Kate,

It’s finally here: election day and cold and flu season. What a one, two punch combination to start the beginning of the end of the semester. Are you staying positive? I know that it isn’t always easy.

So that’s what I wanted to talk about today. Taking care of yourself. To be honest this is more of a how to not let the semester kill you than a take care of the whole person and put your health first letter. We’ll sleep when we’re dead, right?

First and foremost, fingers crossed that after tonight election stress won’t be an added burden. I know my heart will be running a beat or two faster all day today. A lot is at stake. Sometimes it feels like everything is at stake.

Second, it’s important to admit when you’re sick. College campuses are an incubator for disease. No one is immune (you like that pun?). Just because I might admit to being sick, this girl is not not going to class or work unless she can’t stand up longer than 15 minutes. I’ve got stuff to do. Bacteria and viruses don’t care what my google calendar looks like so I chose not to care about them.

But, and this is a huge but, just because I make it to class doesn’t mean I’m not giving myself a little extra support throughout the day. Tea will be your best friend. And soft tissues, not the cheap ones but Puffs...maybe even Puffs with lotion. Have you stocked up on cough drops yet? You should along with some soup too. As someone who lives off campus, taking the time to cook when sick is just not going to happen so having a warm, healthy meal option more or less ready to go is huge. Keep working hard but know your limits. You can still be a good student while operating at 75% capacity. Give yourself that extra 25% to recover.

And yeah I’m sure you’re reading this thinking why add to the campus disease population? Just stay home. Honestly, for my mental health, getting to class and going to work is worth it to me. I’d be way more stressed out if I didn’t go and self-induced
stress isn’t the way to get better.

Don't worry I’ve got hand sanitizer at the ready.

See you around,
Marie

PS - Like my campaign button? Hoping it proves to be a very important piece of history tonight.

Blog Column:
Letters to Kate

Source URL (retrieved on 10/23/2018 - 6:13pm):
https://www.honors.umass.edu/blog/mmaccune/letters-kate-sneezing-polls