

SURVIVAL GUIDE TO ONLINE LEARNING

Physical and Mental WELL-BEING

INTRODUCTION >

- > [LEARNING ENVIRONMENT](#)
- > [ACTIVE LIFESTYLE](#)
- > [EMOTIONAL WELL-BEING](#)
- > [NAVIGATING SOCIAL MEDIA](#)
- > [SAFETY](#)



ADVICE >



EMOTIONAL AND PSYCHOLOGICAL WELL-BEING

Being attentive to your emotional well-being is crucial to facilitating academic and life success. Increased levels of anxiety and stress in college are normal, and you may experience it differently from others.

To help you to adapt and thrive in your academic endeavors and personal relationships, it is important to develop strategies such as:

- Understanding the differences between stress, anxiety and positive pressure, and recognizing that a small level of anxiety is normal and can be motivating,

[CAN STRESS HELP STUDENTS?](#)

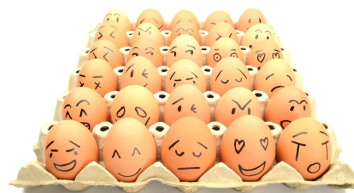
- Knowing when it is time to ask for help.

[RESOURCES AT MY COLLEGE](#) [COMMUNITY RESOURCES](#)

- Creating healthy relationships within your college community:
 - Reach out to fellow students,
 - Reach out to professors and college staff,
 - Follow the netiquette for videoconferencing.

[COMMUNICATING WITH PROFESSORS](#)

- Maintaining healthy relationships with people in your personal life.
- Learning about grief to help yourself or others, if needed.
- Practicing relaxation techniques that work for you.



Champlain
COLLEGE SAINT-LAMBERT

St. Lawrence
COLLEGE CHAMPLAIN

Champlain
COLLEGE LENOXVILLE

DAWSON
COLLEGE

CECEP
Heritage
COLLEGE

JOHN ABBOTT
COLLEGE

MARIANO POLIS
COLLEGE

VANIER
COLLEGE