

I AM

You will need a sheet of paper and something to write with.

Using your phone or a household clock (like the one on the microwave), set a timer for five minutes. If you don't have a timer handy, you can also ask a family member to time you. Hit *start* on the timer and begin writing a list that's all about you. Jot down anything and everything that resonates with you. Include things you identify with, things that you love or care about.

Some of the things on my list include counselor, daughter, chocolate chip cookies, South Carolina, faith, and helping others. Let your mind go where it takes you and write down everything that is about *YOU*.

After the timer goes off, read back through your list and star the ones that are **most** important.

Answer the following questions:

- 1) How many words did your list contain when you were free-writing?
- 2) After the timer sounded and you reviewed your list, how many important items did you star?
- 3) What sorts of things did you select as most important? Relationships with people? Favorite activities? Something else?
- 4) How many of your starred items are you still able to do or connect with during quarantine?

During uncertain times, it's easy to feel overwhelmed and lonely. So much of what we feel defines us (our relationships, school, activities, etc.) have been stripped away or limited. Many people feel frustrated, angry, sad, or a combination of lots of feelings.

I hope this activity gave you a chance to reflect on the things that matter most to you. If you're still able to do the most important activities or connect with the most important people in your life, make those things a priority. If you feel separated from some of the things you starred, what can you do to reconnect with it/them?

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