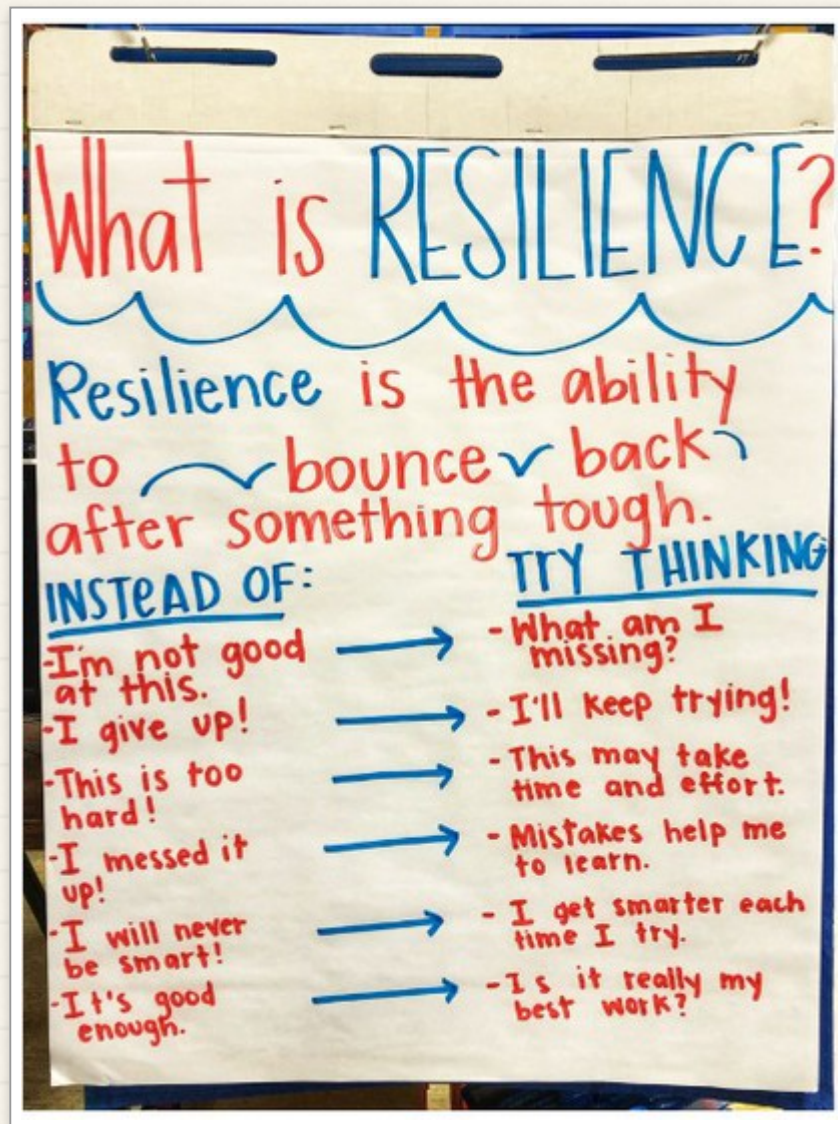


Counseling and Wellness Center

NOVEMBER 2023



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.

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.



Five tips to manage your stress

www.mayoclinichealthsystem.org

Feeling overwhelmed and stressed? Here are five tips to keep stress in your life manageable.

SUPER EASY GRATITUDE JOURNALING PROMPTS...

HERE ARE 22 GRATITUDE WRITING PROMPTS TO HELP INSPIRE YOUR THINKING AND JOURNALING PROCESS:

1. Name something beautiful that you saw today.
2. What memory are you grateful for?
3. What opportunities are you grateful for?
4. Name something in your home that you truly treasure. Why?
5. What are you grateful for in your significant other?
6. What about your body are you grateful for?
7. What about the current season are you grateful for?
8. Name a struggle you currently have. What about that struggle makes you grateful?
9. What freedoms are you grateful for?
10. What talents or abilities are you grateful for?
11. What book are you grateful for?
12. Describe a piece of positive news you recently heard.
13. What is the biggest gift in your life right now?
14. What are you thankful for in nature?
15. What food are you thankful for?
16. What bit of information are you glad you know?
17. Name a basic need that has been met.
18. What positive changes in your personality have happened in the last year?
19. How do you show gratitude for your friends?
20. What small thing are you grateful happened today?
21. What difficult parts of your life contain hidden blessings?
22. What is something a friend or family member did today that made you grateful for them?



