

# TAG, YOU'RE IT

TOGETHER FROM APPLICATION TO GRADUATION



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## ME, MYSELF, & WELLNESS

Wellness starts with self. Finding yourself, learning yourself, and loving yourself. In a world where we are expected to socially distance from others, we must find ways to engage more with ourselves in healthy ways. It's a lot easier said than done for some, but we all have what it takes.

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## 23 PERSONAL GROWTH EXCERSISES

Have you ever heard the African proverb that says, "When there is no enemy within, the enemies outside can do you no harm"? It's true. If you can improve yourself to the point where your personal growth just continues to increase, you will be hard-pressed to find anything that can do you any harm.

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## DOUBLE DUTY DADS

Managing a workload from home is difficult, but managing a workload from home while raising a newborn is difficult plus diapers. LINKS, Brandon and Jerome are currently living this reality with newborns Brayden and Harper. Although this may seem draining to most, they both seem to attack their work with a great level of joy and dedication.

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## OWN YOUR VIRTUAL SPACE

Work and home have always been two contrasting environments, conjuring up different emotions depending on which one you're in. What do you do when these two spaces become one? YOU OWN IT! LINKS Bri & Cristina, tell us how they have owned their new virtual work environments at home.





# EDITOR'S NOTE

**W**elcome to the TAG, You're It, digital magazine. Issue Number 2 means that we can now consider this a monthly occurrence, ain't no stopping us now!

That also means, ain't no stopping the outpour of information you will continue to receive from this publication. This month we will focus on wellness and well-being. During this time of social distancing we've all had to adjust in more ways than one.

With classes, meetings, work, etc. it's easy to lose sight of yourself in the shuffle, that's where TAG comes along.

We are the resources in your back pocket when you feel like your back is against the wall. Although pandemics may be unpredictable, life having issues, is not. Life is supposed to be challenging with it's make up of obstacles. If it were easy it'd be boring and I would have like 20 porches right now while living in the same mansion where they shot the "Juicy" music video. When we prepare ourselves for the unfortunate times in life we find ourselves better equipped to not only handle them, but thrive

through them. Think about the last time you were down on your luck. Remember that time you were stressing over a deadline. When was the last time you felt so stressed that you couldn't even function? Now look back on all those times and laugh, because you were silly to doubt that you could ever overcome that. Now I know these current times may not be a laughing matter, but the overall message is the same. Find joy in these moments because you have proven countless times you are capable and that you will be okay when it's all over. Getting to the finish line won't be easy, but enjoy the ride. Create a dope playlist for tunes, grab your favorite snacks for comfort, and use TAG as your fuel to continue helping your engines cruise down the winding roads ahead!

