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COUNSELING AND PSYCHOLOGICAL SERVICES

CAPS Wellness Panel





CAPS We are here for you!

On-Call Services:

For students experiencing acute distress and who need to speak with a clinician immediately, please reach out to the on-call clinician at (860) 685-2910.

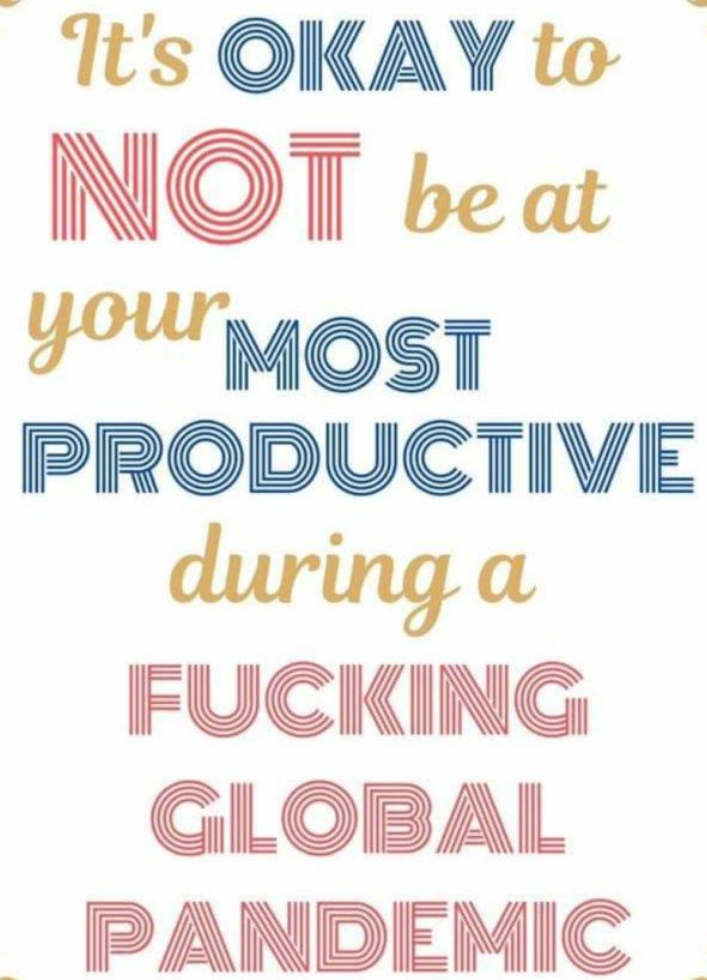
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"We don't have to do all of it alone. We were never meant to." -Brene Brown



It's OKAY to
NOT be at
your MOST
PRODUCTIVE
during a
FUCKING
GLOBAL
PANDEMIC

IT'S OKAY IF IT'S HARD TO FOCUS. IT'S OKAY IF YOU'RE STRUGGLING TO FIGURE OUT WHAT TO DO OR HOW YOU FEEL. IT'S OKAY IF YOU AREN'T HANDLING THINGS PERFECTLY. THERE'S NOTHING WRONG WITH YOU. IT'S A DIFFICULT SITUATION. THAT'S NOT YOUR FAULT.



EMM
ROY

Grief & Loss



**“IF IT’S OUT OF YOUR
HANDS, IT DESERVES
FREEDOM FROM YOUR
MIND TOO.”**

— IVAN NURU

☯ ENLIGHTENED CONSCIOUSNESS



BEING HARD
ON YOURSELF

BEING SOFT
WITH YOURSELF

"I'M SO BEHIND."



"WHAT PROGRESS
CAN I CELEBRATE?"

"I SHOULDN'T
FEEL THIS WAY."



"IT'S SAFE TO
FEEL MY FEELINGS."

"UGH... WHY CAN'T
I FIGURE THIS OUT?"



"WHAT IS THIS
HERE TO TEACH ME?"

"LIFE IS SUCH
A BATTLE."



"HOW CAN I
APPROACH IT LIKE
AN ADVENTURE?"

xo@heyAmberRae



REFRAMING



Staying positive does not mean that things will turn out okay. Rather, it is knowing that YOU will be okay no matter how things turn out.

