COUNSELING AND PSYCHOLOGICAL SERVICES

CAPS Wellness Panel

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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.

Continued Services: Students who are actively working with a CAPS clinician may request ongoing therapy via telemental health if the student is on campus or residing in Connecticut.

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

— IVAN NURU

I CANNOT CONTROL
(So, I can LET GO of these things.)

I CAN CONTROL
(So, I will focus on these things.)

If others follow the rules of social distancing
The amount of toilet paper at the store
The actions of others
Predicting what will happen
Other people’s motives

My positive attitude
How I follow CDC recommendations
My own social distancing
Limiting my social media
My kindness & grace

Turning off the news
Finding fun things to do at home
How long this will last
How others react

Clipart: Carrie Stephens Art
TheCounselingTeacher.com
**BEING HARD ON 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?”

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**BEING SOFT WITH YOURSELF**

**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.

xo@heyAmberRae
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
Focus on what’s in your control

Acknowledge your thoughts & feelings

Come back into your body

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.

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.

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.

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.

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)

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 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?
Relationships & Wellness

Setting Boundaries

- Boundaries can be
  - Physical
  - Emotional
  - Digital

- All balanced relationships are built upon these 4 pillars
  - Trust
  - Respect
  - Consent
  - Communication
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)
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???
SELF-Compassion BREAK

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

Notice sensations in your body.

Now say to yourself slowly:

SUFFERING is a part of LIVING. I AM NOT ALONE.

THIS IS A MOMENT OF SUFFERING.

HOW CAN I CARE FOR MYSELF RIGHT NOW?
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