been playing with a lot of different topics I wanted to touch on, but after having a conversation with a client the other day, I was struck that now is the time we all should focus on increasing our emotional resiliency to help us better navigate this global pandemic and even thrive in it.

So, what is resiliency? **Resiliency** (noun) is defined as the process of adapting well in the face of adversity, trauma, tragedy, threats, or significant sources of stress. Seems timely if you ask me. One of my more favorite sayings in therapy is "pain is inevitable, suffering is optional". Life comes at all of us fast. Many of the things that we go through we won't be fully prepared for. Resiliency is the muscle we use to navigate tough times and come out the other side intact. Tough times DO NOT define who we are or our value, but if we flex our resiliency, we can use these challenging circumstances to grow.

I used an article I found on the American Psychological Association website as a source, you can find the whole article [Here](#) if you are interested. The author poses that resiliency is not a character quality, meaning some aspect of self you are born with that you have no control over. Instead, they assert that resiliency is something that can be built with intentionality and practice. They offer four steps to increasing your resiliency; build your connections with others, foster wellness, find purpose, and embrace healthy thoughts. If you are interested, I encourage you to read the article in its entirety and put some of these skills to use. Build your resiliency stamina over the next couple of weeks.

Some relevant Ferris related information for you all. Transitioning to distance learning is challenging in the best of circumstances. For my auditory learners out there now having to use text books as your primary means to gain knowledge, you're at a disadvantage. You have my sincere condolences. This is not an ideal learning medium for you hence you signing up for in-

person lectures. I hope you are working with your professors trying to make the best out of a bad situation. I wanted to bring your attention to information coming out of the Provost's office. The date to withdraw from a class has been extended to May 1st meaning that if you are concerned about your GPA with this new learning style, you have an option to use if you don't want the grade to hit your overall GPA. Please be aware of how a "W" may impact your financial aid status. If you have questions, I encourage you to reach out to that office via email (finaid@ferris.edu). Professors are being encouraged to work with their students if taking an Incomplete for the class is necessary. The last thing I want you all to be aware of is that there will be NO academic dismissals for this semester, Spring 2020. You do not need to worry about being dismissed from Ferris for a low GPA this semester. A full list of One-time Accommodations to Spring '20 semester can be found [HERE](#)

Some other resources and information I wanted to direct you all to. If you are bored and are an avid Podcast listener, I recommend checking out the podcast "Close Enough: Living Through Others" from Hidden Brain (NPR). It is from 2019 and it talks about vicarious living.

The town hall I referenced seemed to be well received and so the counseling center is planning on making it a somewhat regular offering. Please check the counseling center webpage [HERE](#) for updates coming out of our office. We are trying to offer as much as we can to our students and clients.

One last piece of information I wanted you all to be aware of is the Stimulus Bill that congress recently passed. Specifically, the piece of the bill where almost everyone is going to be receiving a stimulus check. I have included this five minute [YouTube Video](#) that talks all of the specifics and whether or not you may qualify. I also wanted to include the Michigan COVID-19 Pandemic Resource Guide ([HERE](#)) that has information on how to apply for unemployment, housing and utility help, and other relevant important resources that you or maybe family/friends may find helpful.

Your homework assignment this week (yes, I am assigning you homework via newsletter, my newsletter, my rules 😊) is to take one intentional step in strengthening your resiliency. That could mean connecting with someone and talking about how you are doing, or it could involve you taking the first step in accomplishing a goal you have set now that you are stuck in place. Pick a day, schedule it into your quarantine routine and follow through.

Take care of yourself, and wash your hands,

Andy