

Special Edition: Coronavirus Communication 18

April 2, 2020

Good Evening:

Here is hoping that you went out today and enjoyed the sunshine. I did, and it was fabulous to feel the rays on my skin. I was beginning to feel like a hermit. I know that a lot has occurred today. Governor Whitmer signed Executive Order 2020-35 which suspended in-person K-12 instruction for the remainder of the 2019-2020 school year. We reviewed the order today, and will continue to have discussions about the impact it will have on MCC. This evening, I am watching the Governor's Town Hall that I thought was last night. I apologize for the misinformation about the date in yesterday's Communication.

Today, I thought it was important that I share thoughts on how we move forward together healthily. We are coming up on the end of week two of our virtual experience and I understand the challenges that we are all facing. I have heard from some of you and from some of our students. You have shared that this change is arduous and has caused undue stress. As some of our students have stated to me, "I didn't sign up for this!" and yet we are thrust into a situation in which we have no control and there seems to be no end.

I encourage each one of you to take a step back this evening and provide self-care. It is critically important for each one of us to make it through the long haul that this is expected to be. The only way we can do this is to listen to our bodies and minds and check in with ourselves to make good healthy decisions. MCC Wellness Advisory Council Co-Chair and Health Fitness Professional Program Coordinator Shannon Sabo asked to share a self-care tidbit with you.

Hello MCC Friends,

I know many of you are spending countless hours online with all of your courses and communications. I'm right there with you as I'm working on converting five courses to online, and also working as a student in an online doctoral program. I miss human interaction! LOL.

That all being said, thought I'd throw a couple SELF-CARE tips out to ya!

Staying Active during the Coronavirus Pandemic: *Be sure to take short breaks and go for a walk, get some fresh air, stretch, breathe, and hydrate! (American College of Sports Medicine)*

https://www.exercisemedicine.org/assets/page_documents/EIM_Rx%20for%20Health_%20Staying%20Active%20During%20Coronavirus%20Pandemic.pdf

Stretching at your Desk: *Help prevent injury from prolonged computer work.*

<https://www.workwhilewalking.com/9-desk-stretches-at-your-standing-desk-or-treadmill-desk>

Blue Light Glasses: *I bought blue light glasses a couple of months ago and they have made a BIG difference. I was a bit skeptical at first, but they really helped reduce the eye strain from being on the computer for long periods of time. I have these and love them! "TIJN Blue Light Blocking Glasses Square Nerd Eyeglasses Frame Anti Blue Ray Computer Game Glasses" (no props, I just like mine!)"*

But it doesn't stop with self-care. During this time of isolation and fear, we also have to have compassion and empathy for our colleagues. We don't know what this change has brought into their personal lives. We don't know who is at their breaking point. Across this nation, we are a people in crisis faced with the unknown. Show care for your colleagues. Genuinely spend some time talking to your Mott family members. Send kind messages.

Last night I received this beautiful email that made me smile.

As COVID-19 continues to rage through our communities and around the world, it has forever altered every facet of our lives—in much the same way as the 9/11 catastrophe. There is no more business as usual once we've overcome this challenge—and we will—and the College, and indeed the entire nation, will enter a new normal. As in all crises come new opportunities, and I'm confident that Mott will be a part of the solution in transforming this ordeal to the advantage of our students, faculty and staff.

This experience is teaching us to trust, depend and lean on one another in these trying times—we are sustained and heartened as we witness many citizens, professionals and others risk their lives to help those less fortunate than themselves.

And then I received another message this morning that made me think.

I was thinking about the rhythm of work, and how all work has a rhythm, a beat, a pulse. Our minds, bodies, and souls are attached to these rhythms. When society is stressed and in flux, we change our rhythms to meet the needs. This is stressful, and sometimes we can't name the fear, but we all feel the beat.

I adored a play in the 80s that moved me to understand that we are all gifted with an inner beat that guides us beyond our contradictions to enjoy being ourselves. Let us all hear that beat this evening and take a moment to enjoy life. I have attached an [April Self Care Calendar](#) so we can remember every day to do at least one thing to take care of ourselves and feel our beats.

Looking forward!

Dr. Beverly

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