

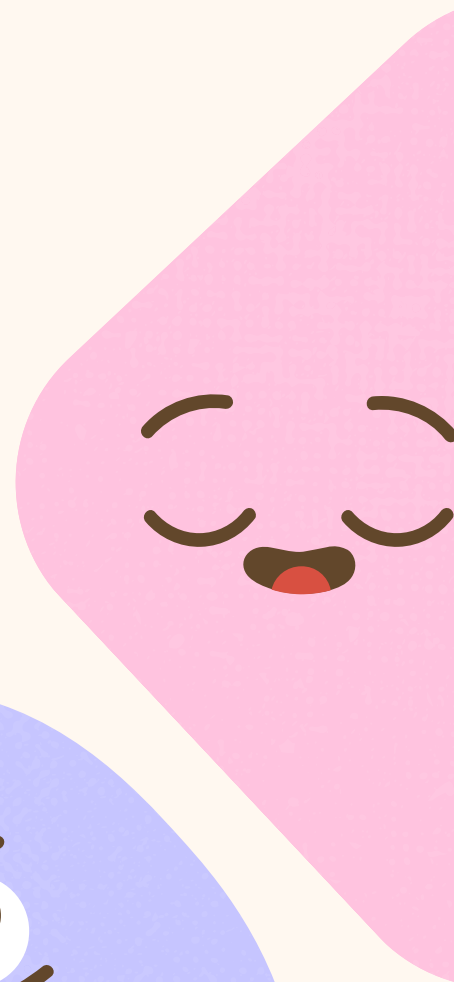
**a quick note about
dead week and finals
pt. 2 <3**

COUGAR SUPPORT DEN

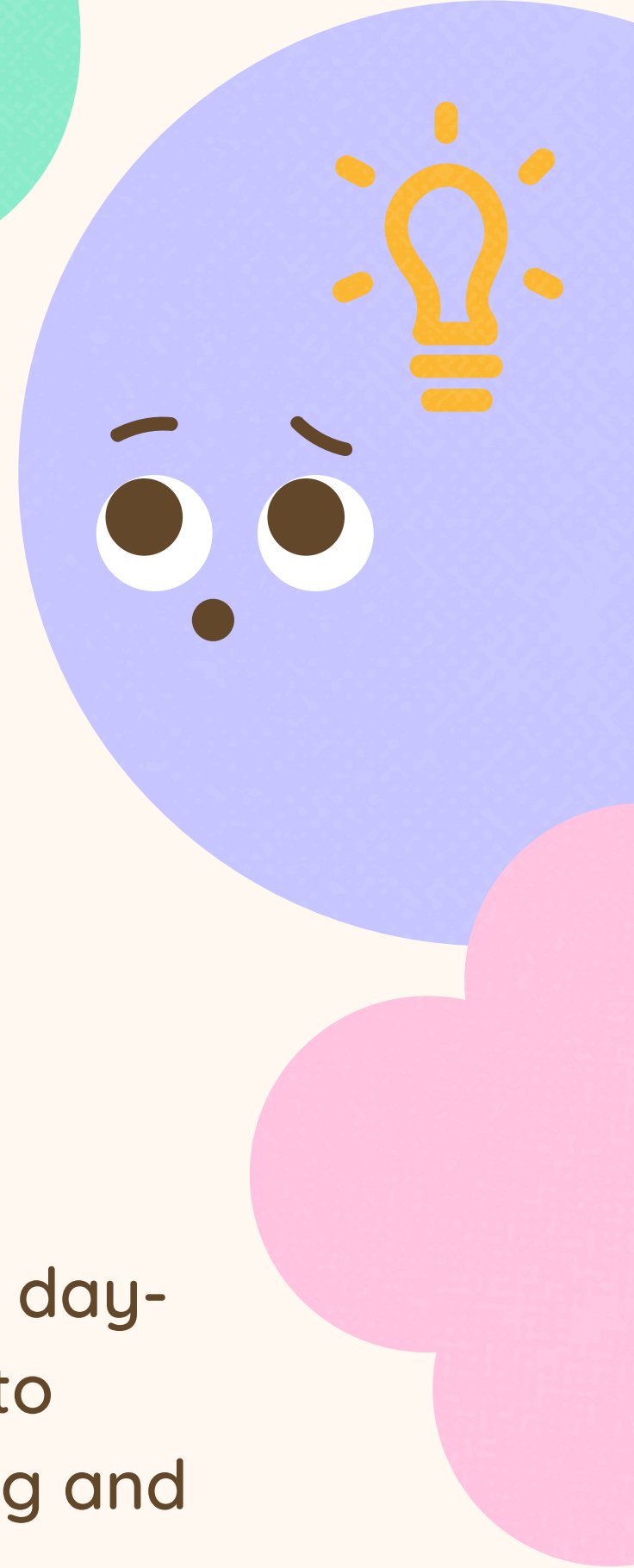
here we are again!

