



## SNOW COLLEGE

COUNSELING AND WELLNESS CENTER

March 17, 2020

### **Dear Parents and Family of Snow College Students;**

The Snow College Counseling & Wellness Center has issued the following letter to support Snow College Students, their parents, and families. As Snow College begins our break in classes in doing our part to prevent the spread of COVID-19, we would like to have you consider some things that can support improved mental health for your student and family, despite a stressful and somewhat unpredictable situation. We are grateful for your efforts to do what you can to minimize the risk of contagion and to address the increased burdens placed upon you. We want you to know that the safety of our students and providing them a valuable educational experience are our highest priorities. The following information is offered to assist you during this challenging time.

1. **SEEK INFORMATION FROM TRUSTED SOURCES:** Obtain information and updates from the [World Health Organization \(WHO\)](#), the [Centers for Disease Control and Prevention \(CDC\)](#), the [Utah Corona Virus page \(Utah.Gov\)](#) and our very own [Snow College Resource Page \(snow.edu\)](#).
2. **TRY TO AVOID EXCESSIVE EXPOSURE TO MEDIA:** Constant monitoring of news updates and social media feeds about COVID-19 can intensify feelings of worry and distress. Follow the appropriate media outlets noted above and minimize discussion involving panic and fear. Discuss appropriate, sensible ways to minimize the spread of the virus as noted on the above websites.
3. **LOOK AFTER YOURSELF:** Making self-care a priority will allow you to continue to meet the needs of your families with less burnout, emotional numbness, and feelings of being overwhelmed. Where possible focus on things you can control, maintain as much of your daily routine and activities as you can; for example, meal-times, reading, playing outside, getting enough sleep and doing things you enjoy.
4. **CONSIDER IMPLEMENTING A DAILY POSITIVE MENTAL HEALTH PRACTICE:** Begin a daily practice of exercise, meditation, taking a walk, learning to breathe mindfully, and practicing how to stay in the moment and avoid the "what ifs".
5. **TALK TO YOUR FAMILY IN A WAY THAT ALLOWS THEM TO EXPRESS FEARS:** People of all ages often misunderstand what is happening and consequently this heightens fears and insecurities. Have conversations that allow them to ask their questions and feel heard. When they are done expressing their fears, clarify misconceptions. Give them extra love, listening, and support.

6. ACKNOWLEDGE YOUR FEELINGS: **You may have fears and frustrations.** Be sure to acknowledge them. Allow yourself to feel them and then move forward. Repressed emotions fuel stress and emotional disconnection. Discuss your feelings with a trusted family member or friend and maintain a focus on solutions.
7. MAINTAIN HEALTHY CONNECTIONS WITH OTHERS: Isolation can be a breeding ground for increased anxiety, depression and frustration. Interpersonal connection is an emotional and mental health antidote. Be creative in ways to connect with others: ie., family online support groups, face timing, family dinners, game nights and long talks with your friends and family who are good listeners.
8. SAFEUT: SafeUT recently sent out the following: "We wanted to take a moment to reassure you that SafeUT is still available as a resource for your students, parents, and yourself during this stressful time. We have master's level clinicians available to chat or call 24/7/365 and will continue to have them available throughout the outbreak." Just download the SafeUT app and use it as frequently as needed. [IOS](#), [Android](#).
9. FEEL FREE TO CONTACT THE COUNSELING & WELLNESS CENTER M-F 9:00 am-5:00 pm. If you would like increased resources, clarification, suggestions, or ideas in dealing with your specific concerns, feel free to contact a counselor at [allen.riggs@snow.edu](mailto:allen.riggs@snow.edu) or call (435)-283-7136.

As we navigate the next few weeks as a [Snow College](#) family, we want you to know we are here as a resource for you. While a continued educational focus is a priority, we also recognize the impact of mental health on our students and on you as their family members. We hope these suggestions prove useful.

Sincerely yours,



Allen T. Riggs  
Director of Counseling & Wellness-Snow College