ALTERNATIVES TO ANXIOUS SCROLLING:

how to use time online when
the world feels scary

@THEMINDGEEK

PRIORITISE CONNECTION WITH LOVED ONES

CURATE YOUR SOCIAL MEDIA FEED

DOWNLOAD A MEDITATION APP

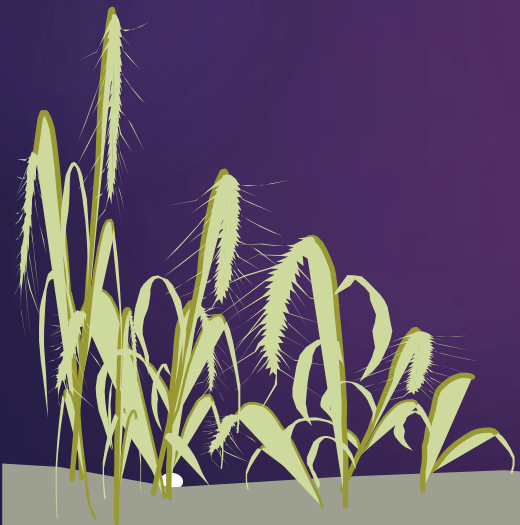
SYNCHRONISE A NETFLIX MOVIE NIGHT
WITH FRIENDS

CREATE A FEEL-GOOD PLAYLIST

WATCH THE 'BEST OF' TED VIDEOS

BUILD A VIRTUAL BOOKSHELF ON
GOODREADS

STAY INFORMED WITHOUT OVERLOADING





Soothing Touch

FACE

F Focus on what's in your control

A Acknowledge your thoughts & feelings

C Come back into your body

E Engage in what you're doing





Pay Attention to Your Reactions: It is normal to experience stress, anger, anxiety and fear during a crisis. Being aware of your reactions can help you decide what you need to cope with these feelings.

Be Kind to each other:

Remember that COVID-19 does not recognize race, nationality, or ethnicity. Wearing a mask does not mean a person is ill. Being compassionate is the best thing we can do for our communities and ourselves.

Take a Break + Relax: There is life outside of the current crisis. Make sure to schedule a break and relax or do things you enjoy such as meditation, listening to music, coloring etc... Different coping strategies work for different people, use what has worked for you in previous times of stress.



Maintain a Healthy Routine: It is important to maintain your regular schedule for sleeping, eating, studying, working, socializing etc... Do not use smoking, alcohol or other drugs to cope with your stress. (This may reduce your body's capacity to heal itself)



Limit Information: too much information leads to overload and more stress so try to limit your exposure to news and information regarding the virus. Choose a reputable and non-sensational news source such as the CDC or King County Public Health.

Connect with Others: When in distress, you may feel lonely and isolated in what you are going through. You can benefit from connection with others where you can provide and receive support from each other. Talk to your friends and family.

1. What am I GRATEFUL for today?
2. Who am I CHECKING IN ON or CONNECTING WITH today?
3. What expectations of "normal" am I LETTING GO OF today?
4. How am I GETTING OUTSIDE today?
5. How am I MOVING MY BODY today?
6. What BEAUTY am I either creating, cultivating, or inviting in today?

Relationships & Wellness

Relationships are essential and they take a lot of hard work!!

- ▶ In every relationship with another person, there are 3 going on.
 - ▶ You to the self
 - ▶ Them to their self
 - ▶ Y'all together
 - ▶ Having these in balance sets the foundation for fulfilling and meaningful relationships
- ▶ How are you connecting during this time?
 - ▶ What are the challenges?

