

Counseling and Wellness Center

FOR NTCC STAFF

AUGUST 2023



Life can throw us curveballs when we least expect it, leaving us feeling overwhelmed and knocked down.

But we all have an incredible capacity for resilience. Resilience is like a muscle that can be strengthened and nurtured, empowering us to bounce back from setbacks and face challenges head-on.

Resilience is not just a trait that some people are born with; it is a skill that can be developed and cultivated. It is the ability to adapt and thrive in the face of adversity.

Here are a few quotes you may want to write on a Post-It for a daily reminder...

1. "Believe you can and you're halfway there." - Theodore Roosevelt

The other half might involve more coffee and fewer meetings, but let's focus on the belief part, shall we?

2. "Resilience is not a commodity you are born with, waiting silently on tap. It is self-manufactured painstakingly over time by working through your problems." - Dr. Kenneth Ginsburg

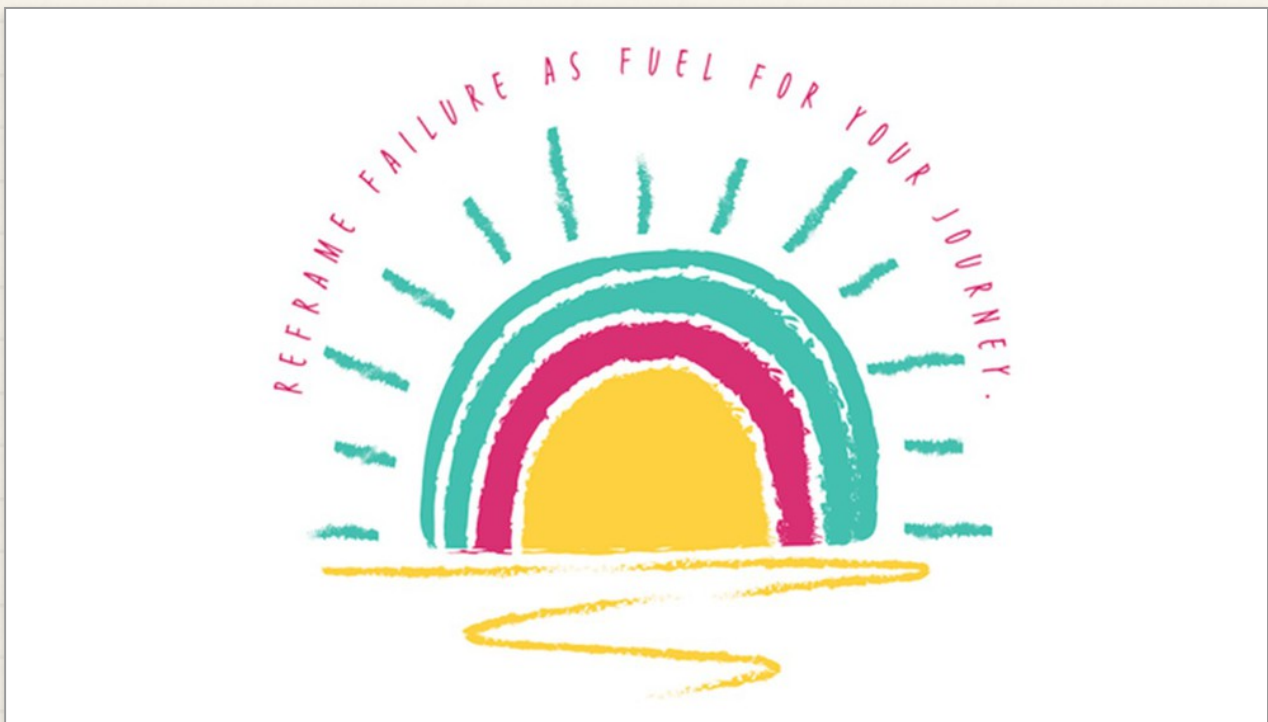
Resilience is a DIY project, and you're all capable craftspeople. No Allen wrench required.

3. "I can't change the direction of the wind, but I can adjust my sails to always reach my destination." - Jimmy Dean

We may not have control over the difficulties that come our way, but we do have control over how we handle them. We can choose to adapt and persevere to reach our goals, no matter the challenges.

