

# Counseling and Wellness Center

FOR NTCC STAFF

OCTOBER 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.

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

PLEASE HELP TO SHARE THIS OPPORTUNITY WITH YOUR STUDENTS...



Counseling and  
Wellness Center

# STUDENTS -TAKING CONTROL OF STRESS



Everyone experiences stress, but not everyone reacts the same way to it. Join the **Stress - Less - Group** for students to learn how to better handle the day to day and the unexpected stress! You don't want to miss this!

WE WILL MEET EVERY  
WEDNESDAY  
IN OCTOBER

12:30 - 1:20PM

**STUDENTS -  
SIGN UP NOW!**

REGISTER WITH THE QR CODE OR  
BIT.LY LINK BELOW

**OCT.  
4, 11,  
18, 25**

QR Code



 BT Building Room 111

 [bit.ly/Students-Take-Control](https://bit.ly/Students-Take-Control)

what?



Recent research has revealed that adopting healthy habits such as getting sufficient sleep, engaging in regular exercise, and cultivating strong social connections can significantly lower the chances of developing depression.



**These habits can cut the risk of ...**

[www.npr.org](http://www.npr.org)

New evidence shows that people who maintain a range of healthy habits, from good sleep to physical activity to strong social connections, are significantly less likely to experience depression.

**REGISTER TODAY!**

# PSYCHOLOGICAL FIRST AID TRAINING



## Training Dates:



10/13/23 in (BT 111)

10/19/23 in (BT 111)



**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.**

**Seating is limited - Register with this link asap**

<https://bit.ly/2023PFA>



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



# How to Practice Mindfulness

mindful  
mindful.org

1

**Take a seat.** Find a place to sit that feels calm and quiet to you.

2

**Set a time limit.** If you're just beginning, it can help to choose a short time, such as 5 or 10 minutes.

3

**Notice your body.** You can sit or kneel however is comfortable for you. Just make sure you are stable and in a position, you can stay in for a while.

4

**Feel your breath.** Follow the sensation of your breath as it goes out and as it goes in.

5

**Notice when your mind has wandered.** When you get around to noticing this—in a few seconds, a minute, five minutes—simply return your attention to the breath.

6

**Be kind to your wandering mind.** Don't judge yourself or obsess over the content of the thoughts you find yourself lost in. Just come back.



By Mindful Staff



## 18 Highly Effective Stress Relie...

[www.verywellmind.com](http://www.verywellmind.com)

Learning effective stress relief strategies can help you get a handle on your stress. Discover how to incorporate these stress relief habits into your daily life.

## 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.



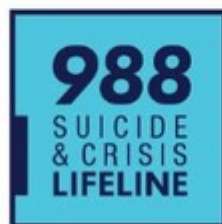
2. If you have no concerns the student is in immediate danger, you may come to the Counseling and Wellness Center and make the referral in person, or call me.

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.

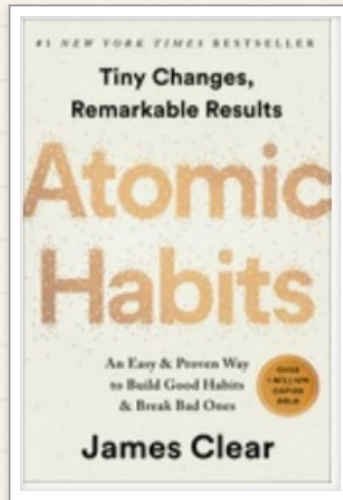
**OR....**

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

## Crisis Support Lines



GOOD READ...



## CHECK THIS OUT...


Tiny Changes, Remarkable Results No matter your goals, Atomic Habits offers a proven framework for improving--every day. James Clear, one of the world's leading experts on habit formation, reveals practical strategies that will teach you exactly how to form good habits, break bad ones, and master the tiny behaviors that lead to remarkable results. If you're having trouble changing your habits, the problem isn't you.

## COMPASSION SATISFACTION AND FATIGUE SCREENER

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



## CINDY STANSELL, M.ED., LPC-S

 Northeast Texas Community C...

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 903-434-8304

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



