Over the past two weeks, as we have sprung into spring and our online semester, it seems like everything has changed. Recognizing the joys and sorrows of change is always a healthy exercise, so when my class Zoomed for the first time last week, we kicked off our time together by each sharing one consequential loss and one unexpected gift experienced through the Coronavirus outbreak. Later that evening, as my family hosted family friends for campfire s’mores, we toasted marshmallows and reflected on the same (this was the night prior to Norman’s quarantine, and yes, we respected appropriate distance). Every person’s story is unique and needs to be heard. Sharing the highs and lows of life, in community, sustains us all. Through authentic moments, we are reminded that we truly are all in this together, and as we share both compassion and celebration with each other, we grow.

In my role serving students on campus, I spend a lot of time thinking about how we each seek resilience and resolution through difficult times. So, I began to explore other small, yet meaningful ways that we can strengthen ourselves and each other as we collectively face and overcome the pandemic. The result is a puzzle activity, this little crossword. Reach out to a friend and solve this together. And you know what? That is exactly how we will all make it through.

Take care,
Katy Powers
How to Manage Your Mental Health During Corona 2020

A CROSSWORD PUZZLE TO ENCOURAGE YOU!

Across

5. Connect with and contact college and childhood peers you love and who love you back. It’s important to sustain community right now. (4 words, _______ _______ _______)

6. These three elements (think: m/b/s) come together to comprise the whole of each person. Prioritize ways to nurture each of these elements in you, daily.

8. A topical list you can make in which you admit, accept, and share what is really hard about dealing with the pandemic. Opposite of 15-across. Rhymes with “sharona clues.”

9. Drink this consistently throughout the day. Your cells will thank you!

10. Try to eat at least one of these with every meal. This is a great season of life to try a new one, or cook it a different way! They add vitamins and minerals to your plate.

13. A topical list you can make in which you recognize something joyful that this pandemic has caused or allowed for you. Opposite of 8-across. Rhymes with “sharona swiss.”

15. This is a phrase we say to each other when we want someone to be OK or we wish them well. In this case, think about actively reaching out for the support that is available to you.

16. Create this every day, at about the same time every day. Keeping this up is helpful to establishing daily patterns.

17. Like these types, or jigsaws. Good for passing the time and exercising your brain.

Down

1. The activity to compose words of gratitude to someone who you’re thankful for. When done, put it in an envelope and send. Offering compassion for others is a great way to care for them while also lifting your spirits. (5 words, _______ _______ _______ _______)

2. Getting 7-9 hours of this each night will keep you healthy and help you maintain perspective during this unprecedented time.

3. Even in list form, remembering one thing daily that you are thankful for is important, and a powerful way to mark and give unique purpose to each day.

4. It is good to have a stack of these on hand when you want to relax with crayons, markers, and pencils, and to expand your creativity during long days. Bonus points for placing a completed page of work in an envelope and sending to a friend or family member to brighten their day too!

7. These provide sweet, healthy colors and vitamins to our daily plates. Enjoy them!

11. Yoga, walking, cross-training, running are forms of this. You should be doing this anyway, and especially now. Stay strong!

12. Listen to any kind that motivate or soothes you, depending on your need.

14. If you are struggling, this is what you should do. Tell a friend, family member, or health care provider. Reach out and _______ _______ _______.

HEALTH SERVICES
The UNIVERSITY of OKLAHOMA