

Counseling and Wellness Center

FOR NTCC STUDENTS

JULY 2023

15 MINUTES TO BETTER SELF-CARE



Self-care is the act of taking care of yourself. It does not need to be complicated or time-consuming. Try these 8 ideas that will take 15 minutes or less.

By Sara Robinson, MA

1 READ

Just about any type of reading will fit the bill- books, magazines, blogs, whatever! As long as it's not reading that causes you stress, it counts as self-care.



2 GO OUTSIDE

If you are able to walk, a short stroll can clear your head, allow you to enjoy nature and get you out into a refreshed place. If you can't walk, sitting outside and enjoying the day is a great choice.



3 CALL A FRIEND

Texting, emailing and instant messaging have become all too common. Take the time to call someone who helps you feel good and who will brighten your day.



4 COLOR

There is a fantastic new trend of adult coloring books. Coloring can act to calm you down and clear your mind as you focus on the task at hand.



5 LISTEN TO MUSIC

Choose music that you enjoy; it can be music that energizes you, relaxes you, inspires you- it doesn't matter. Take the time to focus on the music and enjoy the time to yourself.



6 PRACTICE MINDFULNESS

Sit in a comfortable position and focus on your breathing. When thoughts enter your mind, let them pass through without judgement and refocus on your breathing. When you practice mindfulness on a regular basis you will likely notice feeling more calm in your daily life.



7 TAKE A NAP

When you're not getting enough sleep it's almost impossible to be at your best. Many moms know that getting a good night's sleep is a challenge. Take the time to add to your sleep bank.



8 THINK POSITIVELY

With everything you have going on, it may be hard to be positive. However, by working to practice positive thinking, we may notice that we begin to feel better and are not as focused on the challenges.

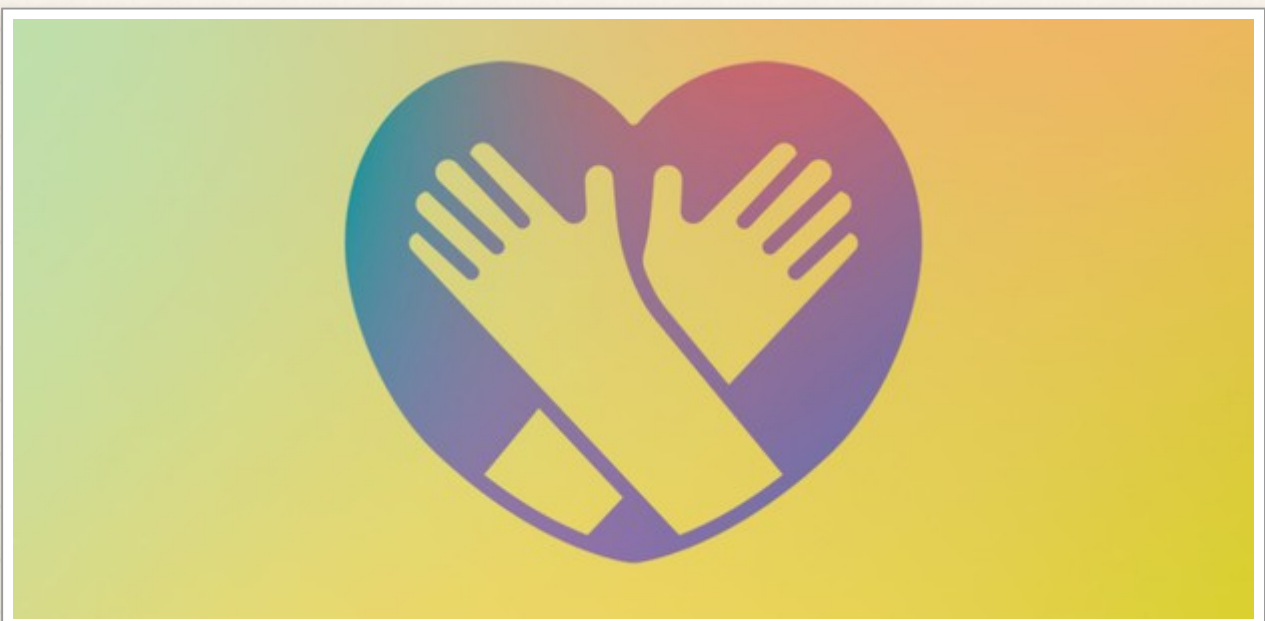


These and other ideas can be found at: <http://getmindfuland.com/15-minute-self-care/>



DID YOU KNOW?

NTCC students have lots of resources available right here on campus... and they are FREE! Like the Counseling and Wellness Center located in the BT building, room 111, we offer in-office and teletherapy counseling sessions to all NTCC students! Oh, and the Care Center has a food pantry where students can shop once a month using their student ID card! Also, there is something called an Emergency Fund that students may qualify for monetary support for unexpected expenses that throw a kink in the budget! All of these are free for NTCC students. Come by the Counseling and Wellness Center or the Care Center for more information.



PRACTICE SELF-CARE AFFIRMATIONS - SELF-CARE DAY - JULY 24TH

[Positive Affirmations](#) might seem corny at first, but they really can make a huge difference. In fact, repeating positive affirmations can help us build confidence, reduce stress and increase our emotional resilience. What a great, simple way to boost your self-care practice!

