

Hey guys, it's been a month.

It's nice to be back in the swing of things after my impromptu hiatus. As nearly everyone knows, managing life, school and work is not the easiest thing in the world to do. These are stressful times, and we all deserve praise and a pat on the back for getting where we are.

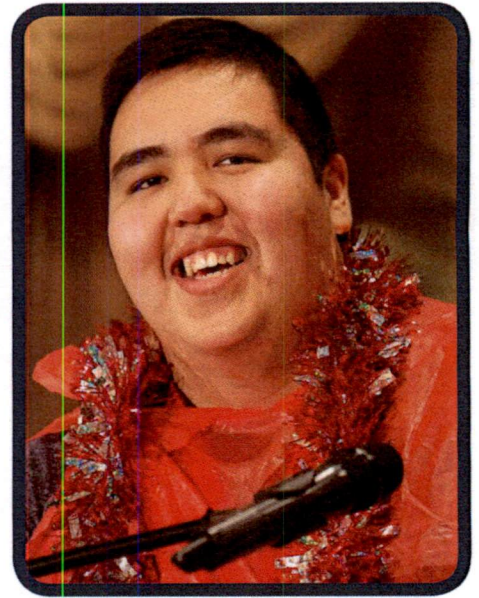
There are two weeks left until exams. Take a second, breathe, and figure out where you stand in the world. Go to your instructors office hours, study into the morning at Denny's. You can do this, I believe you guys.

Also, good news this month. The microwaves in the cafeteria have been replaced. The "replace-microwave" gang have had their demands met and the students of CNC can embrace this win, microwaving their home-made lunches.

(Also, if you do happen to notice anything broken, and provided by the CNC SU, like a microwave, make sure to bring it to our attention so there won't be a multi-month long standstill.)

I'm glad that I'm back writing cheeky editorials. I've missed you guys!

UPDATE: We would like to officially clarify that not all instructors in the English Department support the publishing of the article: "The Pubic Discussion."



Cheers!

Damon Robinson

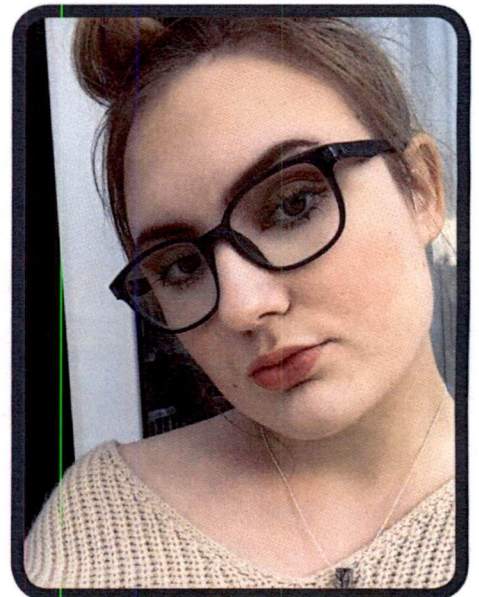
Editor-in-Chief, The Confluence

HERE COMES THE NEWS - EDITORIAL

Take a deep breath. Expand your diaphragm, hold the breath for a few seconds and then exhale as much air as you can. Release the tension in your shoulders. Take your tongue from the top of your mouth. Relax your facial muscles. Have you noticed how often you are on guard? How often your body is tensed as if preparing to flee? It is important to remember to slow down every once in a while. Worry lines on the face form from worrying too much, after all. It is a good habit to take some time for introspection. Appreciate your surroundings, rather than just worrying about getting to where you are headed. You will get to wherever you need to be. Hard work is crucial, but for all the strain you place on yourself, take time to alleviate some, too.

Self-care is not just bath bombs and face masks. It is turning off your technology to go for a walk, to talk to a friend, to get a good night's sleep. It is understanding your boundaries and limits and demanding that others understand them. It is taking the time for work and the time to prepare yourself to work. It is forgiving yourself and others. Sometimes, it is just getting out of bed to take a shower and eat breakfast. That is okay, too. I am proud of you.

Take care.



Paige Riding

News Editor, The Confluence