Many students rely on spring break as a time to rest, recharge, relax and enjoy time away from their academic responsibilities. Given that a lengthier scheduled spring break has been adjusted due to pandemic related precautions, CAPS staff have provided this guide to help you make the most of your scheduled breaks. Additionally, we encourage you to create the mental breaks you need to reset throughout the semester. We hope this will be useful and serve as a reminder to take care!
Coping With Disappointment

The COVID-19 pandemic has brought with it many disappointments: canceled plans, job losses, isolation from loved ones and substantial changes to the college experience. We hope the tips and strategies on this page will help you cope with losing, letting go, and missing out.

Many of us are familiar with the stages of grief, but did you know it’s not as simple as going from point A to point B?

Grief is not linear. It’s a fluid bundle of emotional stages that we experience. Think of grief as a tangled ball of yam. As we “untangle” our thoughts and feelings, we may find ourselves back at a previous emotion. And that’s okay! There is no “right” path and you’re allowed to process grief at your own pace.

Whenever you feel ready, try the following:

REFRAME negative thoughts
REVIVE inspiration
REBUILD by setting intentions

Check out these journaling prompts!

Other tips for coping with disappointment can be found here.
Transporting Your Mind

Taking a break from school doesn't have to include travel. The following strategies, resources, and videos are included to help you find novelty, serenity, and rest throughout the semester! See the original CAPS Virtual Care Kit for more meditation/mindfulness resources.

Meditations and Guided Imagery

- 10-Minute Guided Meditation for Becoming More Mindful
- Mindfulness For Releasing Anxiety (24 min.)
- UCLA Mindful Awareness Research Center (guided meditations in English and Spanish)
- 10-Minute Meditation for Focus and Relaxation
- Trigger Protection Mantra by Jhené Aiko
- 10-Minute Meditation for Calming Down with Ruth King
- Empowerment and Self Love Meditation
- Guided Morning Meditation for BIPOC

Virtual Tours

Looking to transport your mind and see something new? "Visit" The Louvre, NASA, The Detroit Institute of Arts, and more here! You can also check out the Google Arts & Culture app, explore U.S. National Parks, and browse the virtual resources of the MSU Museum!

For animal and nature lovers:

- Puppies and pandas and whales, oh my!
- "Our Planet" Netflix Episode: From Deserts to Grasslands
- Playa de Piticabo Ocean Sounds to Sleep, Study and Chill

Learning for Fun, Not for Grades

*CAPS does not specifically endorse any of these apps over other options.
RELATIONSHIPS

The last Virtual Care Kit talked about ways to connect, but what about improving the connections you already have? These resources focus on how to create and maintain boundaries when you may be having difficult conversations about personal space, COVID safety, racial injustice, and more.

What are boundaries?
Simply put: Boundaries are what is and what is not okay.

Resources to Explore:
Definition and Types
Setting Boundaries
Enforcing Boundaries

Barriers to Boundary Setting
- Difficulty saying “NO”
- Unfamiliarity with establishing boundaries
- Difficulty finding language to communicate boundaries
- Feelings of guilt, selfishness, and/or fear
- Power dynamics

What about sex?
MSU’s Sexual Wellness Program has a wealth of information about having sex safely during this time and also includes information for connecting with sexual health services.
DAY TRIPS, LOCAL EATS AND MORE

Don’t let Covid-19 cancel all the fun! Now is a great time to visit some of those Michigan attractions you have been putting off. Though this not an all-inclusive list, here are some suggestions within about an hour of EL. Check their websites for ticket sales and visiting information, including safety precautions and requirements.

While Winter is Here...

