

MARCH 2023

# COUNSELING CENTER NEWSLETTER

MORAVIAN UNIVERSITY COUNSELING CENTER MONTHLY NEWSLETTER



**Stress Buster Event: March 8th,  
11am-1pm, HUB**

Make and take your own worry stone.

**Sleep Awareness Event, March 16th,  
11am-1pm, HUB**

Stop by for sleep hygiene tips, sleep masks, tea, and more!

**Friday Forum, March 24th, 12pm-1pm**

Topics include climate change and mental health.

**Mental Wellness Day, March 29th,  
11am-2pm, HUB**

De-stressing activities, therapy dogs, resource information, and more!

**Sister to Sister support group  
3/10 & 3/31, 12pm-1pm at the  
Counseling Center**

A support group for all women of color.

Follow us on Instagram for updates and event info!

## COUNSELING CENTER CHANGES & UPDATES

### **Farewell Dr. B!**

Dr. Allison Blechschmidt finished her last days at the CC in February. Dr. B was a great leader, caring co-worker, a superb psychologist, and an overall awesome person! She is going to be missed very much. We wish her nothing but luck and joy in all her future endeavors!

### **Stef Returns!**

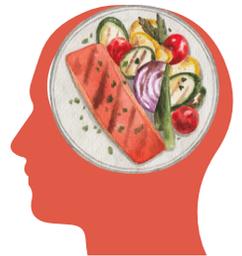
While the CC searches for a full-time Staff Counselor that will start in the Fall, we are happy to share that Stef Recchio, a previous student intern, will be returning as an interim Staff Counselor for the second half of the semester.

### **CC's 2 Directors!**

The CC will now be under the leadership of two directors, Dr. Mari Diaz as the Director of Clinical Services and Rosemarie Williams as the Director of Operations and Outreach.

## NUTRITION FOR YOUR MOOD

March is National Nutrition Month. When making healthy food choices, don't forget to feed your mind. Research has shown specific nutrients positively impact moods.



- **Omega-3s** - Some studies suggest that omega-3s may be helpful in the treatment of depression and seem to have a mood-stabilizing effect. Omega-3 essential fatty acids may also help boost the effectiveness of conventional antidepressants and help young people with ADHD.
- **Vitamin D** - Research shows rates of depression increase in those who lack adequate levels of vitamin D. Fish such as tuna and salmon contain vitamin D, as well as milk, orange juice, and some cereals.
- **Water** - Getting enough water prevents dehydration. Dehydration can cause fatigue, mood changes, and impaired concentration.

# THE POWER OF "YES"

WRITTEN BY MARI DIAZ

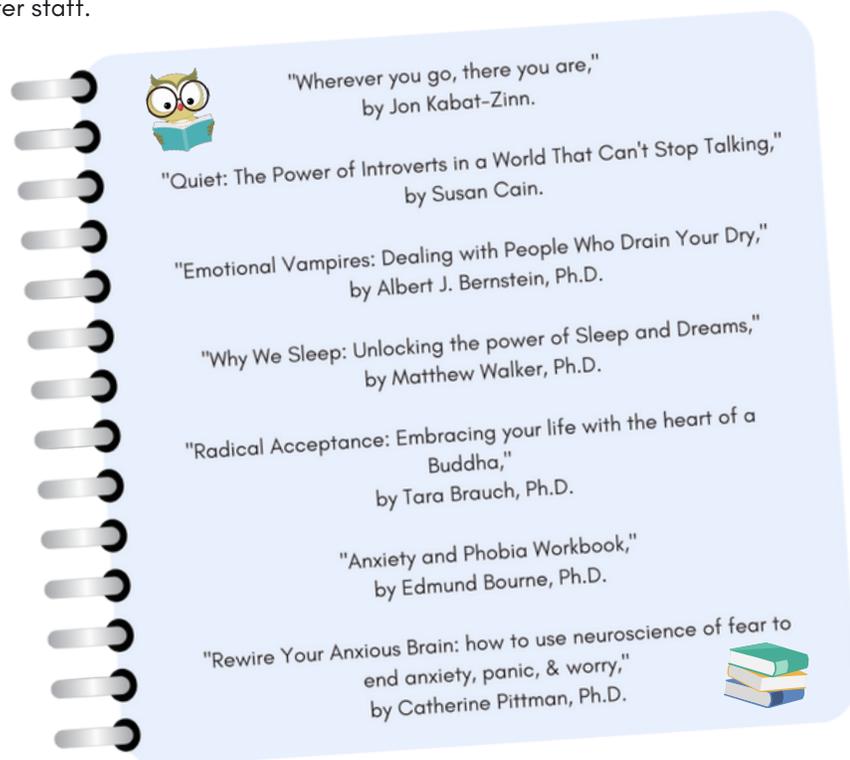
We are given opportunities each day to face our fears, try new things, and change our minds. For example, it can be helpful to reflect on our patterns of responding to situations that scare us because we have not tried them before, do not have much experience, do not want to appear foolish, feel uncomfortable asking for help, etc. It is understandable to want to "stay in our lane" and stay in our comfort zone. After all, it is comforting to know what to expect at times. It can also feel rewarding to do things we are good at and excel in. However, this may limit our range of experiences and keep us from continuing to learn and grow as much as we can.

