

A well-being message from Dr. Suzi Doyle:

Now that you are home early by several weeks and doing your studies remotely, take a moment to notice the emotions you are experiencing. How do you feel about having to cut short your semester abroad? You may be confused, sad, angry, frightened, relieved, bored, frustrated or a combination of these. Whatever you are feeling, you can rest assured that your emotions are valid and natural. There is no need to judge yourself for feeling this way. Take some time to be aware of the emotion and consider what it is telling you about yourself and the situation, even if it is a negative feeling. With this awareness, think about what would help to address the need: talking to someone who understands, writing down your feelings, creatively expressing yourself in some other way such as artwork, singing, playing an instrument, dance or yoga...Once you have noticed your feelings, you could look to do something else that would absorb your focus in a positive way, safely and with respect to others. Just one cautionary thought: try to balance your activities, particularly being aware not to spend too much time on social media. If you can keep a healthy boundary for yourself and limit social media exposure, you will help keep your mood from dipping. Creating and maintaining a structure to your day will give you a better chance of feeling those positive emotions: calm, satisfaction, optimism, and hope.