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THE UNIVERSITY GRADUATE SCHOOL

THE GRADUATE MENTORING CENTER

Indiana University Bloomington

The GMC Newsletter

March 2020 - The First Week of Classes after Spring Break

Dear Graduate Mentoring Center Community,

JUST. FOR. TODAY.

[BREATHE](#)

We begin this week living / learning / teaching / being in the academy differently than before.

We have spent weeks preparing for now by living our lives as never before.

Today, you may feel excited, ready, light; overwhelmed, afraid, uncertain.

The truth: You may not know how you feel.

But, *just for today*, I invite you - wherever you are – to STOP and [BREATHE](#).

As the week moves forward, I invite you to practice with me “**JUST. FOR. TODAY.**”

JUST. FOR. TODAY.

- Awake (set alarm to gentle music).
- [BREATHE](#).
- Give [gratitude](#). If you can, write down your first thought(s): one word will suffice.
- Do personal and / or family morning rituals: e.g., exercise, yoga, breakfast, attending to children, reviewing your day...
- Commit to class, work, tasks and assignments: a schedule will help you feel better and not lose track of the days.

- If you have not already, review new [semester plan](#) or create new one.
- Review class information or sites.
- Review information from professors.
- Decide what you *must* do today: If you do not do it, what are the consequences?
- Share with an accountability partner.
- Begin the day.

JUST. FOR. TODAY.

- [BREATHE](#).
- Drink fluids.
- Eat regularly.
- Get dressed.
- Grieve.
- Go outside (even if it rains).
- Call a friend / colleague and chat for 15 minutes. Try not to talk about the virus.
- Nap.
- Decide what you *can* do the rest of day.
- Adjust your expectations and plans.
- Ask for help: are your *must do* things a challenge?

JUST. FOR. TODAY.

- [BREATHE](#).
- Review your day.
- Acknowledge what went well.
 - Can you continue tomorrow?
 - Can you / do you want to share your good news with others?
 - If not, that's okay.
- Acknowledge what did not work well.
 - What might have made it better?
 - Is this something you can change?
 - If not, is it something with which you can get assistance.
 - If not, that's okay, too.
- Review the next day.
 - What must you do?
 - What can you do?
 - Do you need help to begin, continue, get through, end the day?

- [CAPS](#)
- GMC Newsletter with [Resources](#)
- Accountability partners? Advisor? Colleague? Research team?
- How will you begin your day?
 - Planning now helps you wake up to the day with a plan.
 - Have a backup. Adaptability will lessen frustration and help you still have a plan.
- Do personal and / or family evening rituals: e.g., exercise, yoga, a walk, dinner, attending to children, attending to yourself...
- [BREATHE](#).
- Journal (consider sharing your experiences with the [IU Archives](#)). Your life – our lives – this moment in time are important and we are living, creating, and making history.
 - Journaling will also help you keep a regular writing practice in case you find yourself unable to write other things. It will also help you “talk” about those things.
- Prepare to sleep with [relaxing music](#).
- Give gratitude for all you were able to complete today.
 - If you cannot, that’s okay.
- Know that we are all on this journey together.
- [BREATHE](#).

[BREATHE](#).

It may feel that this will never end. It will. In the meantime, we are all doing the best we can with what we have during this shifting of everything we thought we knew and believed to be true. [It is like we are on sand](#).

Some days, the glass will be half full; some days it will be half empty. Some days, there will be no glass, or the one we’ve been using has broken. But, some days, we will find a glass we forgot we had and it will be beautiful and hold just the amount of water, lemonade, or red kool-aid we need for the moment.

But, always and forever, we are – family, friends, colleagues, neighbors, IU – community. This global event has connected our lives and histories beyond today, now, tomorrow.

I am reminding myself that life is cyclical and that all cycles end. I am knowing that this is not the “new normal” for me. It cannot be. With all the incredible things that many have created to keep us connected and nurtured during this time, I am also knowing that when we get to the other side of this that we will have chosen (and keep choosing) a new way of living fully, joyfully, and being in service to

each other that will have transformed us. Because, right now in this moment, we ARE the change we have been waiting for.

I am so-so grateful to be alive with all of you. But...

JUST. FOR. TODAY. I give gratitude to / for everyone and everything who support me.

JUST. FOR. TODAY. I will not be angry at things I cannot change. I will change what I can.

JUST. FOR. TODAY. I will be present as my authentic self for / in my IU community.

JUST. FOR. TODAY. I bear witness for others and help them when able.

JUST. FOR. TODAY. [I celebrate the me / the us yet to come.](#) ('cause I'm an old school poet – see Walt Whitman's work - and an art movie geek.) Let us “burn with the fire of 10 million stars!”

JUST. FOR. TODAY. I [BREATHE.](#)

CELEBRATING **200** YEARS

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