



THE WHALE WATCH

"Looking Out for Yourself and Others"

Quarantine Friday

Social distancing has challenged us to find more clever ways to fill our days. The Center for Student Wellness and Counseling Services (CSWCS) staff would like to share a few of the lighthearted ways they are spending their "free" time and combating cabin fever.



The team meets via ZOOM every morning to plan their student outreach projects. Video fatigue? Oh yeah. But we've got this!
#inittgether



Dana's buried in laundry...
can't be too careful.
[#wearoneanddone](#) [#covidnocovid](#)



**Jessica's breaking away from all the stress
with yoga in the sun**



**Question Hound says:
"this is fine"**



Jessica's enjoying extra "quality" time with the family :)



Stephanie says:
"Best 7 hours I've wasted so far..."



**Dr. Dougall catching some rays and vitamin D
with her "fur babies"**



**Stephanie is working on her architectural skills
with a really tough mentor**



"Dana counts only blue cars, skips the cracks in the street and asks many questions; like children often do..."

Counting Blue Cars
Dishwalla, 1995



Dr. Dougall is recreating her oldest daughter's first year dorm room

The team also found some funny videos that we thought you would enjoy. You may have already seen them via social media, but here they are again if you need a laugh or two or more:

Muppet Treasure Island - "Cabin Fever"
(The World's Theme Song for 2020)

Dude Dad- "My Wife In Quarantine"
(New Generation of Babies Born in 2020 will be called "The Quaratines")

Trey Kennedy- "Middle School Maddox"
(Every mom or dad in America right now)

Tripp and Tyler - "A Conference Call in Real Life"
(A classic gem for when we all return to campus)

It is natural for many of us to experience cabin fever and 'video fatigue' during the world's response to COVID-19. But, we do hope you enjoyed our lighthearted look at staying home and staying safe.

While our office continues to receive daily updates, we want to provide you with several resources that can be helpful in addressing your well-being during a time of uncertainty.

Please continue to monitor our [CSWCS web page](#) and your NEOMED email for more information from the University and/or our Center as it pertains to this ever-evolving situation.

Sincerely,

**The Center for Student Wellness
and Counseling Services**

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