*Dysean Alexander*

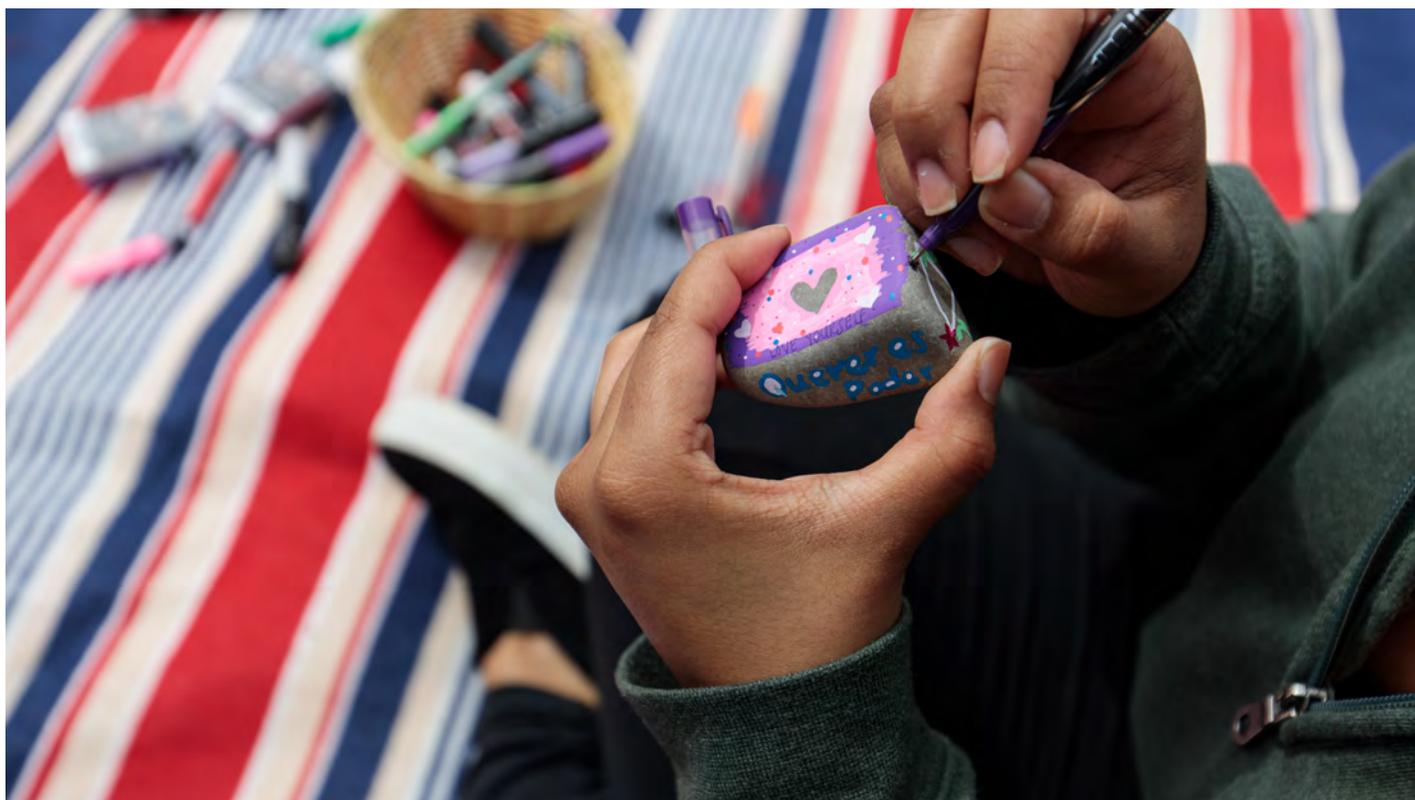
Dysean Alexander  
EDITOR IN CHIEF



# TAG **YOU'RE IT** SCHOLARS

TOGETHER FROM APPLICATION TO GRADUATION





# ME, MYSELF, & WELLNESS.

Words by

**DYSEAN ALEXANDER**

Reflecting back on my first year in college I remember feeling a wave of emotions and uncertainty. Was I at the right college? Did I pick the right major? Will I perform well academically? What the hell is "couscous"? All of these feelings were heightened by the fact that I was exploring an unfamiliar environment. Family was always my biggest support system, but as a first generational student, it's hard to turn to your family when they too are unfamiliar. It was about three months into the school year before I knew my mental focus needed addressing. The toughest part about focusing on your wellness is realizing that you are overwhelmed. Feeling the sense of failure or incompetency that comes with asking for help can be tough, but it is needed to begin the process of rebuilding.

A great starting point for those experiencing stress is to connect with advisors/mentors. These professionals are there to assist you getting the additional support/resources needed, if they cannot solve it themselves. I can recall going to my mentor and sharing my feelings. I didn't leave that meeting feeling 100% better, but I felt good knowing that I had gotten the ball rolling. At times, your needs will exceed that of a simple conversation and require more attention. The counseling center is an established college resource that allows students to work through any and all issues that may arise in your college tenure. From here techniques, strategies, plans, etc. can be established towards helping students feel more confident in themselves. Personally, my experience working with a counselor my first year, I was able to establish better daily strategies and find a few clubs that gave me the additional purpose I was missing. As stated in last month's "TAG, You're It!" we talked about how critical relationships are in the overall success of our lives. According to Dr. David McLelland, the people you habitually associate with determine as much as 95% of your success or failure in life. This means the people you associate with may

**(continued on pg 6)**



# ME, MYSELF, & WELLNESS. (continued)

Words by

**DYSEAN ALEXANDER**

have a correlation to some of the college worry you may be experiencing. The many relationships you form in college from roommates to teammates, is important. This is not to say that you must reassess your current friend group and start making cuts, but it does mean look inward to pull out the values, morals, and desires you admire. Then begin to see if these align with the people in your circle. In my first year I formed relationships with a lot of people that were in the same major as me. I figured if we were studying the same thing then I'll be able to lean on them when I struggling in class. Although this was true, I soon realized that college relationships are so much more than an academic connection. When we were in class or working on assignments the relationships were fine, but when the books closed the disconnect was clear.

