





Members of the UH West O'ahu Student Affairs team remind students of their ongoing services.

## Education at Home

Dr. Mary Heller and the UH West O'ahu Education Division faculty came up with a list of basic tips based on Baristanet.com for school children of all ages:

- ∅ Keeping regular sleep routines in place supports children's and adolescents' sense of security and well-being. A good night's rest reduces stress, improves memory, makes us more alert, and will put you in a better mood. Don't forget daytime naps!
- ∅ Create a "learning area" away from bedrooms and playrooms that is comfortable, well-lit, and has access to learning materials and IT resources.
- ∅ Intersperse 30-45 minute blocks of learning time with relaxation and

recreation time. Make sure to get outside. Feel the sun on your face, the wind at your back, and the air in your lungs. Don't forget to play!

- ∅ Be patient! These stressful times will certainly test everyone's patience. Create a personal, quiet space for every family member to "get away" and be calm.
- ∅ Be flexible: bend, but don't break the schedule. Involve your children in creating the daily schedule. Reward your children with incentives, such as staying up later or sleeping in on weekends.

<https://baristanet.com/2020/03/learning-in-the-time-of-covid19-montclair-teachers-and-parents-offer-ideas/>

## Kūpuna Care

Dr. Lisa Spencer, of the Public Administration Division, notes that approximately 25 percent of the population is older than 65 years. "Social distancing" does not mean "social isolation," which can lead to feelings of loneliness and isolation. Here are some tips\*:

- ∅ Learn and/or use online options such as FaceTime, Zoom, Skype, Twitter, Snapchat to talk to friends and family. If these options are new to you (kupuna), ask a friend or family member for help and a quick "how to".
- ∅ Stay active in the community from home. Are there any community-based activities you can do from home?
- ∅ Stay informed, know what's going on, but don't get inundated with hours and hours of news watching. This might cause unneeded anxiety.
- ∅ Reach out to family and friends. Check in with each other, young or old.

\* From Dr. Laurie Archbald-Pannone, geriatrician and associate professor at the University of Virginia in geriatric medicine.



Photo by Tristan Le from Pexels

## Mental Health Moments

Clinical psychologists Drs. Steven Taketa and Analu Sing, with UH West O'ahu's Counseling Services, offer these mental health tips:

- ∅ For some, the fear of illness can be overwhelming. Many with illness anxiety report that underlying their fear is a deeper sense of having to live a less-than-fulfilling life. Mental health treatment can be effective in helping people to focus on life.
- ∅ Physical activity reduces symptoms including excessive worry, irritability, difficulty concentrating, and sleep disturbance. Find a physical activity that you enjoy and if possible, exercise (safely and responsibly) with someone you care about.
- ∅ Studies show that adhering to a healthy diet appears to offer protection against mental illness, such as depression. Add inexpensive and convenient health foods to your diet, rather than simply avoiding junk food.
- ∅ Connect with others via FaceTime, Skype, or other online resources (not social media). Authentically connecting with positive people can boost your immunity and help you to manage stress.
- ∅ Sleep plays a major part in a person's wellbeing. A good night's sleep allows the brain to prepare for the upcoming day and is important for individuals to continue functioning.



Photo by Kha Ruxury from Pexels

## Keeping Children Safe

Clinical psychologist and mental health counselor Dr. Steven Taketa with UH West O'ahu's Counseling Services offers the following tips:

- ∅ Set clear guidelines and expectations for children. For example, prior to leaving the house, a mother might instruct her child to avoid touching things at a doctor's office and to wash his or her hands before getting back into the car.
- ∅ Children tend to be most receptive to information when they are not in a state of emotional distress.
- ∅ Children will inadvertently make mistakes. When that occurs, it is important for parents to be consistent in redirecting their children and to explain in language they can understand about the consequences for rule breaking.
- ∅ The most important part of discipline in these instances is to remind children that once they complete a punishment, they are no longer in trouble and are good in nature. Youngsters may be more concerned about disappointing their parents than contracting an illness.
- ∅ Help children thrive by providing frequent and consistent reminders that they are special, important members of the family, and are unconditionally loved in the midst of this crisis.