

OCTOBER 2022

COUNSELING CENTER NEWSLETTER

MORAVIAN UNIVERSITY COUNSELING CENTER MONTHLY NEWSLETTER

UPCOMING EVENTS

Wellness Workshops

3pm-4pm, PPHAC 103 or Zoom

October 6th: Getting unstuck:

Managing Depression

October 13th: Fostering Happiness

October 20th: Grief & Loss

October 27th: Anxiety toolbox

Sister to Sister: October 7th, 12pm-1pm, Counseling Center

Women of color support group.

World Mental Health Day: October 10th, 11am-2pm

Treat yourself event. Stop by for self-care activities and giveaways.

Stress Buster Event

October 13th, 11am-1pm, HUB

Plant and decorate your own succulent.

Mindfulness Group: October 14th & 28th, Sally 102, 1pm-2pm

Learn and practice mindfulness skills.

Stress Less Thursday

October 27th, 3:30pm-4:30pm, at the Counseling Center

Pumpkin painting and relaxation!

INTRODUCING PAW

The Moravian Counseling Center has started its very own Peers and Wellness (PAW) program! PAW focuses on executing mental wellness outreach for the campus community. Make sure to follow PAW on Instagram for more information: @moravianpaw



For October 2nd-8th, the PAW team will be focusing on National Mental Illness Awareness Week. Make sure to stop by our table at the health fair on Wednesday October 26th from 10am-2pm!

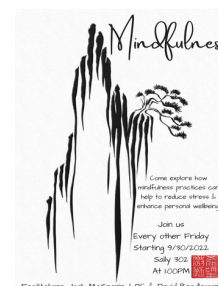
GROUP OPPORTUNITIES

The Counseling Center is excited to offer two new groups starting in October. A group setting offers many benefits including support, various perspectives, and a pathway for individual growth and insight.

Sister to Sister is an opportunity for all women, transgender, and non-binary, of color to connect and support one another in achieving goals, dreams, and passions. Facilitated by Mari Diaz (Counseling Center) and Michelle Rios (DEI). Click the flyer for more information.



Mindfulness group offers a time for you to explore how mindfulness practices can help reduce stress and enhance personal well-being. Facilitated by Josh McSparin and David Beedleman (Counseling Center). Click the flyer for more information



FOREST BATHING

WRITTEN BY DR. MARI DIAZ



There is growing research extolling the benefits of being in nature.

Many people can attest to their own personal experiences of finding relief, comfort, and improvement with their concerns after spending some time outdoors.

The term shinrin-yoku was created by the Japanese Ministry of Agriculture, Forestry and Fisheries in 1982. Shinrin-yoku translates to "forest bathing" or "observing the forest atmosphere". However, the concept does not require being in

a forest necessarily or actual bathing but rather just spending time in nature.

It encourages being present in the moment, observing the sights and sounds around you, and temporarily disconnecting from technology. Anyone can benefit from this practice. Perhaps you have been engaging in forest bathing without realizing you were practicing it while taking a walk in a park, caring for an animal, watching a sunset, or feeling the sensation of sand or grass on your feet.

As you take in the natural setting around you, consider taking some deep breaths. Connect with the different senses (How does the sun feel on your face? What smells are present?) as well as the different elements (Notice the meditative movement of the waves at the beach)(Is there a gentle breeze ruffling some leaves?). Consider bringing a journal and writing what you observe and how you feel. Express gratitude for being able to connect with your surroundings.

These small moments in nature can help you decrease stress, cope with physical or mental concerns, and feel more connected and appreciative of yourself and the environment around you.

Moravian campus is perfect for "forest bathing!"



Prevention and Awareness during the month of October

LGBTQ+ History Month

A month dedicated to recognizing and exploring the role the LGBTQ+ community has in American History.

lgbthistorymonth.com/

Bully Prevention Awareness Month

Throughout the month communities nationwide unite to education and bring awareness of bullying prevention.

pacer.org/bullying/

youth.gov/feature-article/national-bullying-prevention-month

Domestic Violence Awareness

A time to remember victims, raise awareness, promote resources available, and provide prevention education.

ncadv.org/2022DVAM

pcadv.org/get-involved/dvam/

Latinx and Hispanic Heritage Month

A month to acknowledge and celebrate those Americans whose ancestry can be traced to over 20 countries in Latin America, including Mexico, Central and South America, and the Caribbean.

nationalcouncilhepm.org/themes-%26-posters

National Coming Out Day (October 11th)

Marks the anniversary of of the March on Washington for Lesbian and Gay rights in 1987.

apa.org/pi/lgbt/resources/coming-out-day

Indigenous People's Day (October 10th)

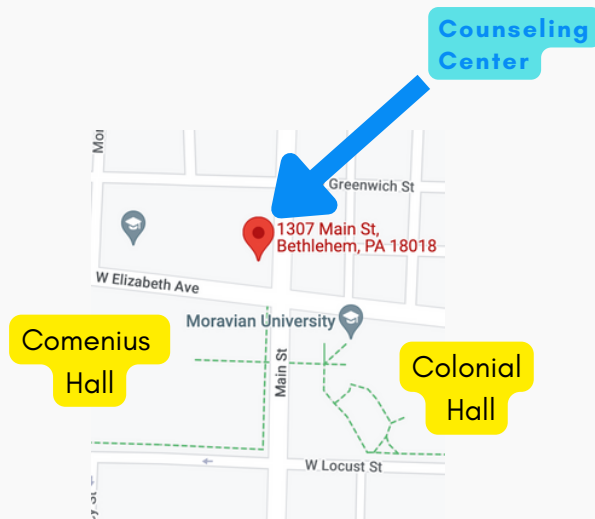
Celebrated to honor the cultures and histories of the Native American people.

americanindian.si.edu/nk360/informational/columbus-day-myths

nytimes.com/2021/10/11/us/indigenous-peoples-day.html

WHERE IS THE COUNSELING CENTER?

Counseling Center staff has increasingly been getting questions about the location of the Counseling Center. We are located at the corner of Main Street and Elizabeth Street, across Elizabeth from Comenius Hall and catty-corner from Colonial Hall.



The entrance is on Main Street (1307).



Prevention and Awareness during the month of October (cont)

World Mental Health Day (October 10th)

Dedicated to making mental health and well-being for all a global priority.
who.int/campaigns/world-mental-health-day/2022

Mental Illness Awareness Week (Oct 2nd-8th)

A week dedicated to bring awareness that medical illnesses are health conditions that can be treated. It's a week to help break the stigma and support one another.
nami.org/get-involved/awareness-events/mental-illness-awareness-week

Schedule an Appointment

Scan QR code below to submit an appointment request form:



Contact us to schedule

1307 Main Street

610-861-1510

counselingcenter@moravian.edu

