



It's February 2022, and the headlines keep getting more intense by the day. The world feels very uncertain right now, and it may be hard to feel any sense of control. You have to remember that you only have control over yourself and how you react to your environment. None of us has control over the bigger picture - even the people who seemingly have the most power have to come up against their own powerlessness at some point. It is healthy to feel anxiety or fear in the face of an uncertain world. Let yourself feel those things, but also remember that your ability to take care of yourself and your loved ones will prevail no matter the circumstance.

I'm so glad that you found this space today. Think of this column as your reminder to check in with yourself. Take a moment to breathe and pay attention to what you're feeling emotionally as well as physical sensations in your body. These are often important clues to taking care of your mental health. With a little bit of centeredness and groundedness, you can lean into yourself and think about what is going on in the big and little pictures of your life.

I like to think about self-care as multi-faceted, just as YOU are a multifaceted being. You have a physical aspect of your identity, as well as emotional, mental, and spiritual parts of you. On top of that you have conflicting responsibilities and demands that fall on your shoulders, things that pull your focus in different directions. School obligations, career demands, financial responsibilities, and interpersonal relationships are some major categories here.



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"I am excited to bring my perspective as a mental health counselor to address different ways that we can all practice continuing to improve our mental health."

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The whole of your identity is made up of how these different parts intersect and come together. When one part is neglected, the others will suffer - like a domino rally effect. That's why it is so important to create a calm and quiet space for yourself, reflect on what you're feeling and how to address it. Journaling is also a healthy way to explore your inner state. If you need time alone, or time with friends, let yourself have that. If you need to cry, know that that is a completely healthy response to pain. If you need to set boundaries in a relationship, know that you will respect yourself more and feel better after you have done it. And remember when all else fails, keep coming back to your breath and this present moment that is truly the only thing we have.



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The Tyler Clementi Foundation is a 501(c)(3) non-profit organization whose mission is to end online and offline bullying in schools, workplaces, and faith communities.



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