4. "We don't develop courage by being happy every day. We develop it by surviving difficult times and challenging adversity." - Barbara De Angelis

Consider every challenging work day your courage-building session.



COUNSELING AND WELLNESS CENTER IS OPEN!

Here is the link to our [Counseling and Wellness Center](#)... find resources, crisis links and numbers, and students can schedule an appointment online for in-office and teletherapy session. Staff will also find a link to **submit referrals** for students who they have concerns.

www.ntcc/mhcounseling



ALLOW ME TO INTRODUCE MYSELF....

If you would like to schedule a time for me to come into your classroom and speak with your group, send me an email, text or call with a few possible dates and times that would work best for you. I would love to meet your students, introduce myself and the counseling and wellness center, or even provide a mini-training on a mental health topic if you feel that would be helpful to your students.

Cindy Stansell, cstansell@ntcc.edu 903-434-8304 office, 903-285-0402 cell.

PSYCHOLOGICAL FIRST AID TRAINING PFA-S

📅 Aug 24, 2023 - Thursday
📍 BT Building, Room 125
8:30AM - 12:00PM

You will receive guidance on responding to students in crisis using the PFA interventions. This training will give you practical assistance to meet immediate needs and concerns, reduce distress, and foster adaptive coping in the wake of a crisis or disaster.

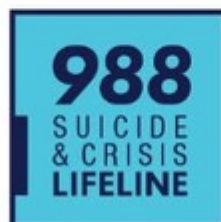


First Aid for School

Cindy Stansell, M.Ed., LPC-S
NTCC Counseling and Wellness Center



Crisis Support Lines



LOCAL HAPPENINGS....



AUG 5TH- - FREE FOR KIDS AGES 4-12 BUT ALL AGES ARE WELCOME!!

Location: [Home Depot, Mt Pleasant, TX 2530 S Jefferson Ave, Mount Pleasant, TX 75455 \(903\) 434-7940](#)

EVENT

On the first Saturday each month, Home Depot offers a free workshop for kids to build their own wooden masterpiece. Designed for kids ages 4-12, but all ages welcome!

Sat, Aug 5, 2023

9:00 am - 10:00 am Central Daylight Time

2530 S Jefferson Ave, Mount Pleasant, TX

Ages 4 - 13

Free



FREE - AUG 12TH...

Location

[LOWE'S MT. PLEASANT, TX1220 LAKEWOOD DRIVE, Mount Pleasant, TX 75455\(903\) 434-7910](#)

Date: Sat, August 12, 2023, 10am - 1pm

Event:

Open the tailgate and unload the fun for this Kids Workshop. Your mini-DIYer will build their own little Pickup Truck toy using real tools. No grease but lots of great memories.

Bring your mini-DIYer into Lowe's at one of the select time slots. Workshops hosted by one of our Red Vest experts are held from 10:00am – 1:00pm, in-store only. We look forward to building with you and your little ones! Don't forget – if you are unable to attend during your selected timeslot, your kit may be given away to Walk-Ins starting at 1:00pm, the day of the workshop.

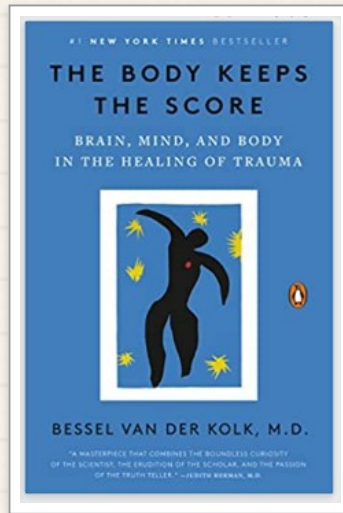


SEPTEMBER IS SUICIDE PREVENTION MONTH...

3rd Annual Lifting the Stigma benefiting the AFSP

With an average of 130 lives lost to suicide per day, we are here to Lift the Stigma surrounding suicide. 100% of all entries and donations will go to the American Foundation for Suicide Prevention - North Texas Chapter. This will be a fully sanctioned powerlifting meet with tested and non tested divisions. Women will compete Saturday August 5th and men will compete on Sunday August 6th.

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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