



Stay Healthy, Stay CONNECTed

“I’m going to take a walk” I tell my family, as that has become my “go to” peaceful, self-reflective activity. There is evidence all around us that people are testy and a tired of this pandemic. When you are making great efforts to follow the preventative health measures and you do not see the same around you, it can divide, increase our stress levels, in turn affecting us negatively. And if you’re one who likes to tune into all the news, what is going on in our country and around the world can weigh one down very quickly, compounding stress levels. As always, I will relay current trends and campus related COVID-19 activity but I want to turn our attention in a different direction this week. “Take a walk with me...this issue will focus on how we can look inside for the right answers, instead of depending upon external circumstances for our solution.

The Internal State is the Right Answer

The Search for Peace in the Pandemic

According to the self-help industry, there’s a basic blueprint for success: 1. Focus on what you want; 2. Figure out a plan to get there; 3. Put the plan into action. Especially if you are a student, you have a goal that has led you to SSCC and you took the action to enroll in a program. As an employee at SSCC, you have likely been through this process and may be on the continuum of achieving your next goal. My intention is not to lose you or derail the plan you are on, but studies from Harvard and Stanford show the self-help industry has a failure rate of approximately 97% using this blueprint for success. Hear me out...that means if you achieve your goal, it does not guarantee your success or happiness. So how can we have both...even in the midst of a pandemic?

Expectations & Willpower

Alexander Loyd, PhD, conducted studies and research over the course of a 25-year period and published his findings in his best-selling book “The Love Code” in 2015. He cites two components: expecting an external end result (a goal)...and relying on the tool of willpower as

the culprits to this 97% failure and points to finding the solution in our internal state (p. 4). You might say that goes against everything I have learned, and you would be correct☺. Loyd's (2015) study shows that expectations inherently cause chronic stress until the end result is achieved or not – and medical science has proven repeatedly that stress is the clinical source of virtually every problem we can have in life. Willpower depends on the conscious mind and if our subconscious, which is a million times stronger, is in opposition, guess which one wins...the subconscious! Willpower loses and our stress increases more. What a viscous cycle! You might be thinking, "what does this have to do with the COVID19 pandemic...isn't *that* what you're supposed to be telling us about?"

External Circumstances & Internal State

Have you heard or maybe said yourself, "I'll be happy when this pandemic is over!" If you have listened to our elected officials or the debates, they are in hot pursuit of trying to stop the pandemic...the end result, because they think that this external circumstance will purchase the internal state we really want most in our lives...peace, joy, love. Will it? Dr. William Tiller puts it this way, "The unseen is always the parent of the seen." And the opposite is never true: the seen (or the external circumstance, ending the pandemic) is never the parent of the unseen (the inward state of love/joy/peace, long term)... "It just doesn't work that way – in nature or in us" (Loyd, 2015, p. 36).

"The external is never capable of producing the internal; the internal is always what creates the external. Ultimate success in your external circumstances depends completely upon your internal state of love, joy, and peace." – Alexander Loyd, PhD

The Code

So although we may think we want an external circumstance the most, Dr. Loyd identifies two incorrect assumptions: when we get there we will be happy long-term and; it will purchase the internal state for which we long. Many of us have heard that the greatest teachers of all time believe that success in life does not come seeking pleasure and avoiding pain at all costs but "success come from living in truth and love at all times and whatever circumstances come from

that are the best ones for us, even if there is pain involved” (Loyd, 2015, p. 44). In my work with you, I know that is a tough pill to swallow...especially during this time.

So what if we did the opposite of what ignites our stress response? What if we gave up our expectation of a specific and future end result attained by willpower (i.e. I’ll be happy when the pandemic is over) and instead take the advice of Dr. Loyd to “focus on creating the internal state that is the power source for your eternal circumstances. Here’s another way to put it in ore practical terms: “Do whatever you do from an inward state of love, focusing on the present moment” (p. 46).

