



To The Student...

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By Samuel Laro

Let me start by saying this: your feelings are valid. Whatever you're feeling right now, whether it be fear, anxiety, sadness, loss or a combination of all of these, your emotions are valid. Your concerns are valid. YOU are valid.

Right now, we are sailing in uncharted waters. It is normal to feel lost at sea right now. This effect of this international crisis is unprecedented. You are likely a week or two into a brand-new type of learning. You might have chosen to move home, or you may have even been forced to return home. Nothing seems to be the same.

How can we start to move forward in a healthy way? Let's talk about it in the takeaways below.

1. Limit Social Media

Hear me out. I understand that social media is where you can see your friends' beautiful faces whenever you want. However, apps like Facebook, Instagram and Twitter are breeding grounds for undue stress and hysteria. It is important to remain informed and up to date, but it might be wise to limit your screen time and media consumption. If you're wondering what that limit might be for you, consider this question: when does your screen stop serving you?

When do you start to serve it?

2. Call the People You Love

Social distancing is a scary term. It's new and implies that we cannot socialize with the people that we love. Instead of calling it social distancing, consider calling it physical distancing. This means that we only have to be distanced physically. You are still allowed to FaceTime your significant other. You are still allowed to play games online with your classmates. You are still allowed to connect with the people that you love. We just cannot be together in person right now. It's different, but it's okay. Call someone you love when you miss them. They miss you too.

3. Follow Safety Guidelines Including Physical Distancing

The key to getting through this is knowing that we will. However, if we want to get out of this sooner and go back to doing the things that we love to do, we need to follow the rules. This situation may be getting nicknamed "corona-cation," but we need to remember that this is not a vacation. I have seen many of my friends and classmates posting photos of themselves at parties and traveling for fun with groups of friends. We should remain in our homes unless performing essential tasks, such as getting groceries or other supplies. The guidelines our government has put in place were put in place for a reason.

Live with kindness and keep both yourself
and the people you love safe.

Read Samuel's full article at [peermag.org/articles](https://www.peermag.org/articles),
as well as all nine articles in this series.



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