Taking the time to understand who you are as a whole will allow you to more effectively formulate connections that mesh with the whole you. Self-development and growth will always be the best way to conquer any feelings of uncertainty. Once I began to focus on myself and grow my wellness I saw true growth that made my remaining college years the best they could be. From these steps of wellness, I was able to gain answers to the many questions that stumped me in the beginning. I did belong at the college I chose, I would perform academically well, and couscous tastes great with some spinach and hot sauce!



# LAFAYETTE COLLEGE

## HOTSPOTLIGHT: WELLNESS

### JONATHAN ASAYAG

Counseling Spotlight



Jonathan Asayag earned his B.S. in clinical psychology and M.S.W. at Kutztown University. He is a Licensed Clinical Social Worker and a Certified Advanced Alcohol and Drug Counselor in Pennsylvania. He utilizes a trauma informed therapeutic approach that is collaborative and integrative to meet the needs of students. His theoretical orientation includes motivational approaches, principles of harm reduction, and cognitive-behavioral and psychodynamic therapies. He works to provide a safe and supportive space to address ambivalence and encourage introspection and self-reflection. A native of Lima, Peru, Jonathan is fluent in English and Spanish. (Pronouns: He/him/his)

*Check out these live links!*

[ANTI-RACISM AND BIPOC SUPPORT](#)

[IDENTITY-SPECIFIC RESOURCES](#)

[LAFAYETTE COLLEGE COUNSELING CENTER](#)

[LAFAYETTE FALL OUTREACH GROUPS](#)

[LAFAYETTE LIVEWELL](#)

[LIVEWELL SELF-INVENTORY](#)

[UNDERSTANDING ONESELF](#)



# THERE'S AN APP FOR THAT

MANAGING DAILY STRESS FROM YOUR PHONE

## FOOD FOR THE HOMIES

PODCAST

A podcast hosted by Walker and Shay, two Black queer non-binary folks delivering food to the homies in the form of music, books, and vibes. "Grayce Walker'22 is one of the hosts and it truly is food for your soul!!!"



## ALLTRAILS

APP

Wherever you might be, quickly find the perfect hike, bike ride, or trail run by length, rating, and difficulty level. Filter by dog or kid friendly trails, or find trails with great views. "Taking a walk through nature or a long bike ride always helps re-center me when the world gets too overwhelming."



## STIRRING THE POT

PODCAST

Join us as we navigate life as millennial, black women through candid conversations on dating and relationships, pop culture and politics, current events and other topics curated by our listeners.



## MY POSSIBLE SELF

APP

If your mental health is a concern, My Possible Self may be the app for you. Use the 'moments' function to monitor your feelings and recognise any patterns or triggers in your behaviour, and the self-help 'modules' to tackle issues such as stress, anxiety, loss or major life changes.





# THERE'S AN APP FOR THAT

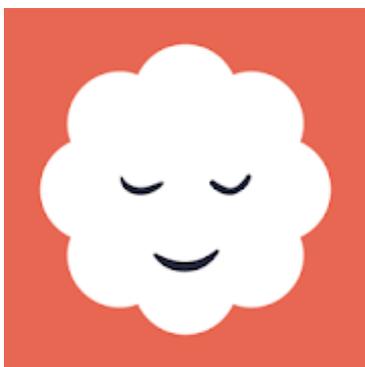
MANAGING DAILY STRESS FROM YOUR PHONE

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## DELICIOUSLY ELLA

APP

A recipe book in your pocket, cult lifestyle blogger Deliciously Ella's popular app brings her delicious plant-based recipes straight to your phone, with nearly 300 nutritious dishes to choose from. Everything is vegan friendly, gluten-free and refined sugar free, so it's ideal for no time snacking!



## MYLIFE MEDITATION

APP

Find Your Quiet Place with MyLife™ Slay your stress, get more sleep or find your calm with short mindfulness activities tuned to your emotions.