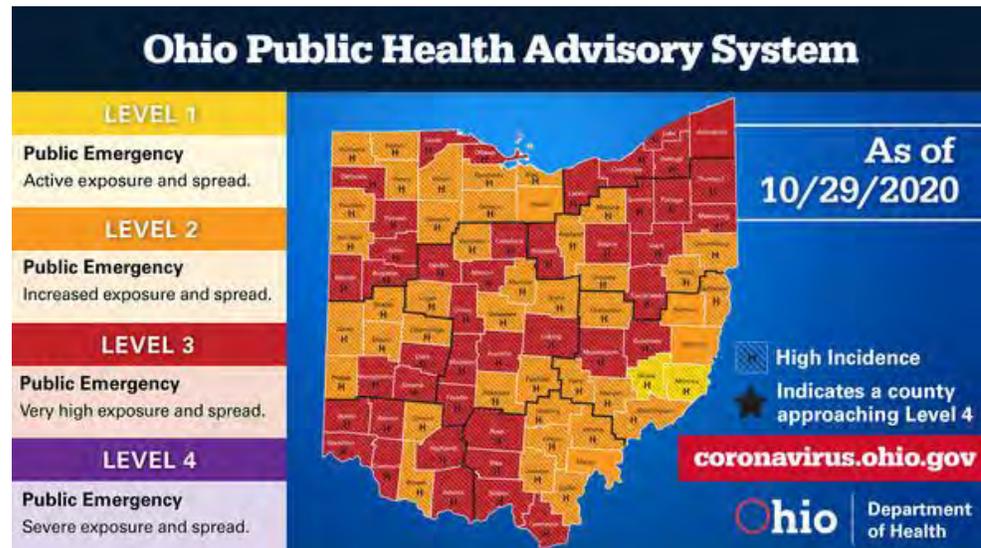
*“If I could give you one gift for your life,
it would be the inward state of love”*
– Dr. Alexander Loyd

For more on Dr. Loyd’s work visit <https://www.dralexanderloyd.com/the-love-code/>

IMPORTANT UPDATES!

Ohio Trends...

We must be persistent in rising up to meet this challenge to “Stay Healthy and Stay CONNECTed”, as Ohio’s COVID-19 trends continue to increase. New health data compiled by the Ohio Department



of Health found that 43 counties currently have a very high risk of exposure and spread (Red Level 3), up from 38 counties last week. This represents the highest number of Red Level 3 counties since the launch of the advisory system in July. As of today, 78 percent of Ohioans are living in a Red Level 3 county. Less than 1 percent of Ohioans live in a Yellow Level 1 county.

Campus Activity...

We have experienced the first quarantine due to a classroom exposure. All precautions were in place for the learning experience, however due to the nature of the lab experience, students, while wearing masks and gloves, were in <6 feet for a cumulative time of 15 minutes. We have

Category	Confirmed (isolated)	Presumptive (awaiting test results – self quarantine)	Close Contact (quarantine)
10/23-29/20			
New Reports	2	1	9

escaped quarantine in all other traditional classroom settings, as students maintain the physical distancing guidelines and continue wearing masks which avoids the risk of quarantine should a

classmate test positive.

To Serve You Better...

To keep up your best efforts and prevent huddles of students in rooms for other uses, specifically room 306 for printing, there is a printing kiosk in the lobby outside the new library location for your convenience.

For improved handwashing accessibility, the sinks in the female designated restroom are all operational! If there are any other areas to report that create a risk of transmission, please report those to the health ambassador on your campus, the campus director, or email covid19@sscc.edu.

Your commitment to practicing health care preventative measures matters!

Take the Pledge!

Through observations, there is a high compliance level of participation in preventative measures. I want to honor the commitment you have made through this Healthy CONNECT campaign by giving you the opportunity to put it in writing. Please consider completing the Healthy CONNECT Pledge ([find it here](#)). There will be a drawing from those who complete the pledge and a monthly contest for the percentage of participation in the following categories: by campus, students vs. faculty, and by department.



Become a Health Ambassador!

SSCC is connecting you to a healthy future by overcoming fear and nurturing good lifestyle choices needed to eliminate COVID-19 transmission through our Health Ambassador campaign. We continue to recruit volunteers to assist in the program and federally funded work study opportunities are available.

Contact Susan Morris at covid19@sscc.edu or (937) 509-7828 to volunteer as a Health Ambassador.

- In addition to email delivery of this newsletter, you can find all the newsletters in one convenient location on the SSCC website [here](#). For being readers of this information, [\(click here\)](#) to answer our question of the week and enter our new monthly drawing. The answer to last week's question:
 - The impact of stigma can:
 - Drive people to [hide](#) the illness to avoid discrimination.
 - Prevent people from seeking [health care](#) immediately.
 - Discourage them from adopting [healthy](#) behaviors.
- Remember we will also use the alert system for critical events, so please make sure you are signed up for those notifications here: <https://www.sccc.edu/students/alerts.shtml>
- All locations still remain open with face-to-face, online and hybrid class options with operating hours Monday-Thursday from 8am-5pm and Fridays available by appointment.

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If you are affected by the virus, we ask that:

- Students maintain contact with your professors and advisors to develop accommodations to be successful in your academic endeavors at SSCC; and
- Employees maintain contact through your supervisor and the human resources department.

Until next week....

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