Advice to Assist through the Transition

SET A ROUTINE
IT’S ALL NEW

They are back at home with you, which might mean returning to expectations from you that they are no longer used to. They may struggle adjusting because they just came back from living with someone else & navigating their own "rules."

Students remaining in Lubbock may no longer have a roommate or are one of few students in their residence hall, coupled with local stay in place order that limits their daily routine.
HEALTH & WELL-BEING
Anxiety, distress, loneliness, & other discomfort are normal during this time. Your family is not alone in this experience. There are ways for your student to access mental health services through TTU & via the TTU Crisis Line 806-742-5555. Coping techniques can be found at: www.depts.ttu.edu/dos/TherapyAssistanceOnline.php

ACTIVITIES
Family time is important and so are relationships with friends. Your student is used to being able to meet up with friends for meals, during class, at student organization meetings, and living together.

• Encourage activities outside that follow social distancing & get them moving
• Open a window for fresh air
• Establish set family time
• Encourage various forms of communication with friends other than social media posts or texting
• Be mindful of daily news exposure & find alternate entertainment methods

LATE NIGHTS/ODD HOURS
You may be worried that your student is up too late & sleeping in too late for them this is normal. A typical 8-10 hour day may not be enough time to get everything done.

• Are they sharing a room with a sibling?
  Establish what bedtime looks like for the sibling & how you work together to adjust.

STRENGTH IN A COMMON EXPERIENCE
Find time for your family to come together to share your experiences. Not many people like abrupt change, but as a family you can work together to share stories of how your family history overcame other challenges before & will do so again.

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