THE NTCC COUNSELING AND WELLNESS CENTER IS AVAILABLE, LOCATED IN BT 111

Mental health issues are extremely common. You ARE NOT alone! If you find yourself struggling with a personal, social, emotional, or mental health issue, seek assistance at your on-campus counseling center. Mental health issues do not have to derail your dreams of a college degree, nor do they have to prevent you from achieving your personal and social goals. Seeking help is easier now than ever before. It's just a matter of taking that first step and asking for help.



DEPRESSION

According to research by the [National Alliance on Mental Illness](#) (NAMI), 27 percent of college students live with some kind of depression. Depression can take many forms, from a major depressive episode to general feelings of sadness. However, regardless of the type or severity of depression, there are [several common characteristics](#), including:

- Feelings of sadness or anxiousness
- Feelings of worthlessness, emptiness, or guilt

- Difficulty sleeping
- Fatigue

Depressive episodes are a normal part of life, such as after the death of a loved one or some other significant negative event in your life. However, depression is much more than feeling blue. It can last a long time, and if left untreated, can severely inhibit your ability to function socially, emotionally, and academically.

ANXIETY

Experiencing occasional anxiety is a normal part of life. However, people with anxiety disorders frequently have intense, excessive and persistent worry and fear about everyday situations. Often, anxiety disorders involve repeated episodes of sudden feelings of intense anxiety and fear or terror that reach a peak within minutes (panic attacks).

These feelings of anxiety and panic interfere with daily activities, are difficult to control, are out of proportion to the actual danger and can last a long time. You may avoid places or situations to prevent these feelings. Symptoms may start during childhood or the teen years and continue into adulthood.

Symptoms

Common anxiety signs and symptoms include:

- Feeling nervous, restless or tense
- Having a sense of impending danger, panic or doom
- Having an increased heart rate
- Breathing rapidly (hyperventilation)
- Sweating
- Trembling
- Feeling weak or tired
- Trouble concentrating or thinking about anything other than the present worry
- Having trouble sleeping
- Experiencing gastrointestinal (GI) problems
- Having difficulty controlling worry
- Having the urge to avoid things that trigger anxiety

COUNSELING AND WELLNESS CENTER

Here is the link to our [Counseling and Wellness Center](#)... find resources, crisis links and numbers, and schedule an appointment online for in-office session and teletherapy session.
www.ntcc/mhcounseling



SELF-CARE TIP

So your kids/siblings are having fun at camp this summer. But what about you? Classes, work, internship, etc.... Is there time for you to have the fun and whimsical summer you remember from your youth?

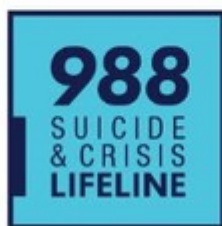
YES!

You might feel super overwhelmed, but I would argue that this means it's *even more* important to prioritize play and fun. And before you tune me out, here's why it's important for **adults** to practice play.

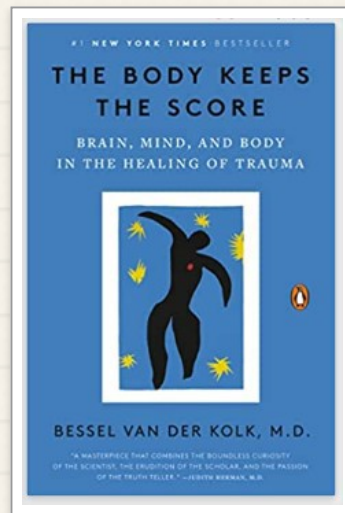
For [children](#), play helps with development, creative thinking, problem solving, and more. For adults, [play](#) is just as important—improving our creative thinking, reducing stress, boosting mood, strengthening relationships, and cultivating a sense of humor. Sounds great, right?? But for adults, play doesn't necessarily look like the make-believe whimsy or tree-climbing adventures we see in kids. Rather, we have different '[play personalities](#)' that inform what activities bring us joy. Maybe you enjoy planning things and want to coordinate all the birthday parties and holiday get-togethers for the summer. Maybe improv is more your jam. Or like me, maybe exercising is your happy place and you prioritize time in the gym, hiking, or swimming. And if you have younger humans in your life, be sure to play with them too ;)

ANYTHING that brings you joy or excitement counts as play, and you should absolutely build time for these hobbies, activities, or practices into your summer schedule. You'll feel more rested, rejuvenated, and ready to tackle your immediate responsibilities over the summer and the fall semester in a few months.

Crisis Support Lines



GOOD SUMMER READ...



CHECK THIS OUT...


Not a new book but a great one to consider. Trauma is a fact of life. Dr. Bessel van der Kolk, one of the world's foremost experts on trauma, has spent over three decades working with survivors. In *The Body Keeps the Score*, he uses recent scientific advances to show how trauma literally reshapes both body and brain, compromising sufferers' capacities for pleasure, engagement, self-control, and trust. He explores innovative treatments—from neurofeedback and meditation to sports, drama, and yoga—that offer new paths to recovery by activating the brain's natural neuroplasticity. Based on Dr. van der Kolk's own research and that of other leading specialists, *The Body Keeps the Score* exposes the tremendous power of our relationships both to hurt and to heal—and offers new hope for reclaiming lives.


COMPASSION SATISFACTION AND FATIGUE SCREENER

[Click here to check how you're doing...](#)



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