

# Returning to Campus after COVID: Responding Wisely

Build emotional intelligence skills to respond not react

*Emotion regulation will assist in reducing reactivity and triggering, and in building resilience. It's important to have both holistic and as needed strategies.*

- Holistic: Healthy meals, regular exercise, social connections, sleep. •
- \* As needed (in class/clinic/courtroom) •
  - Be proactive: Practicing skills on a regular basis will assist with building the immediacy and effectiveness of the strategy when you need it, and will also build general resilience •

*Emotion processing will assist in working through issues and concerns which continue to impact your personal and professional life.*

- \* Counselling •
- \* Support groups •

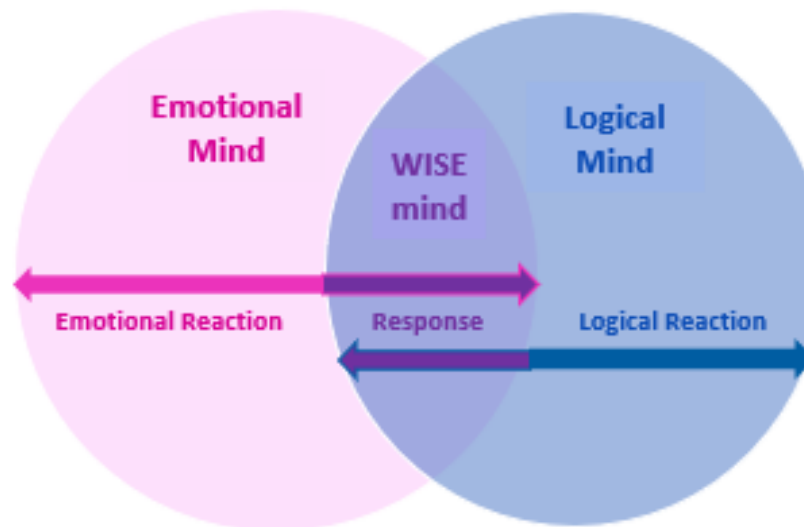
*Having compassion and empathy of others' situations and decisions will build community and a sense of belonging. Everyone is moving at their own pace. This needs to be supported and respected. \**

*Extend compassion and empathy to yourself \**

*Additional strategies*

- UBC Wellness Centre and Counselling Services: 7 tips to prepre for returning to campus \*
- Allard Law Student information: Wellbeing website  allardwellness •  JD Students  Graduate Students •

WISE return to Allard Hall



Build logical intelligence skills to respond not react

*Trusted information and guidelines assist you in your decision making.*

- BC Restart Plan \*
- UBC Campus Return Plan \*
- Allard School of Law \*

*Information about risk reduction safety measures assists you in analyzing risk.*

- UBC Safety Planning \*
- TransLink safety Plan \*

*Information about resources helps you to access support and feel part of the community of returning students.*

- UBC Student resources \*
- Counselling support \*

*Personal Risk Management strategies will help you to feel empowered and focused.*

- Find your place within the recommended guidelines. For example, do things which make you feel more comfortable: get your vaccine, eat outside, sit apart, etc. Make this plan before returning to Allard and modify as needed within the guidelines.

*Having knowledge about how your logical functioning is impacted by emotions can help you to implement strategies you know will allow you to regain access. \**

**BC'S RESTART**

**Everyone is moving forward at their own pace**

**Consider others**

As we start to put the pandemic behind us, some of us will be taking it slower than others. Be respectful and kind as you consider others' situations and personal choices.

Stay informed: [www.gov.bc.ca/RestartBC](http://www.gov.bc.ca/RestartBC) | 1-888-COVID19

**BC'S RESTART**

**Golden Rules for Everyday Life**

- Get vaccinated
- Respect personal space
- Follow guidelines
- Consider people's situations & comfort levels
- If sick, stay home
- Clean your hands
- Check before you travel
- It's always safer outdoors

Our circumstances are all unique. But the things we can do to keep each other safe and support each other are the same. Follow these basics and do your part to bring us all back together again.

