



Whitman Today

Wednesday, November 4, 2020

Self-Care Resources



2020 has become a year of collectively reckoning with the uncertainties of a pandemic that upended our lives and a hotly contested election cycle that highlights the painful divisions in our country. More than ever, it is important to broaden our ideas about self-care and how we practice that individually and as a community.

Counselors from Whitman, Walla Walla Community College and Walla Walla University gathered Monday for the final edition of the Walla Walla Impact Series. [Watch their hour long conversation](#) about how they are dealing with emotional exhaustion, what self-care looks like in light of pandemic restrictions that prohibit some of our common coping mechanisms and how to sustain the energy necessary to stay present in a world that feels almost entirely virtual.

Regina Myers, LMHC and division director at Comprehensive Healthcare has put together a 12-minute video regarding election distress and what you or your peers may be experiencing. This video includes signs to look out for and tips and strategies for handling the difficulty of anxiety you or your peers may be struggling with. [Watch the video](#) using the recording password `mQ53Easj`

Announcements

Whitman Teaches the Movement Drop-in Hour

This Thursday, Nov. 5 from 6-7 p.m., [Whitman Teaches the Movement](#) will be hosting a [drop-in hour on Zoom](#) for prospective and past volunteers to stop by and ask questions about how volunteering this spring will work.



Accessories Sale at Whitman Bookstore
The cold weather will be back, so head to the online Whitman Bookstore from now through Nov. 20 to get 30% off all accessories (caps, knit hats, scarves, gloves, socks).

Shop safely online and the bookstore will deliver orders via the post office.

[Visit the Whitman Bookstore Online](#)

Campus and Community Health

What Does It Mean to Quarantine?

Quarantine is used to keep someone who might have been exposed to COVID-19 away from others. Quarantining helps to prevent the spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms. People in quarantine should stay home for 14 days following exposure, separate themselves from others, monitor their health and follow directions from their state or local health department.

People should quarantine if they have had close contact with someone who has COVID-19. Close contact includes:

- You were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more
- You provided care at home to someone who is sick with COVID-19
- You had direct physical contact with the person (hugged or kissed them, shook their hand)
- You shared eating or drinking utensils
- They sneezed, coughed, or somehow got respiratory droplets on you

For more details and various "How long do I quarantine?" scenarios, [visit the Centers for Disease Control and Prevention website](#).

Academic Resource

Academic Majors Fair

Attention sophomores and first years! Join the Academic Resource Center peer tutors at the virtual, student-run [Academic Majors Fair](#) this Saturday, Nov. 7 from 12–1 p.m. Learn about majors from student representatives, get advice on classes and get to know other students interested in the same tracks. Drop by for however long you want and get your questions about different majors answered!

Happening This Week

ALL WEEK

[Pre-registration for Spring 2021](#)

All students received an email earlier last week with full instructions. Visit [my.whitman.edu](#) under "Registration" for registration appointment times and to register. If you have questions please email [reesema@whitman.edu](#).

THURSDAY, NOV. 5

4 p.m.

[Annual Fall Science Division Research Showcase](#)

Join the Beckman Scholars Program and the STEM Hub in Gather.Town to learn about faculty-student research and find out about research opportunities.

[More Upcoming Events](#)

Have a virtual event you'd like to share with campus? Email the details to [whitmantoday@whitman.edu](#).

Getting to Know...

Ocean Liu (Chinese name: 刘洋)
(he/him)
Enterprise Systems Analyst

What is something new you've done during the coronavirus pandemic? Working and helping with the kids at the same time (they are two and four years old, and we live in an apartment without a private yard). This makes me appreciate my wife a lot more.

What is your favorite aspect of the Whitman community? If I have to pick one thing, my favorite would have to be all the people. They make our community welcoming, friendly and caring.

Do you have any special item in your work space, and if so, what does it mean to you? Not very special, but these are the only items that are not work-related: tennis rackets, ping pong paddles and hacky sacks. I love all kinds of ball sports; they help me relax and get ready for coding and debugging.



"Whitman Today" is produced by the Office of Communications and is emailed Monday-Friday to Whitman College staff, faculty and students. All times are listed in Pacific Daylight Time.

Submissions are welcome! If you have a professional or personal accomplishment to celebrate, an event to publicize or other content to share with the Whitman community, email [whitmantoday@whitman.edu](#). Submissions should be 125 words or less. The deadline for submissions is noon for the following day's newsletter, though submissions may be held for a later date according to space and editorial needs.



WHITMAN COLLEGE