



# Welcome Back: To a New Normal

**The great thing in this world is not so much where you stand, as in what direction you are moving.” – Oliver Wendell Holmes**

## **1 Acknowledge what has happened**

While it is crucial to acknowledge what we have been through over the past few months, it is vital to find a balance between the scale of the situation and the losses we have experienced. Having clarity on the effects of COVID -19 and what are the ongoing risks may be helpful.

## **2 Be Realistic**

It can be overwhelming and challenging to start all over again. Identify activities that you can realistically achieve; list them, and work hard on it. It will make things more manageable and within control.

## **3 Build Connections**

Return to campus /studies may be the first contact that pupils have had with each other in many weeks. Doing things in small groups can help repair lost connections, and a chance to talk individually.

## **4 Be Positive**

Focus on building strong relationships and look to the future with confidence. It may alleviate some level of worry. Do not be too self-critical. Be kind to yourself, show compassion and step away from stressful situations and recenter/refocus. Allow some space for your self-care daily, such as taking walks, doing yoga exercises, having good humour.

## **5 Look to Arts**

Creative arts can often help express feelings we struggle to put in words. Music, visual art and drama can provide an outlet for difficult emotions. Creating art can also bring friends / people together.

**Everyone reacts differently to difficult situations, and it's normal to feel stressed and worried during a crisis. If you are feeling unsecure, stressed, and need assistance, please contact the Office of the Registrar Counselling Services team to discuss their issues confidentially.**

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Students can also contact

### **Helplines:**

Lifeline Fiji (Toll Free) -132454

Fiji Women's Crisis Centre - 331 3300 / 920 9470

Domestic Violence Helpline (Toll Free) - 1560

Empower Pacific (Toll Free) - 5626

Medical Services Pacific (MSP) - 991 0894

Ministry of Health Stress Management Ward-

CWMH - 331 3444, Lautoka - 666 0399, Labasa - 881 1444