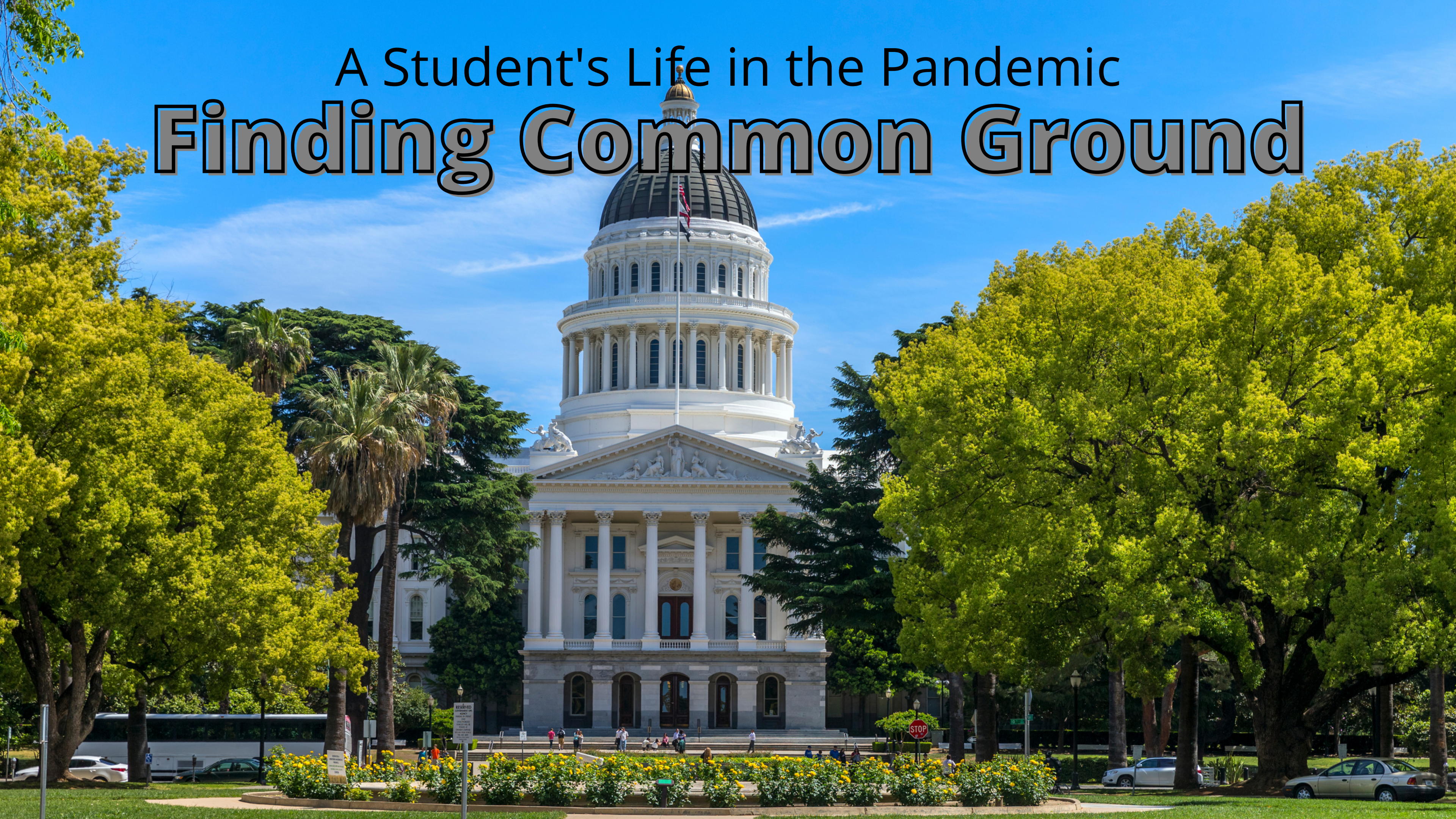


# A Student's Life in the Pandemic

# Finding Common Ground





# **Housekeeping**

- This session is being recorded and will be available on the SSCCC YouTube Channel after the event.
- Everyone is on mute and videos are off.
- Live closed caption is available via the icon below.
- Questions will be entertained at the end of the presentation via the app Live Q&A or via the chat.
- Monitors will read the questions and presenters will respond.
- Please complete the survey after this session.
- Share your experience with us on social media via this app



**1**

**How are you  
doing?**





# **What is mental health?**

*"A state of well-being in which every individual realizes his/her/their own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his/her/their community."*

*World Health Organization, 2014*





# Covid-19 and Mental Health

## Unprecedented Times

- Collective Stress and Anxiety
- Grief
- Escalation of Fear and Bigotry
- Inequity in Livelihoods and Experiences
- Not all of us are able to shelter at home
- Juggling multiple responsibilities and commitments