MY HEART IS
BIGGER THAN
THE DISTANCE
IN BETWEEN US



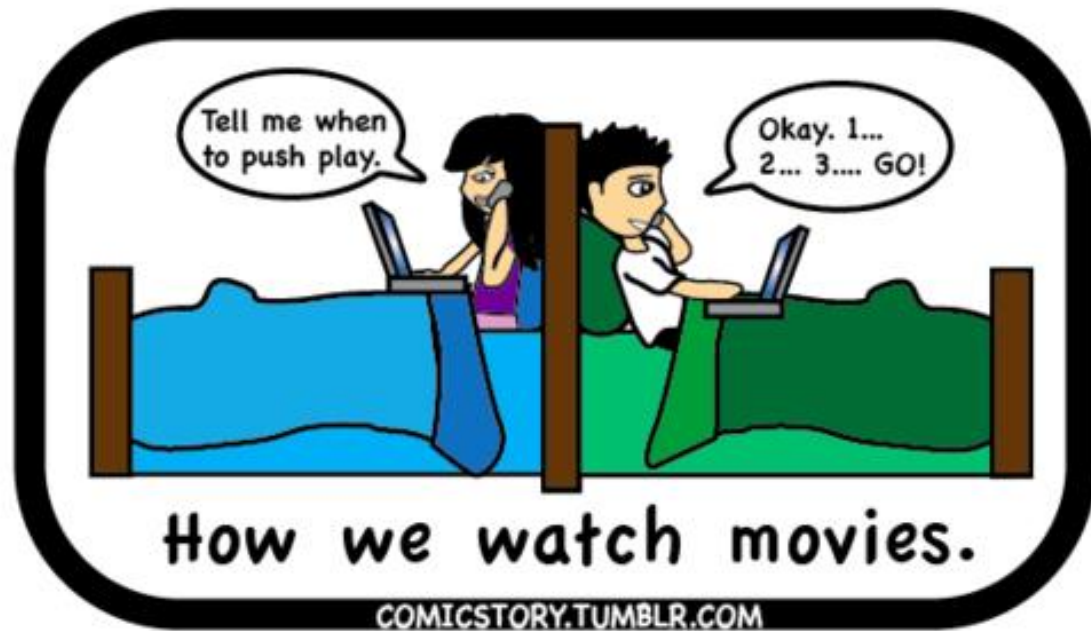
Relationships & Wellness

Setting Boundaries

- ▶ Boundaries can be
 - ▶ Physical
 - ▶ Emotional
 - ▶ Digital
- ▶ All balanced relationships are built upon these 4 pillars
 - ▶ Trust
 - ▶ Respect
 - ▶ Consent
 - ▶ Communication



Relationships & Wellness



Just like all relationships...staying connected in a time of social distancing takes work!

- ▶ Zoom/skype/facetime (i.e. spaghetti dinner)
- ▶ Email, text, phone calls
- ▶ Social media
- ▶ Good 'ol fashion letters in snail mail
- ▶ Go outside, stay 6' apart
- ▶ Drive thru hang out

- ▶ What have you been doing so far?
- ▶ How does it all feel?
- ▶ How do you nurture your relationship to yourself during this time? (self care)

Relationships & Wellness

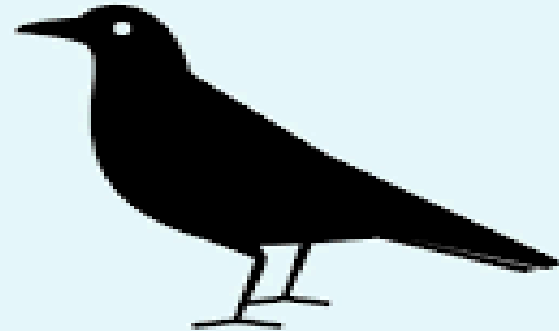
Set a goal and create a relationship plan!

- ▶ We are more likely to accomplish what we want when we can envision what that is.
- ▶ Writing down a goal and saying it out loud can begin to make that happen.
- ▶ What are you wanting more of in your relationships?
 - ▶ What does that look like? Why is it important to you?
 - ▶ How can you start to make that happen now? What's one action step you can take today?
 - ▶ Let's all come up with 1 small promise we can make to ourselves to nurture our relationships with others and ourselves

(i.e. "I'm going to make sure I call my grandmother this week to say hello" "I'm going to write about my feelings in a journal")

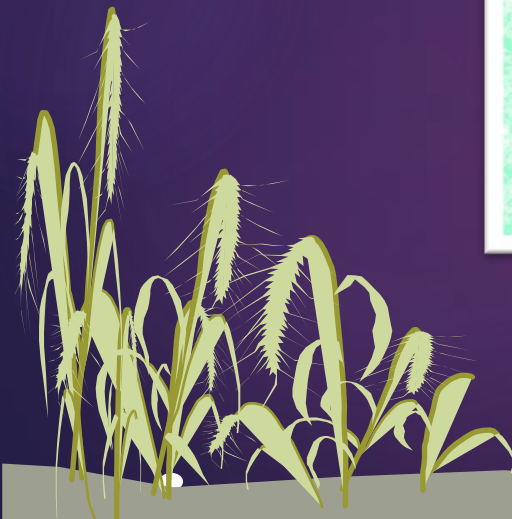
- ▶ What's yours???

I JUST
CAWED
TO SAY, I
LOVE YOU.



SELF- Compassion BREAK

When you are
feeling stressed or
overwhelmed or
sad try taking a
self-compassion
break.





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