

- 3. Call it by its nameJse the correct term for the virus, "novel coronavirus" (or "SARS C2") and for the disease, COVID19. No other names are acceptable
- 4. **Affirm others.**When you are out walking, maintaining safe physical distance, do make friendly eye contact with others you meet; a smile or say som is new for

all of us, so let's be extra kind, extra patient. Give each other the benefit of the doubt. Even better, ask others if you can help them with anything.

- 7. **Set a personal goal.** feels better to be proactive than to be stuck in a reactive mode. Set a personal goal- for this time of sheltering. What can you accomplish? With whom can you reconnect?
- 8. Take care of yourselfWe are all under multiple sources of extreme stress. Especially if you have dependents, get rest, eat healthily, do something calming, go for a walk or do yoga. Follow all government health recommendations as well.

(adapted from Damon Williams, Ph.D., NIXLA, National Institute of Inclusive Excellence Academy)

These eight ideas embody the values we hand they will continue to keep our communities strong ogether, we can come out of this pandemic strong han we went into it. We at Boston College will continue to be "BETTER TOGETHER"