

# Counseling and Wellness Center

DECEMBER 2023



## Student Stress Scale.pdf

Check your stress level or print for your students! \*\* (You may need to open this newsletter in a new browser to download the pdf)



## 9 TIPS FOR MANAGING STRESS

### 1. EXERCISE OFTEN

Exercising throughout your day can help boost your mood and relieve stress. This is because physical activity produces feel-good chemicals known as endorphins that help reduce the physical symptoms of stress. Physical activity can also improve your quality of sleep, which has a big impact on your stress levels. According to the Mayo Clinic, adults should aim for 30 minutes of moderate activity per day—but if you can't set aside 30 minutes, three 5-minute walks will do.

### 2. LIMIT YOUR CAFFEINE INTAKE

Even though getting ice coffee may have become part of your morning routine, it doesn't exactly improve your college health. Caffeine and stress are often linked together. Therefore, monitoring and limiting your caffeine intake can be an important step in lowering your daily stress levels. Some caffeine is okay, and it can even give your mood a lift. If you find yourself consuming coffee, tea, soft drinks, or energy drinks more than a few times a day, try swapping in a glass of water.

### 3. GET ADEQUATE SLEEP

Feeling stressed can disrupt the way you sleep. Not sleeping well can increase your stress. You can help improve the quality of your sleep by implementing the two tips above: exercising and avoiding caffeine. However, the quantity of your sleep matters as well. The Center for Disease Control and Prevention (CDC) recommends...

- Infant 4-12 months 12-16 hours per 24 hours (including naps)
- Toddler 1-2 years 11-14 hours per 24 hours (including naps)

- Pre-School 3-5 years 10-13 hours per 24 hours (including naps)
- School Age 6-12 years 9-12 hours per 24 hours
- Teen 13-18 years 8-10 hours per 24 hours
- Adult 18-60 years 7 - 9 hours per 24 hours
- Over 60 year. 7-8 hours per 24 hours

#### 4. TRY TO EAT BALANCED MEALS

What you eat can have an effect on your mood. Although the Dairy Queen or McDonald's down the road might be convenient, eating fast food doesn't help alleviate stress as much as consuming healthy foods can. Oranges, spinach, fish, almonds, and avocados are all foods that can help tame stress.

#### 5. SET SMALL GOALS FOR YOURSELF

When you have a large task looming over you, such as a mid-term paper, you may manage your time poorly. You may work on other, easier assignments and participate in social activities before even thinking about starting the paper. The easiest way to attack large projects is to set small goals for yourself. Breaking down a big task into bite-sized portions, can make that task feel easier to accomplish. For example, if your paper is due next Wednesday, you can get the title page and introduction done today. That way, you have a few days to focus on the body, conclusions, and citations. Setting small goals for yourself may also help you avoid procrastination and the unnecessary stress it can cause.

#### 6. EXPRESS YOUR EMOTIONS

How you acknowledge and process your emotions directly affects your stress and anxiety levels. Keeping negative emotions, such as anger, fear, or sadness bottled up inside you over time can lead to chronic stress, the feeling of constant pressure and being overwhelmed. You can help avoid these long-term side effects by utilizing a support system. This could be friends, family, or a professional health-care provider. Whether you call a friend to discuss your feelings or write down your thoughts in a journal, getting your emotions outside of your head may help you process them, which may take a huge weight off your shoulders.

#### 7. HAVE A PERSONAL SANCTUARY

Whenever you're feeling overwhelmed, consider taking a little bit of time to yourself. Going to a personal sanctuary can be comforting and stress-reducing. A personal sanctuary is a safe place to turn to and is unique to you; it allows you to take a deep breath and relax, and it doesn't have to be far away. Your dorm room or apartment can function as a personal sanctuary. Consider aromatherapy or getting some decorations you find comforting. Although those touches aren't absolutely necessary, they may help personalize the space and make it feel more comfortable and homelike. Try and spend at least 20 minutes relaxing in your sanctuary every day; you might be surprised by how much energy you have afterwards! Allowing yourself this time and space to be alone and refocus can be very beneficial to both your mental and physical health.

#### 8. ASK FOR HELP

Many colleges have resources available to help students through stressful times. These may include a counseling center or peer support groups. If you are experiencing academic stress, visit the tutoring center. Professors can be another source of support. Try to ask your professors questions in class or during their office hours. This may feel uncomfortable at first, but chances are that if something in the lecture is unclear to you, another student may have the same question.

## 9. SCHEDULE SOME "ME" TIME

Although it is great to put yourself out there and meet new students, you might not be able to physically join every club or sport that you would like to on campus. Even if you could make it to every single meeting, you would most likely be stretching yourself too thin. It's important to take some time to relax and recharge in order to perform your very best in school. You will also be more effective if you are picky about the clubs and organizations that you want to be a part of because you'll have more time and energy to dedicate to a fewer number of clubs.

<https://www.collegedata.com/resources/campus-life/tips-for-managing-stress-in-college>

## *Christmas Time is here!!*

### **Spread Holiday Cheer....**

The best way to spread holiday cheer isn't necessarily singing loud for all to hear. It's helping others who may be having a difficult holiday season. Ask your student life center how you can make a difference through community activities such as:

- Volunteering at your local rescue organization. Because people are busy during the holidays, shelter animals don't get as many visitors as usual.
- Visiting a senior citizen. Sometimes, older people suffer from depression during the holidays.
- Reaching out to fellow students who may not have a home to go back to this December.
- Remember that the season can be stressful, so take care of your own mental health, too! You can contact me in the college's Counseling and Wellness Center to discuss other ideas and tools to help you be your best self.



# NORTHEAST TEXAS COMMUNITY COLLEGE

## Crisis Support Lines



### COUNSELING AND WELLNESS CENTER IS OPEN!

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

[www.ntcc/mhcounseling](http://www.ntcc/mhcounseling)

### Compassion Satisfaction and Fatigue Screener

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

### Here's how you can refer a student for counseling support...

Please keep in mind mental health counseling falls under **HIPPA** rights. Counseling sessions and all information concerning the student must remain confidential and be protected when making student referrals too!

**If you have a student you want to refer to me, here is what you will do:**

1. If you have no concerns that the student is in immediate danger, send me an email (or a text with your email) and I will email you a link to complete and submit to me online.
2. If you have no concerns the student is in immediate danger, you may come to the Counseling and Wellness Center and make the referral in person, or call me.
3. If you **DO** have concerns of their immediate safety and are able to walk them to my office, please do so and send me a text that you are coming over with a student.

**OR....**

Call me (903-434-8304) or (cell 903-285-0402) and I will come to your location.



**Cindy Stansell, M.Ed., LPC-S**

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**Cindy Stansell**

Cindy is using Smore to create beautiful newsletters