



MARCH 2020

# COUNSELING CENTER NEWSLETTER

Moravian College Counseling Center Monthly Newsletter



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## Upcoming Events:

**Stress Buster Event**  
March 10th, 11am-1pm, HUB  
Create, laugh, and de-stress with balloon  
dart painting!

**Drop-in South Campus Hours**  
Thursdays, 3pm-4pm, Student Life Office  
(The Hill Room 121)  
15 minute solution-focused discussion  
with a counselor. First come, first serve.

**Stress Less Afternoons**  
Thursdays, 4pm-4:30pm, Counseling  
Center  
Each week there is a new de-stressing  
activity and/or exercise.

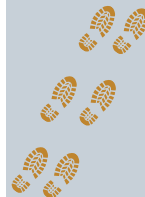
**Reflective Dialogues**  
Fridays, 1:30pm-2:30pm, Sally Room 302  
This is a student-led facilitated discussion.  
Topics will vary each week.

## INTRODUCING "OUTWARD HOUNDS!"

The Counseling Center is happy to introduce "Outward Hounds."

"Outward Hounds" is spearheaded by two very dedicated and wilderness-enthused staff members. With the nationally-recognized outdoor educational program "Outward Bound" in mind, Rosemarie and Josh created "Outward Hounds" as a way for students to experience firsthand the positive effects nature and being outdoors can bring. See below to learn more about the positive effects.

### Spring 2020 Outward Hounds events:



**March 28th**  
Outward Hound Hike  
Hike on the Appalachian Trail

**April 18th-19th:**  
Outward Hound Wellness Retreat  
Overnight backpacking trip

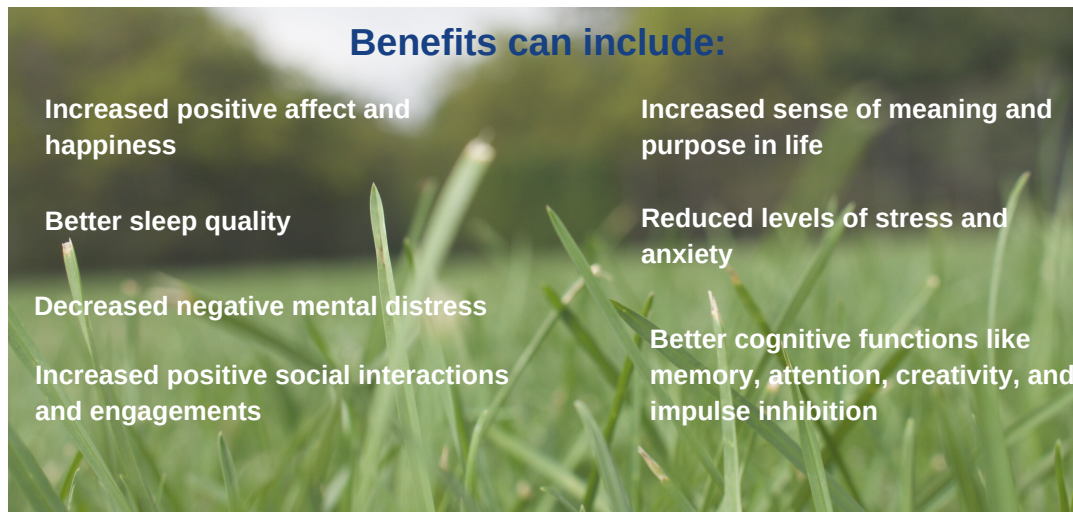
Stay tuned for future Outward Hounds events!



For questions regarding Outward Hounds, please contact Rosemarie Williams at [williamsr2@moravian.edu](mailto:williamsr2@moravian.edu)

# BENEFITS OF THE OUTDOORS

There is a growing body of research that points to the beneficial effects that exposure to nature can have on one's health and psychological well-being. In fact, a recent study found that people who spent two hours a week in green spaces (local parks or other natural environments) were substantially more likely to report good health and psychological well-being than those who don't. Two hours a week is not a lot, especially when you are reaping the benefits of the great outdoors.



**Contact us at:**  
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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.