Students, colleagues and friends:

- This is why it’s been hard to focus.
- This is why it feels like it takes you twice as long to get things done.
- This is why you’ve been consumed with ensuring that you have the right “stuff” to sustain your physiological needs.
- This is why you’ve been more irritable.
- This is why you’ve been craving connection.
- This is why you’ve been feeling overwhelmed.
- This is why you’ve been physically exhausted.
- This is why you’ve been like “Oh wait, there’s a paper due?”
This is why the idea of planning for the future is the furthest thing from your mind right now. This is why you only have enough mental energy to focus on the immediate. This is why you’ve been instinctively prioritizing self care and family. This is why you’ve been grasping to control what you perceive to be controllable because so much is uncontrollable and unpredictable right now.

Students, colleagues and friends:

This is normal. You are not a slacker. You are not "crazy" (Yeah, I know we hate that word). You should not compare yourself to others.
- You should not buy into the narrative that you must emerge a "better person".
- It’s ok to not be as productive - we are experiencing trauma on a global scale.
- It’s ok to “just be” and feel the way you feel about what’s happening around you and/or to you.
- It’s ok to seek help. COVID-19 is a crisis that threatens both our physical and psychological wellness.