## DOWN DOG

APP

Allows participants to customize yoga practices so that anyone who wants to practice outside of a yoga studio can do so. Until January 1, 2021, all of the Down Dog apps (Down Dog, Yoga for Beginners, HIIT, Barre, and 7 Minute Workout) are free for students and health care providers.



## MY PLAN

APP

myPlan is a free app to help with safety decisions if you, or someone you care about, is experiencing abuse in their intimate relationship. It's private, secure, personalized, & backed by research.



# 23

# PERSONAL GROWTH EXERCISES

## PRACTICES FOR THE MIND



1. Keep a reading habit.
2. Have a growth mindset.
3. Meditate regularly.
4. Align your priorities with your goals and values.
5. Visualize your success.
6. Measure your improvement.
7. Make good use of your time.
8. Learn new skills.

## PRACTICES FOR THE BODY



9. Exercise on the regular.
10. Respect your body.
11. Practice self-care.
12. Eat mindfully.
13. Schedule regular breaks and downtime.
14. Mind your daily water intake.

## PRACTICES FOR THE SOUL



15. Practice daily mindfulness.
16. Practice mindful listening.
17. Practice gratitude.
18. Recite positive affirmations.
19. Develop a mindful journaling habit.
20. Surround yourself with positive people.
21. Heal your negative self-talk.
22. Learn to forgive yourself and others.
23. Be giving and kind.



# DOUBLE DUTY DADS

INTERVIEW WITH LINKS, BRANDON MORRIS & JEROME GRIFFIN

Managing a workload from home is difficult, but managing a workload from home while raising a newborn is difficult plus diapers. LINKS Brandon and Jerome are currently living this reality with newborns Brayden and Harper. Although this may seem draining to most, they both attack their work with a great level of joy and dedication. I sat down with both of them (virtually) to see just how they manage the task of being 'Double Duty Dads'.

**Dysean:** **How do you balance work and home, at home?**



**Jerome:** *The way I balance is by focusing on what's most important, first. That varies depending on the day, but it's always imperative to me to attack the most important task first. That could be Harper duty, and if it so, then she get my attention. It's worked well thus far.*



**Brandon:** *It has been tough to balance, but I have learned to prioritize everything by setting a daily schedule. I like to make sure I start my day by writing down my to do list and typically as long as I get those things accomplished I feel good about the day. I have to take several breaks throughout the day to spend time with Brayden, but it has taught me a bit more about time management. I appreciate this for so many reasons.*



**D:** **Any new practices for managing stress?**

**J:** *I have found a fondness for walks early in the morning. It's a little piece of solitude before the day starts. I've also picked up Bass guitar. I didn't realize the intricacies of the instrument, but it's proven to be a passion project for sure.*

**B:** *I have become a professional walker at this point. I have discovered every walking route possible in our neighborhood and it helps Brayden and I connect when we can go to the park and enjoy time together. I also find myself working out and playing some video games during my little free time.*

**D:** **Go to snack for you? Go to snack for the baby?**

**J:** *Go to snack for me is an assortment of tree nuts. Right now I'm knee deep in the Salt and Pepper pistachio's from Trader Joe's. For Harper, it's definitely yogurt melts and she's recently gotten into avocado toast, which is slightly rich for me, lol!*

**B:** *For me it is Chocolate Chip Cookies. For Brayden he loves Strawberries and Goldfish, not together, but those are his favorites at the moment.*

# DOUBLE DUTY DADS



(continued)

**Dysean:** Does your baby like Zoom?



**Jerome:** Yeah, she's quite the talker. She's super demonstrative with her hands, so it really feels like she contributes to the conversations.



**Brandon:** Brayden Loves ZOOM. Anytime I am on my computer he thinks that I am talking with someone via video chat. It is cute because he can at times jump on and say hello to whoever I am talking to which seems to make his day.



**D:** When the baby is not around, what do you do for yourself?

**J:** "When the baby is not around"....It's a Pandemic...the baby is always around! No, all jokes aside, I like to go down YouTube rabbit holes, I watch sports, I might pick up a Playstation controller. The list is super random.

**B:** I have found myself getting back into playing some basketball. We have a park nearby so I will go and put up some shots. I will play some video games, catch up on some shows, as well as catch up on sleep which has become even more important these days.

