LDOC 2021

Here at Carolina, LDOC is a Tarheel tradition. It’s a day of connection and engagement. A time we all rejoice and shake off the stress of this especially long year that is now behind us, before focusing on upcoming exams. We want everyone to know that this year, LDOC is being reimagined. LDOC is still a major milestone that we intend to celebrate. It’s a great accomplishment for students, staff, and faculty, because we have all made it to LDOC together. Revering in this time is important now more than ever.

We hope everyone will safely celebrate together virtually, distanced, and masked as appropriate.

UNC-CH provided activities:

UNC will be hosting a variety of both in person and virtual events to help students unwind, reset and connect with one another. These activities include a variety of ways to move your body and reset your mind, including; outdoor yoga, painting and even grabbing food.

For a full list of LDOC events - [https://heellife.unc.edu/events?categories=17800](https://heellife.unc.edu/events?categories=17800)

Stay Well

*Take care of yourself and your Tar Heel community*

With excitement in seeing the light at the end of this COVID tunnel and excitement among many things to celebrate, we encourage everyone in the Tar Heel community to continue looking out for one another. This year, that means continuing to celebrate with small groups, and remembering that physical distancing doesn’t mean we have to lose
social connection. Part of connecting with each other is also looking out for each other. That’s why on LDOC, and every day of the year, we highlight ways that each of us can build a community of care through being an active bystander.

Being an active bystander means you are observing the environment around you in anticipation to take action rather than just expecting someone else will. As we begin re-building our physical connections, we have the opportunity to intervene in potentially harmful or dangerous situations by being an active bystander in person or online. If you see a member of our community needing support during these difficult times it is important to reach out and intervene. If we are all active bystanders, we will create a community where we can depend on each other and promote healthier norms and values.

**Some ways we can help ensure the safety and wellness of all Tar Heels include:**

1. Before going out. Arrange a way to get home before you leave the house. Travel together with someone you trust and talk through where you plan on going and what you plan on doing. This way you can watch out for one another. Make the decision to eat before you go or decide where to get food.
2. While you are out. Avoid consuming substances from communal areas, this will ensure you know what is in your cup, how much is in it and slow the spread of the Covid-19 virus. Stay with the group you planned to leave the house with.
3. Throughout the night. Be sure to drink plenty of water and abide by gathering limits and be mindful of your noise in residential neighborhoods. Also remember to keep your distance and abide the 3W's if you’re with people who aren't fully vaccinated.
4. For more information on becoming an active bystander be sure to check out the [OneACT model][2] and upcoming training sessions.

---

**Stress Relief & Substance Use**

While it could be tempting to turn to alcohol to cope with this stressful time, know that alcohol consumption can weaken your immune system and negatively impact your ability to regulate your emotions. It can also affect academic performance and brain function. If you’re considering using substances understand what you are putting into your body and the potential risk involved.

If you are concerned about your substance use habits, check out the [Student Wellness website for resources][3] or write us an [email to set up a one-on-one appointment][4] with a trained staff member.

- Take care of yourself!
- Taking care of yourself, your friends, and your family can help you cope with
stress. Helping others cope with their stress can also make your community stronger.

- Take intentional breaks from your screens. Being on your phone or computer for extended periods of time can be draining. Schedule in breaks to get outside or call a friend to break up your studying and school work.
- Take care of your body... and your brain
  - Meditate
  - Eat Well and Balanced
  - Drink Plenty of Water
  - Exercise regularly
  - Get plenty of sleep
  - Make time to unwind. Try to do some activities you enjoy.
- Connect with others. If you want to get together, hang with small groups who you know well and trust. Assess your risk with the updated CDC guidelines and recommendations.
- Support your friends, family and your community. Send encouraging text messages with jokes, memes, funny pictures and/or inspiration.

**No matter how you celebrate LDOC, take time to reflect on the year, center your wellbeing and support your fellow Tar Heels.**

**Happy LDOC!**

**Source URL:** https://carolinaunion.unc.edu/news-events/union-events/ldoc-2021

**Links**
[1] https://heellife.unc.edu/events?categories=17800
[3] https://studentwellness.unc.edu
[4] mailto:studentwellness@unc.edu