In her book, "The year of yes: How to dance it out, stand in the sun, and be your own person", the successful screenwriter, author and producer, Shonda Rhimes explored her patterns of saying no to situations that scared her after her sister told her, "You never say yes to anything". As a result, she challenged herself to push herself out of her comfort zone and for a year committed to saying yes to situations that initially made her feel afraid. Although there are situations where saying no is useful and helps us avoid harmful or unhealthy situations, there may be opportunities that can open up to us by saying yes. This can facilitate more flexibility in our approach to a variety of situations we may face. When we face challenges and work through them, even if we stumble our way through them, this can lead to increased confidence in ourselves.



## STAFF PICKS

In honor of National Reading Month (Dr. Seuss' Birthday month), here is a list of mental wellness/self-development book recommendations from the Counseling Center staff.



"Wherever you go, there you are,"  
by Jon Kabat-Zinn.

"Quiet: The Power of Introverts in a World That Can't Stop Talking,"  
by Susan Cain.

"Emotional Vampires: Dealing with People Who Drain Your Dry,"  
by Albert J. Bernstein, Ph.D.

"Why We Sleep: Unlocking the power of Sleep and Dreams,"  
by Matthew Walker, Ph.D.

"Radical Acceptance: Embracing your life with the heart of a  
Buddha,"  
by Tara Brauch, Ph.D.

"Anxiety and Phobia Workbook,"  
by Edmund Bourne, Ph.D.

"Rewire Your Anxious Brain: how to use neuroscience of fear to  
end anxiety, panic, & worry,"  
by Catherine Pittman, Ph.D.

## March Awareness & Prevention



### Self-Injury Awareness Month & Self-Injurious Awareness Day (March 1st)

Self-injurious behaviors are often misunderstood. March is a time to break the stigma, raise awareness, and provide education around self-injury and self-harm. [adolescentselfinjuryfoundation.com](http://adolescentselfinjuryfoundation.com)

### National Nutrition Month

The Academy of Nutrition and Dietetics invites everyone to learn about making informed food choices and developing healthful eating and physical activity habits. [eatright.org/national-nutrition-month-2023](http://eatright.org/national-nutrition-month-2023)

### National Sleep Awareness Week (March 12th-18th) and World Sleep Day (March 17th)

Every year, the National Sleep Foundation takes this time to reemphasize the important connection between your sleep and your health and well-being. [thensf.org/sleep-awareness-week](http://thensf.org/sleep-awareness-week)

### National Drug and Alcohol Facts Week (March 20th-26th)

NDAFW is an annual, week-long health observance that helps to share inspires dialogue about the science of drug use and addiction among youth. [nida.nih.gov/research-topics/parents-educators/national-drug-alcohol-facts-week](http://nida.nih.gov/research-topics/parents-educators/national-drug-alcohol-facts-week)

### World Bipolar Day (March 31st)

World Bipolar Day's ultimate goal is to inspire a global shift in thinking that will eliminate social stigma and promote acceptance. [ibpf.org/learn/programs/world-bipolar-day](http://ibpf.org/learn/programs/world-bipolar-day)

#### Schedule with the Counseling Center

610-861-1510

[counselingcenter@moravian.edu](mailto:counselingcenter@moravian.edu)

[Online Appointment Request form](#)