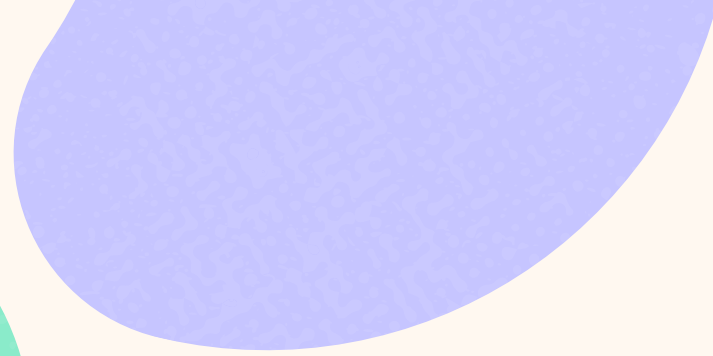
Hi Cougars!! Doesn't it feel like we were just here 6 months ago posting for last year's spring finals? Coming back this semester has been so crazy, eventful, and memorable. We hope that you've been enjoying the past few months and been able to adjust comfortably.

The kind of dedication and willpower it has taken for us to have all come this far is incredible, and we are so proud of each of you individually for getting through this semester. Even if you feel like you haven't gotten through so well, you still made it here and that is more than enough <3



Especially for those who have been at EV for a while now, school schedule has gotten pretty systematic. In making another finals post, we wanted to take into consideration that we don't want to create a carbon copy/paste infographic everytime we know there's a stressful period following a constant pattern of working, staying up, and just living day-to-day, waiting for the next event to come, can become really damaging and hard to deal with. So for this finals season, we wanted to focus on alienation in mental health.



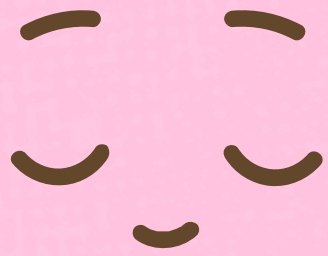


what is alienation?

Alienation is a form of isolation and withdrawal. Feeling removed from norms and values, distanced from family and friends, feeling disconnected from different environments, or being unable to find meaning/purpose in things around you (or yourself) are all a part of alienation.