Snowtubing:
- Hawk Island Park, Lansing, MI
- Burchfield Park, Holt, MI (cross-country skiing also available)

Hiking:
- Lake Lansing North Park, Haslett, MI
- Sleepy Hollow State Park, Laingsburg, MI

Skiing:
- Mount Brighton, Brighton, MI
- Cannonsburg, Cannonsburg, MI
- Crystal Mountain, Thompsonville, MI
- Caberfae, Cadillac, MI
- Treetops Resort, Gaylord, MI
- Boyne Mountain and Boyne Highlands, Boyne Falls, MI
- Shanty Creek, Bellaire, MI

Support Small Business Owners

Henry Ford Museum
Dearborn, MI
Tickets sold in advance for limited-capacity visits.

Detroit Institute of Arts
Detroit, MI
Reservations requested. Admission is free for Wayne, Oakland and Macomb County residents.

Detroit Historical Society
Detroit, MI
Advanced tickets recommended.

Air Zoo (Aerospace and Science Experience)
Kalamazoo, MI
Advanced tickets recommended due to limited capacity.

Grand Rapids Public Museum
Grand Rapids, MI
Advanced tickets required.

Museums

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Dearborn, MI
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Click Here for Scenic Drives in MI

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Support Small Business Owners

Altu’s Ethiopian Cuisine
Zhen Ramen and Grill
Naing Myanmar Family Restaurant
Sindu Indian Cuisine
Thai Princess
Bread Bites (Mediterranean Cuisine and Bakery)
Pablo’s Old Town Mexican Restaurant

Also, when was the last time you went to Georgio’s?

A note from
Sarah Fay-Simons,
CAPS Social Worker

CAPS doesn’t endorse any of these establishments and the opinions of the tastiness are solely mine. (Side note: I was hungry when I wrote this). This list is not inclusive of all the great restaurants in the EL/Lansing area, but these are places where I have eaten and loved!
Traveling Tips

If you’re set on traveling, here are some tips for keeping yourself and others as safe as possible.

COVID TESTING SITES:

Olin Health Center
(By appointment only for students experiencing symptoms)
8 a.m.–5 p.m. Monday–Friday

Spartan Stadium, Southeast Concourse, Gate B
No appointment necessary for all members of the MSU community whether symptomatic or not. 8:30 a.m.–4:30 p.m. Monday–Friday; 9 a.m.–1 p.m. Saturday; with extended hours 4:30 p.m.–8:30 p.m. Tuesday and Thursday.

Transportation

- Consider lower-risk transportation (e.g., driving instead of flying)
- Review airline precautions/safety measures
Resetting Your Routine

Sometimes, it can feel like every day just runs into the next without much structure or opportunities to reset. Try these ideas for revamping your routine and reducing monotony. Plus, see our original CAPS Virtual Care Kit for additional tips on managing your basic needs and fostering motivation.

**Take Care**
See our original CAPS Virtual Care Kit for additional tips on managing your basic needs and fostering motivation.

**Body Reset**
Try these stretches while sitting at your desk!

A few yoga videos:
- "In-Bed Yoga for Tough Mornings"
- “Yoga For People Who Sit Too Much”
- "Yoga for a Relaxing Evening"

**Motivation**
Some ideas for improving motivation:
- Rearrange your room/work space
- Buy a whiteboard/calendar
- Identify ways to treat yourself after hard work
- Find an accountability partner

**Sleep**
Check out these apps for tracking sleep and combatting insomnia.

**Employment and Volunteer Opportunities**

Center for Community Engaged Learning
Career Network
Spartans Rebuilding Michigan
City of East Lansing Volunteer Opportunities
Additional Resources

Stay Up-to-Date On COVID-19:

- State of Michigan news/alerts
- State of Michigan resources
- CDC website

You can download the app here.

Interested in mental health services? Get connected with CAPS.

Need immediate support? Try one of these options:

- CAPS Crisis Line: 517-355-8270 then press "1"
- National Suicide Prevention Hotline: 1-800-273-8255
- Trans Lifeline: 877-565-8860
- Text "STEVE" to 741741 if you are a person of color in need of support.
- If you're in Michigan, text “Restore” to 741741 to speak with a crisis counselor.