Tension and stress are rising for many faculty and students. We can’t control what happens to us, but we can control how we react to it. This week’s tips will focus on options for taking back control when we feel overwhelmed, frustrated, or are experiencing unusually high emotions.

Take back control over your thoughts, feelings, and behaviors:

1. Acknowledge your workload and limit or cut out anything that is not essential to meet the outcomes of your course.
2. Make the hard decision to give less feedback to everyone. Ask students to indicate if they want detailed feedback – many will not!
3. Re-think the traditional strong push to finish the semester and consider a slower pace to the end.
4. Be as flexible as you possibly can with yourself and your students. Perhaps things that matter in a traditional semester don’t matter as much right now.
5. Find at least one thing about your classes, your students, or an interaction with a student or colleague that brings you joy!
6. Tell your students and/or colleagues you appreciate them.
7. Send an encouraging message to your students and/or colleagues.
8. Thank students for posting their work and affirm the effort they are putting in. They have the same feelings you have right now.
9. Encourage students to contact you and let them know they will make it through.
10. Get outside and move, breathe, laugh, play, work, and have some fun. Avoid screen time when not working.