LOOKING FOR IDEA PEOPLE...

Do you remember when the courtyard areas of NTCC were always full of students hanging out, talking, and enjoying being here on campus? We have gorgeous campus grounds and wonderful students who really want to make connections but don't know how! We need you to join us on the Campus Focus

Group where we will not only come up with ideas to make this happen but also go straight to the source... the students and the staff ... to find out what they feel will make NTCC really feel like home to them! If you want to be a part of this, please email cstansell@ntcc.edu for more details!



IDEAS TO BUILD RESILIENCE AND INVOLVEMENT FOR COLLEGE STUDENTS:

1. Promote Positive Emotions

Introducing positive thinking and mindfulness in college students helps them to learn to tolerate and combat negative emotions for an effective way to increase overall positivity.

2. Foster a Sense of Competence

Connect students with advisors or mentors to help them learn to create and follow a manageable schedule and set daily tasks for themselves.

3. Teach the Importance of Health and Well-Being

Improving self-care is vital to cultivating resilience, so be sure to help students feel confident and ready to face life's challenges.

4. Encourage Goal Setting

Without clear goals, students may feel lost or incapable. Teaching students to set concrete, achievable goals inside and outside of the classroom provides them with a motivating sense of purpose. Encourage students to work toward goals by focusing on small steps and creating a manageable schedule of daily tasks.

5. Develop Problem-Solving Skills

Have students write down problems or challenges during class or a group meeting on a board and then collaborate in a discussion to brainstorm different solutions and strategies to address them, or present a single problem and break students into groups to creatively solve it in different ways.

6. Learn to Succeed by Learning to Fail (Better)

Keeping things in perspective is an essential tool for students.

Focus on shifting mindsets to redefine perceived failures as an important part of the overall learning process.

7. Create Resiliency Event Programming (coming soon!)

Offer learning opportunities to help incoming and returning college students learn effective strategies for managing schoolwork and other responsibilities. Provide a variety of workshops, learning modules, panel discussions and other in-person and online events for students to explore resilience strategies and tools firsthand.

8. Encourage Peer to Peer Storytelling and Connections

Encourage students to make small changes in their lifestyles and daily routines to support their emotional health and goals they set for themselves. Offer reflection events to increase students' well-being, positive thinking, and awareness of mental health issues and substance abuse prevention.

9. Share Resources Cross-Campus

Campus Groups, can offer inclusive opportunities like Virtual Involvement Fairs and Virtual Meeting opportunities so that everyone can be engaged at their comfort level. Utilize flyers to connect students with opportunities for involvement. Invite student ambassadors to raise peer awareness of resilience in the classroom, residence life, and among student groups.

10. Cultivate a Sense of Agency

Developing agency helps students cultivate their decision-making process and avoid becoming overwhelmed or feeling stuck in difficult situations. Uncertainty and doubt in making smart decisions for oneself can lead to anxiety or inaction. Help students learn to take back control of the things they can.

Effective Time Management Techniques



Priority Matrix

Use a priority matrix to break down tasks and decide what's urgent and important.



Use a Planner

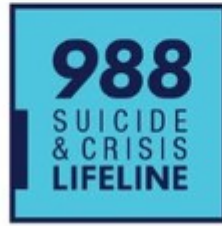
Use a planner to put deadlines, class schedules, and personal appointments into one place.



Time Blocking

Allocate specific times for assignments, reading, studying, and other tasks to help maximize productivity.

Crisis Support Lines



GOOD READ...

COMPASSION SATISFACTION AND FATIGUE SCREENER


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



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 ntcc.edu/mhcounseling