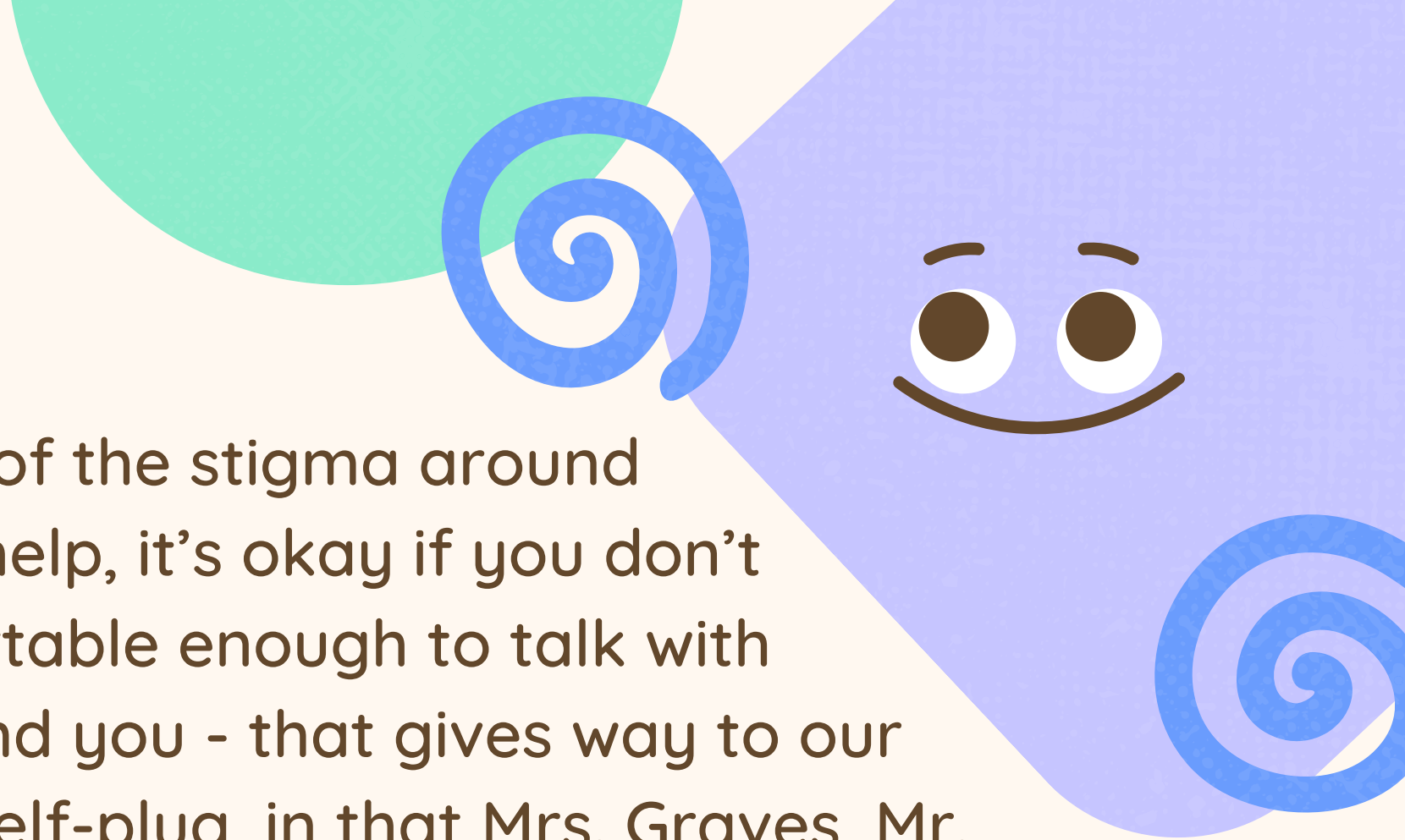
There are many factors that make up alienation, such as personal experiences, sudden shifts in environments or realizations, and living in different societal conditions. All of these factors combined are unique to each person and can increase feelings of powerlessness and estrangement.





Feeling disconnected from others and wanting to withdraw is not unnatural or your fault, but it could help to open up to different forms of support. Given this week that may be a little inconvenient, but there's never a right or wrong time to seek support from others.

If you feel comfortable, reaching out to trusted friends, family, and staff can help a lot. You do not need to express everything you may be feeling if that causes pressure, but letting someone know that you need support can do a world of good.



Given a lot of the stigma around asking for help, it's okay if you don't feel comfortable enough to talk with those around you - that gives way to our inevitable self-plug, in that Mrs. Graves, Mr. Jaimez, and our 30+ peer counselors are always here to offer support in private, without shame or judgement.

We want you to know that with or without reaching out to us, we care about your wellbeing and support you every step of the way regardless. Even without explicitly reaching out, spending some time connecting with others rather than being in isolation could help a lot. (You could go to Cookies n' Cram this Monday and Tuesday!)

Finally, we wanted to reiterate how proud we are of you for making it this far. You are going to do great regardless of this week's outcome. Leaving off, here are a few information resources to help if you are struggling alone:

SOURCES

“Caring for Your Mental Health.” National Institute of Mental Health. <https://www.nimh.nih.gov/health/topics/caring-for-your-mental-health>

“Help for Mental Illnesses.” National Institute of Mental Health. <https://www.nimh.nih.gov/health/find-help>

Gotter, Anna. “8 Breathing Exercises to Try When You Feel Anxious.” Healthline, 22 Apr. 2019, www.healthline.com/health/breathing-exercises-for-anxiety.

ESUHSD CareSolace: <https://caresolace.com/site/esuhsd>

you got this! <3

