



# COUNSELING CENTER NEWSLETTER

Moravian College Counseling Center Monthly Newsletter



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## Upcoming Events:

### **Coping with Chaos**

**Tuesday's 2pm-2:45pm, ZOOM (185-199-802)**

Learn "coping with chaos" skills, receive support, and connect with others.

### **Stress Less Afternoon**

**Thursday, 1pm-1:30pm, ZOOM (978-216-920)**

Each week there is a new de-stressing activity/exercise.

### **Denim Day (Virtual)**

**April 29th (watch for details)**

A day to support survivors and raise awareness about sexual violence.

## ***THE COUNSELING CENTER MOVES ONLINE!***

We hope everyone is staying healthy, safe, and in good spirits. With some creativity and patience, the Counseling Center staff have made all counseling services available online.

### **Counseling Center Online Services**

- Phone & email are checked during regular business hours (M-F, 8am-4:30pm)
  - 610-861-1510
  - counselingcenter@moravian.edu
- Teletherapy sessions via video (call or email to schedule)
- Virtual outreach services
  - Virtual events (see below)
  - Follow us on Facebook and Instagram for challenges, tips, and for some positivity.

### **New Online Counseling Center Weekly Events**

- **"Coping with Chaos":**
  - Tuesday's, 2pm-2:45pm via ZOOM (#185-199-802)
    - Learn "coping with chaos" skills, receive support, and connect with others.
- **Stress Less Afternoons (Zoom style):**
  - Thursday's, 1pm-1:30pm via ZOOM (#978-216-920)
    - Each week there is a new de-stressing activity/exercise.

# CHOOSE MINDFULNESS OVER MAYHEM

Mindfulness: focusing on the present moment without judgement.

Mayhem: chaotic, causes pain, negative.

6 questions to ask yourself everyday to help stay mindful:



**What am I grateful for today?**



**Who am I checking in on or connecting with today?**



**What expectation of 'normal' am I letting go of today?**



**How am I getting outside today?**



**How am I moving my body today?**



**What beauty am I either creating, cultivating or inviting in today?**

Thriving Inside at SmilingMind

## Resources to Support Mental Health

(during COVID-19)

National Alliance On Mental Illness created a information guide:

<https://www.nami.org/covid-19-guide>

Active Minds added a specific Coronavirus page to their website:

<https://www.activeminds.org/about-mental-health/be-there/coronavirus/>

The Suicide Prevention Resource Center has compiled a selection of webpages and information sheets on mental health and the Coronavirus. They update the list regularly:

<http://www.sprc.org/covid19>

**Contact us at:**

610-861-1510

counselingcenter@moravian.edu

1307 Main Street

**Visit us at:**

[moravian.edu/counseling](http://moravian.edu/counseling)



Moravian College encourages persons with disabilities to participate in its programs and services. If you anticipate needing any type of accommodation or have questions about the physical access provided, please contact the Counseling Center directly at 610-861-1510.