**D:** Biggest thing you've learned about yourself since becoming a dad?

**J:** I haven't really learned anything new. I've always fancied myself a good father figure type. I have, however, noticed that I am much more forgiving, much more aware of feelings, and much more protective in my everyday life. Fatherhood has manifested itself in relationships outside of mine and Harper's.

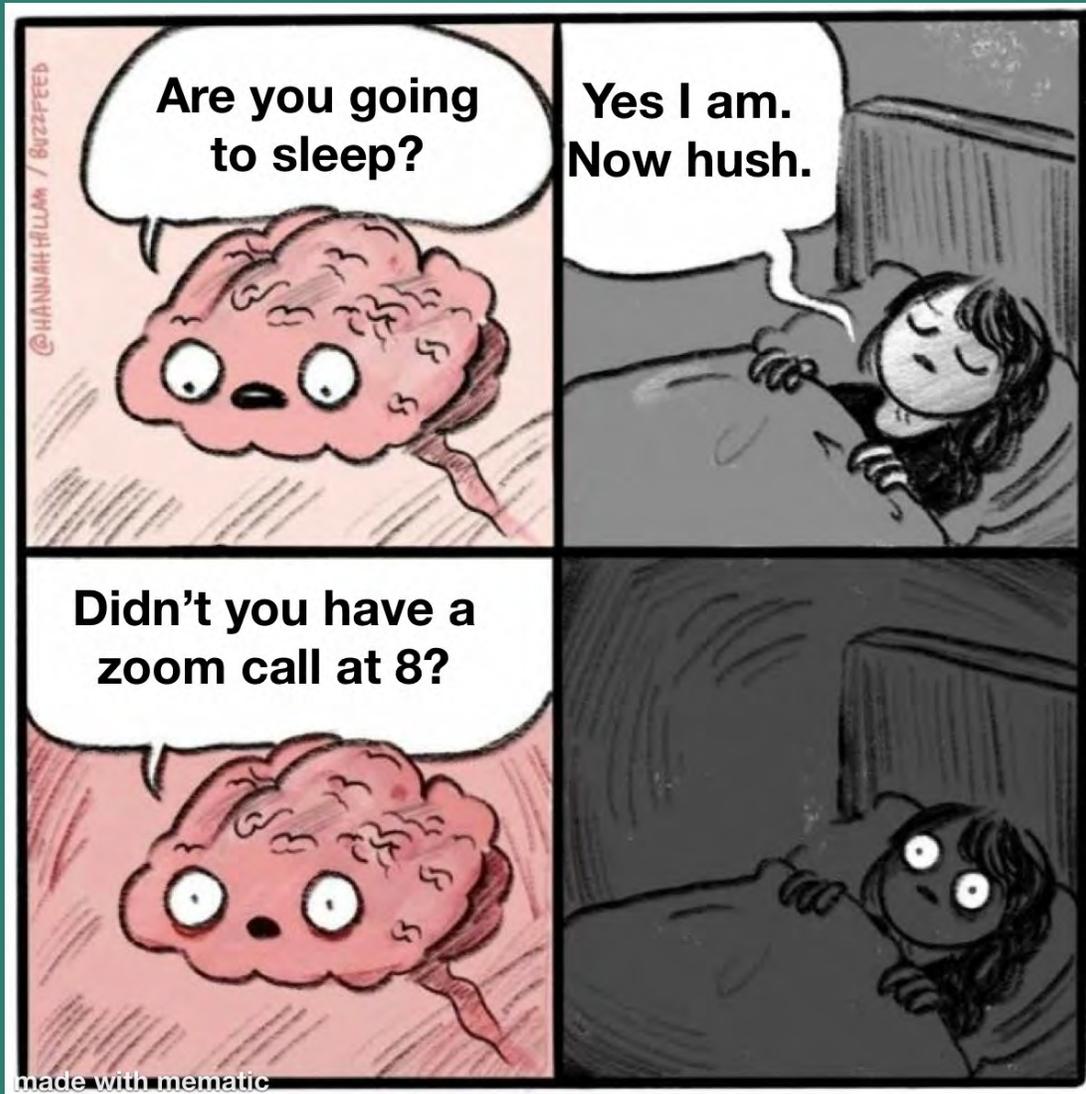
**B:** I have always thought of myself as a patient person, but the level of patience that I have unlocked being a father has been unreal.

