INSPIRATION

*When you can't control what's happening, CHALLENGE yourself to control how you RESPOND to what's happening. That's where the power is!*  

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**Social Distancing, NOT Socially Distant**

We are in unprecedented times. Most of the University has shut down, moving almost all forms of connecting, learning and operations for students, staff and faculty to a virtual format. Businesses have closed or moved to limited operations with only essential employees. Grocery store shelves are picked over. Front line workers, particularly in the health care profession, put their own health at risk in order to care for those most affected by the COVID-19 pandemic. Perhaps what we may all struggle with the most is how "quarantine" and "social distancing" have become our new normal.

I challenge us to remember that even though we must practice social distancing for the well-being of our selves and others, this does not mean that we have to be socially distant from the ones we care about the most - friends, family, and our fraternal brothers and sisters.

Jesuit Education is known for caring for the whole person - mind, body, and spirit. It encourages students to be well-rounded individuals who contribute to the greater good. Throughout this newsletter you will find tips, tricks and recommendations for how to care for yourself during this transition, continue to connect and care for others from a distance, and to wholeheartedly live up to the mission, vision and values of SLU and our organizations.
LEADERSHIP & SERVICE AWARDS
SLU’s Leadership and Service Awards are going virtual! Recipients of awards can be expected to be notified by April 10th. Individual students, organizations, staff and faculty will be recognized on Instagram and Facebook Live. To help celebrate the members and organizations in our community being recognized, please follow the Student Involvement Center.

IMPORTANT DATES
- Easter Break 9th - 13th
- Presidents’ Meeting April 13th at 4 PM
- Panhellenic Book Club Virtual Discussion April 19th
- Greek Life Day of Challenges April 24th

SELF-CARE TIPS
Practice incorporating these self-care tips into your daily "Work from Home" routine. Each component is essential to maintaining a healthy and balanced life. Challenge yourself to complete at least one recommendation from each category per day.

Mental and Emotional Health
- Meditate/reflect on your day
- Start a COVID-19 bullet journal
- Color one of the SIC Billiken pages (@SLUinvolvement shares a new page on Facebook each Friday)
- De-clutter your work/study space
- Listen to a podcast

Physical Health
- Go for a walk
- Complete an exercise video (Simon Rec has live workouts)
- Take a dance break
- Hug yourself
- Stretch

Social and Spiritual Health
- Contact a friend
- Netflix watch party
- Zoom coffee date with a loved one
- Join a pen pal group
- Participate in a book club
- Attend a live streamed service (College Church live streams Mass)

Community Service
Community Service is a large component of both a Jesuit education and membership in a fraternal organization. If you are looking for ways to continue to serve our communities in a remote or limited-contact capacity check out this list from SLU’s Center for Service and Community Engagement.

Wellness Resources
University Counseling Center
2nd Floor Wuller Hall
(314)-977-2323
- Title IX
DuBourg Rm. 36
anna.kratky@slu.edu
(314)-977-3886
- Academic Success Center
mark.pousson@slu.edu
(314)-977-8885

All of these resources and others are still available to you remotely.

Never be afraid to say "I need help!"
Given recent events related to the COVID-19 pandemic, Greek Week was postponed from its original dates in March. Being limited to virtual activities, the Greek Week Committee planned an online Greek Day of Challenges for April 24th.

Teams will continue to compete together in a series of social media and fundraising competitions. To make sure that you are in the know and can participate, please be sure to follow SLU Greek Week on Instagram.

This year's philanthropic partner is the National Alliance for Mental Illness (NAMI). Donations will be collected via the Greek Week SLU Marketplace in various ways.

Follow these links to participate:
- [General Donation to NAMI](#)
- [Contribute to a specific team's donations](#)
- [Purchase a raffle ticket ($2 each) to win prizes like free classes to PLANK, SLU FSL swag and a free Raising Canes Basket](#)