Stay informed: [www.gov.bc.ca/RestartBC](http://www.gov.bc.ca/RestartBC) | 1-888-COVID19

Have questions or need support?  
Allard Law Student Wellbeing  
[kline@allard.ubc.ca](mailto:kline@allard.ubc.ca)

## Build emotional intelligence skills to respond not react

**Emotion regulation** will assist in reducing reactivity and triggering, and in building resilience. It's important to have both holistic and as needed strategies.

- **Holistic:** Healthy meals, regular exercise, social connections, sleep.
- **As needed (in class/clinic/courtroom):** <https://allard.ubc.ca/sites/default/files/2021-09/regulating%20distress%20in%20the%20clinic-%20courtroom%20-%20classroom.pdf>
- **Be proactive:** Practicing skills on a regular basis will assist with building the immediacy and effectiveness of the strategy when you need it, and will also build general resilience

**Emotion processing** will assist in working through issues and concerns which continue to impact your personal and professional life.

- **Counselling:** <https://allard.ubc.ca/sites/default/files/2021-09/Counselling%20Resources%20for%20Allard%20Law.pdf>
- **Support groups:** <https://students.ubc.ca/health/counselling-services/group-counselling-programs>

**Having compassion and empathy of others' situations and decisions** will build community and a sense of belonging. Everyone is moving at their own pace. This needs to be supported and respected.

- <https://www.youtube.com/watch?v=UzPMMSKfKZQ>
- <https://www.youtube.com/watch?v=Y3W-WJAjynw>
- <https://www.youtube.com/watch?v=4FebNC7qGoQ>

**Extend compassion and empathy to yourself**




- <https://self-compassion.org/category/exercises/#exercises>

**Additional strategies**

**UBC Wellness Centre and Counselling Services:**

- 7 tips to prepre for returning to campus: <https://allard.ubc.ca/sites/default/files/2021-09/UBC%20Wellbeing%20-%207%20tips%20for%20returning%20to%20campus.pdf>

**Allard Law Student information:**

-  allardwellness <https://www.instagram.com/allardwellness/>
-  JD Students <https://www.facebook.com/allardlawstudentservices>
-  Graduate Students <https://www.facebook.com/UBCGLSS>
- Wellbeing website <https://allard.ubc.ca/student-portal/student-wellbeing>

## Build logical intelligence skills to respond not react

***Trusted information and guidelines assist you in your decision making.***

- BC Restart Plan: <https://www2.gov.bc.ca/gov/content/covid-19/info/restart>
- UBC Campus Return Plan: <https://covid19.ubc.ca/campus-return-plan/>
- Allard School of Law:
  - <https://allard.ubc.ca/student-portal/return-campus-fall-2021>
  - <https://allard.ubc.ca/about-us/news-and-announcements/2020/covid-19-allard-school-law-community-updates>

***Information about risk reduction safety measures assists you in analyzing risk.***

- UBC Safety Planning: <https://covid19.ubc.ca/campus-return-plan/#faq-safety-planning>
- TransLink safety Plan: <https://www.translink.ca/rider-guide/coronavirus-precautions>

***Information about resources helps you to access support and feel part of the community of returning students.***

- UBC Student resources: <https://students.ubc.ca/campus-life/returning-to-campus>
- Counselling support: <https://allard.ubc.ca/sites/default/files/2021-09/Counselling%20Resources%20for%20Allard%20Law.pdf>

***Personal Risk Management strategies will help you to feel empowered and focused.***

- Find your place within the recommended guidelines. For example, do things which make you feel more comfortable: get your vaccine, eat outside, sit apart, etc. Make this plan before returning to Allard and modify as needed within guidelines. Student Wellbeing can assist you with this. To make an appointment email Anna Kline [kline@allard.ubc.ca](mailto:kline@allard.ubc.ca)

***Having knowledge about how your logical functioning is impacted by emotions can help you to implement strategies you know will allow you to regain access.***

- <https://allard.ubc.ca/sites/default/files/2021-09/How%20Emotions%20Impact%20the%20Brain.pdf>