

SEPTEMBER 2022

COUNSELING CENTER NEWSLETTER

MORAVIAN UNIVERSITY COUNSELING CENTER MONTHLY NEWSLETTER

UPCOMING EVENTS

Wellness Workshops

Sept. 8th, 15th, 22nd, & 29th

3pm-4pm, PPHAC 103 or Zoom

Topics TBA.

Field of Memories

**Thursday & Friday during the month
of September, outside of the HUB.**

Come place a flag and/or dog tag in
honor of the college students and
veterans who have died by suicide.

Stress Less Thursday

**September 29th, 4pm-4:30pm, at
the Counseling Center**

Design your own mug and sip some tea
to stress less!

Upcoming group opportunities:

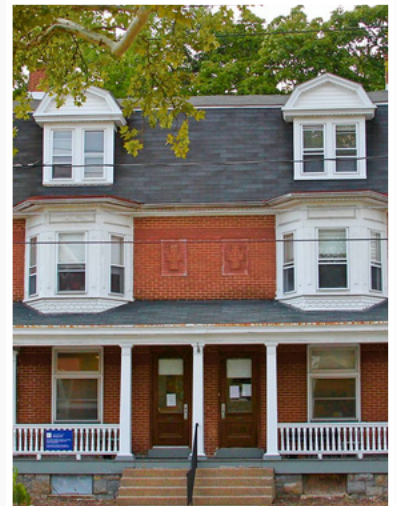
- If you are a woman of color,
please consider joining the women
of color support group offered
jointly by the Counseling Center &
the Office of Diversity, Equity, and
Inclusion. Please contact Mari
Diaz, PsyD, at
diazm03@moravian.edu with any
questions.
- If you are interested in joining a
mindfulness group, please email
mcsparinjemoravian.edu.

WELCOME BACK HOUNDS!

We hope everyone had a rejuvenating and delightful summer break!

To help dust off the summer cobwebs here are a few friendly reminders, as well as
some new Counseling Center (CC) updates:

- The CC is located at 1307 Main Street and is open 8am-4:30pm, M-F.
- Limited evening hours are available for students with clinical placements,
student teaching, etc.
- Services are offered at no additional cost to all full-time undergraduate and
graduate students.
- We are now offering teletherapy services to our students at the Lancaster
campus (welcome!).
- The CC is now utilizing the Student Health Portal. After scheduling an intake
session students will sign-in to the portal to complete the necessary intake
paperwork (instructions will be provided when you schedule).
- To schedule an appointment:
 - counselingcenter@moravian.edu
 - 610-861-1510
 - complete an appointment request
form on our website
(moravian.edu/counseling)
or by scanning the QR code below



TIPS TO START YOUR SEMESTER OFF MENTALLY FIT

Take care of your body

Taking care of yourself physically can help you stay mentally fit.

- Eat nutritious meals
- Drink plenty of water
- Exercise, which helps to decrease anxiety and depression and improve overall moods
- Get enough sleep, researchers believe that lack of sleep contributes to a high rate of depression in college students

Get connected

Human beings are social creatures, and social interactions are vital to mental health. Surround yourself with good people by making plans with someone from your social network or by creating opportunities where you can meet new people, such as seeking out new activities and clubs or talking to peers in your classes.

Build a routine

Having structure and a routine can help manage feeling overwhelmed. Create a schedule and stick to it. Make sure to not just include academic responsibilities but also time for when you will eat,

sleep, and have leisure time.

It's important to set priorities but not at the cost of taking care of your body or feeling connected and a sense of belonging.

Learn how to deal with stress

Like it or not, stress is part of life. It's important to practice good coping skills and avoid unhealthy coping skills. Some ways to manage stress include:

- Get out in nature
- Journal
- Take a few deep breaths
- Listen to your favorite song
- Exercise/stretch/move your body
- Take a break, do something you enjoy, engage in a hobby, or find a way to be creative
- Recognize if your thoughts are adding to your stress, try to be more kind to yourself and put things in perspective
- Smile and see the humor in life. Research has shown that laughter can relax your body and reduce stress
- Know when to ask for help. If you feel your stress is unmanageable, seek out support

Welcome Counseling Center Interns!

The CC is lucky to have 4 interns working with us this year. You can learn more about each intern by visiting "Meet The Staff" on our website.

We asked the interns (1) where would we most likely find you when you are not busy with graduate school, and (2) what excites you the most about working with college students:

Sarah Kling

1. "Spending time with friends and family hiking in nature and camping."
2. "Guiding the students in reaching their goals related to their personal and academic life."

Michael Kastelnik

1. "At home with my family, doing tasks inside and outside the house. "
2. "Helping them to find their internal and external resources for support and reminding them there is light at the end of the tunnel."

Samantha Glosser

1. "Spending time with my two cats, Oliver and Sage, or listening to new music."
2. "Assisting students as they navigate new life transitions and explore their identity."

David Beedlemann

1. "At home working on DIY home projects or exploring the outdoors."
2. "Excited to work with a population that has a growth mindset and has taken on more responsibility than they likely ever have before."

NATIONAL SUICIDE PREVENTION MONTH

While suicide prevention is important to discuss year round, September is a dedicated time to come together to promote suicide prevention and highlight the importance of talking about suicide.

Ways to participate

The Counseling Center creates a "Field of Memories" that honors the 1,100 college students who die by suicide each year and the 22 veterans that die by suicide every day. You can participate by placing a flag and/or dog tag. We will be outside of the HUB every Thursday and Friday mid afternoon for all of September.

The National Alliance on Mental Illness (NAMI) highlights their goal of ensuring that individuals, friends and families have access to the resources they need to discuss suicide prevention and to seek help through their "Together for Mental Health" campaign. To learn more about suicide risk factors, warning signs, and to hear personal stories of hope, click [here](#) or visit NAMI's website.

The National Suicide and Crisis Lifeline focuses on spreading the word about the 5 action steps that can be taken when communicating with someone who may be suicidal. These steps include asking directly about suicide, being physically and emotionally present, keeping the person safe, connecting the person to resources, and following up with the person. Click [here](#) to read more about the 5 action steps.

988 Suicide and Crisis Lifeline

In July of this year, all phone companies and text messaging providers were required to route all calls and text messages to "988" to the 988 Suicide and Crisis Lifeline. This new, shorter phone number will make it easier for people to remember and access mental health crisis services. The 988 Suicide and Crisis Lifeline provides 24/7, confidential support to people in suicidal crisis or mental health-related distress.

IN CASE OF A MENTAL HEALTH EMERGENCY

If you or someone you know is experiencing an emergency call **Campus Police at 610-861-1465 (on campus)** or dial **911 (off campus)**.

Crisis Resources

Call, text, or chat 988 for 24/7, free and confidential support for people in distress

Crisis Text Line: text "help" to 741-741

Veterans Crisis Line: text to 838-255

Northampton County Crisis Line: 610-252-9060