**D:** Advice for TAG students that may be balancing a lot at home right now?

**J:** Remember to keep the main thing, the main thing. Whatever that may be for you at the time, remain focused, stay healthy (in all facets) and keep seeking joy.

**B:** It is a quote that someone shared with me "You have survived 100 percent of your worst days." We are capable of doing so much more than we know. Make sure you take care of yourself and listen to what your body needs.

# TAG MEMES



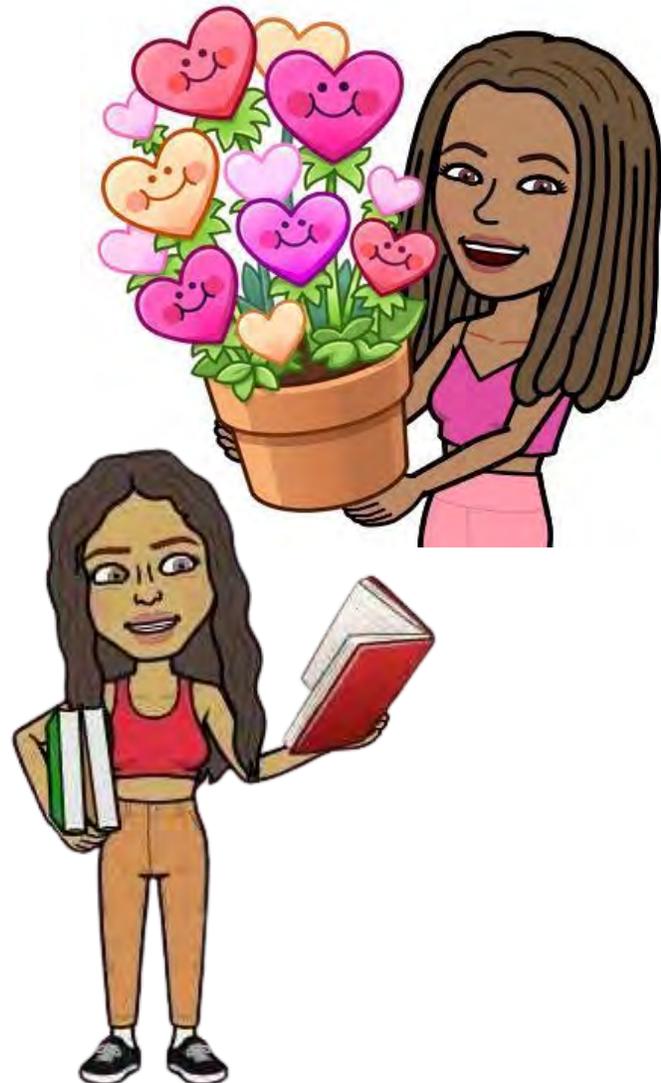
# LAFAYETTE



# OWNING YOUR VIRTUAL SPACE

Words by Bri Braswell & Cristina Usino

*When offices went remote, Bri and Cristina looked at one another and let out a collective "GAH". How will we work from home with two children who also need to learn from home? After several cry spells and 90's R&B heartbreak playlists later, they focused on what they could control. Their space. Cristina has always been into interior design and decorating since she can remember. In college, she had hopes of working in the design industry. So being quarantined gifted a moment to live out that dream.*





## OWNING YOUR VIRTUAL SPACE CONT'D

Words by Bri Braswell & Cristina Usino

*Bri is heavily impacted by energy in a space and so she knew she had to make an office space in their home one of tranquility and beauty.*

*With their powers combined and eight office configurations later, Cristina and Bri took the mudroom and turned into a garden office. A "Gaffice" if you will. Plant babies, natural wood tones, beams of sunshine and books fill the space. Cristina's favorite moments in the Gaffice are when she and Bri are both working at their desks with Chillhop on Spotify and the children are sprawled on the wingback chair reading books. Bri will look around and say "I love our family."*





"Allow yourself to be vulnerable and lean on others. The best way to better understand yourself is to allow others to understand you better."

-Cory Pressl

#TAGPHILOSOPHIES

# LAFAYETTE