



Saint Joseph University of Beirut
Opération 7^e jour

WELL-BEING IN TIMES OF CRISIS



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Personal Safety and Well-Being



Safety First

Assess the risks before heading out for classes or activities.



Support Your Well-Being

Build regular breaks into your routine to rest, recharge, and stay focused.



Stay Informed

Follow reliable local news to stay aware of the situation, yet avoid the anxiety fueled by constant exposure to social media and television.



Take Care of Your Mental Health

Share your concerns with friends or loved ones, and do not hesitate to seek support from a professional if needed.

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Support and Communication



Stay in Touch with Your Instructors and Classmates

Use online platforms to maintain academic connections and support one another.



Ask for Help Whenever You Need it

The University and your instructors are here to support you. Do not hesitate to seek assistance if you encounter difficulties.

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Academic Organization and Time Management



Attend Your Classes

Your education remains a priority. Adapt to the learning formats offered by the University to stay engaged in your studies.



Organize Your Schedule

Plan your classes and assignments, even in these difficult circumstances, to maintain academic momentum.



Manage Your Time Effectively

Amid current uncertainties, try to stay focused on your studies while remaining flexible when facing unexpected challenges.

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Mindset and Expectations



Be Kind to Yourself

These are difficult times for everyone, so try not to put too much pressure on yourself.

Focus on doing your best, one day at a time.