## Impacts

- Physical and Emotional Stress and Responses
- Anger and irritability
- Changes in sleep or eating patterns
- Brain fog/difficulty concentration
- Worsening of chronic health problems and mental health conditions



2

**How do we find balance in our  
personal and academic lives?**





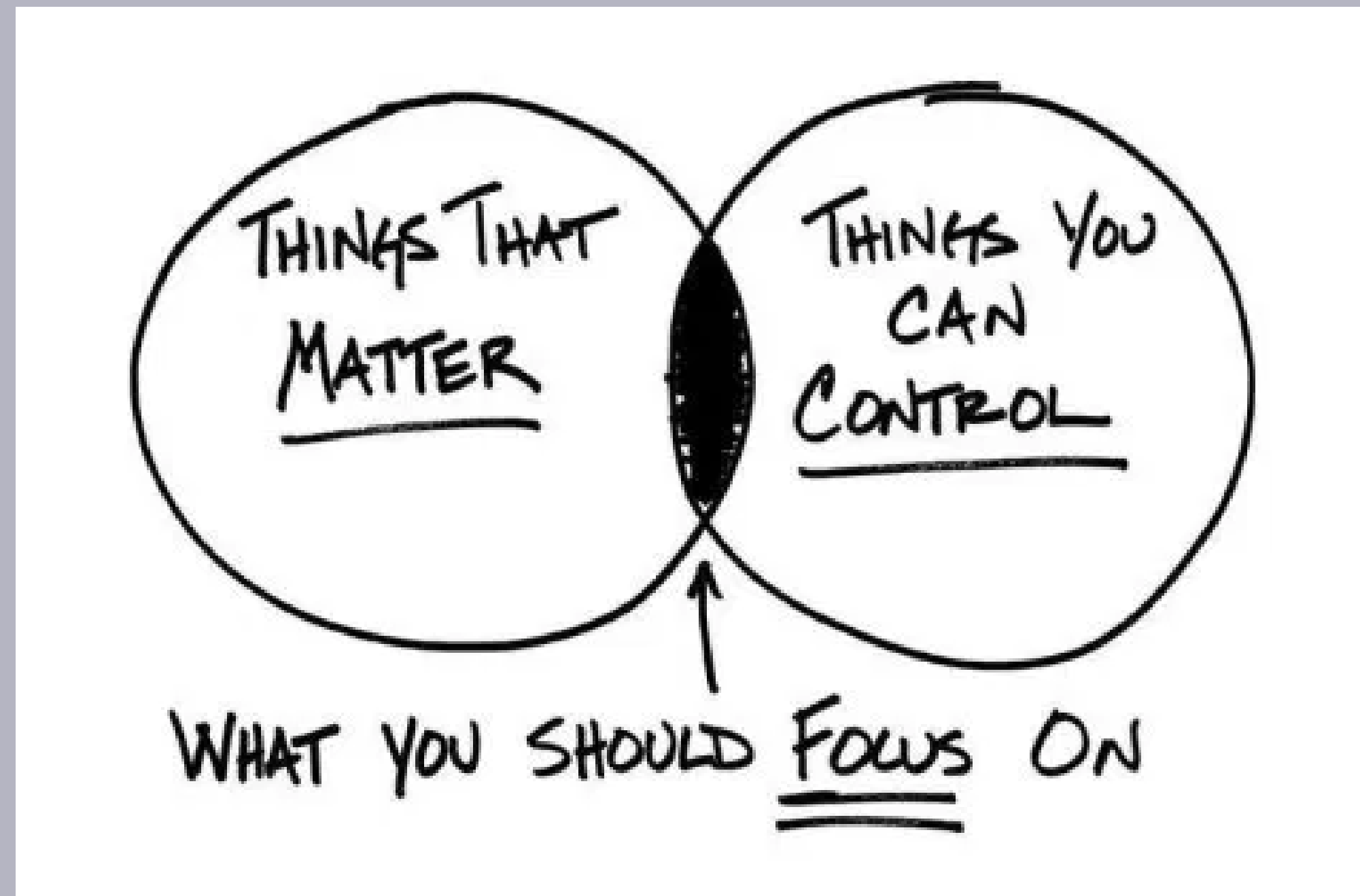
# **Coping with Quarantine Stress and Anxiety.**

- Create structure by keeping a regular routine
- Practice deep-breathing exercises and other forms of exercise
- Stay connected and engage in creative activities
- Focus on what you can control
- Offer yourselves and others grace
- Move your body
- Never be afraid to reach out for help and support when you can





# The Three-Foot World





3

# How do we make an impact in our communities?







# **Raising Awareness and Taking Action**

1. Normalize Mental Health
2. Reflect on yourself every day
3. Check on the people in your lives. Tell them how much you love them.
4. Be a difference-maker in your campus





#BeThe1To

**ASK. KEEP THEM  
SAFE. BE THERE.  
HELP THEM CONNECT  
FOLLOW UP.**



# CONNECT

## WITH US



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- Instagram - @SSCCC\_Official
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