

Counseling and Wellness Center

FEBRUARY 2024



Valentine's Day is almost here and during this month of "LOVE" be sure to remember SELF-LOVE!

On a day we share love and kindness with all those around us, remember to consider yourself. They say it takes 5 positives to take away the affects of 1 negative. On top of that, most automatic

thoughts are negative self messages! This year I encourage you to show love and kindness to yourself and give yourself grace! Replace those negative self messages with a positive and see how that affects your day. You may be surprised!!



Focus on self-love and self-care.

Self-love is vital to mental wellbeing and helps reduce symptoms of depression and anxiety. In fact, according to the MHFA curriculum, those who pay attention to their own physical and emotional health adapt to change better, build stronger relationships and are more likely to recover from setbacks. Whether you're marking Valentine's Day solo or with a special someone, consider nurturing the relationship you have with #1 – yourself!

1. **Try positive self-talk.** The way we speak to ourselves and about ourselves informs how we feel. Try replacing, "I hate being alone," with "I accept and love myself, and I choose to focus on positive thoughts." For more inspiration, here's a list of positive affirmations to help with anxiety.
2. **Treat yourself.** Enjoy your self-care time! Do something you enjoy that also refuels you. Some ideas include practicing yoga or meditation or indulging in a mid-day nap if you're tired. You may want to invest in learning a new skill, like cooking or dance. Whatever it is, do something that brings you joy even when no one else is around.

Communicate expectations and be present.

Your expectations of grand gestures and movie-worthy dates can lead to disappointment if they only exist in your head. If you are in a relationship, remember that your partner can't read your mind and communicate what's most important to you. Even if your partner decides to plan a surprise, try to stay open to new experiences rather than fantasizing about one ideal scenario.

To make the most of the big day, practice mindfulness and staying in the present moment. Focus on the "here and now" by practicing grounding techniques like listing everything you can see, touch, hear, smell or taste to stay connected and enjoy quality time with your partner.

Focus on what you can do together.

It's easy for loneliness to get the best of us when it comes to Valentine's Day, especially if you can't celebrate together in-person. To help you feel close to your loved ones, focus on the things you can do together like:

1. **Planning a trip.** While you may not be physically together now, hopping on a phone or video call to brainstorm, research and book a vacation will give you something to look forward to when it's safe to travel. In fact, research shows that people can experience more happiness simply planning a trip than actually taking one.
2. **Stream a movie together.** If you miss cuddling up on the couch to binge-watch TV, try grabbing some of your favorite snacks and setting up a FaceTime date to enjoy a movie or TV show marathon together in real time.

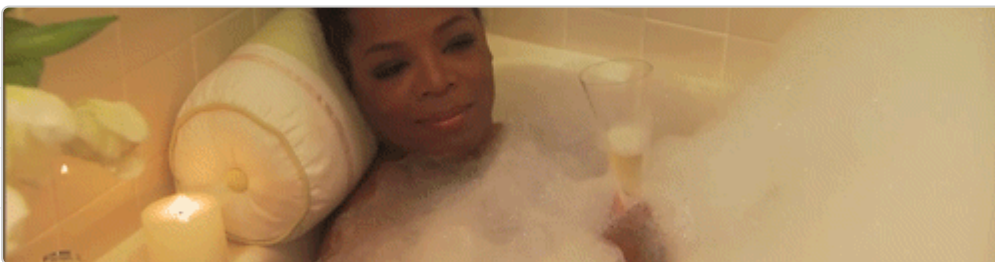
Practice gratitude.

Holidays are great reminders to spend quality time with the people who mean most to us. Love comes in many forms – partners, family, friends – consider celebrating any or all of them this year.

Whatever you decide to do – whether it's a fancy meal out, a romantic comedy marathon, binge-watching sports or a baking day – focus on acknowledging all the things you're grateful for.

Practicing gratitude is linked to improved wellbeing and life satisfaction. It can be as simple as, "I'm grateful to have a family to celebrate with," "I'm grateful to be healthy and able enough to bake these treats;" or "I'm grateful to be so loved by my friends that they want to spend this holiday with me."

<https://www.mentalhealthfirstaid.org/2022/02/how-to-survive-and-thrive-this-valentines-day/>



10 Ways to Show Yourself Some Love on Valentine's Day

No partner? No problem.

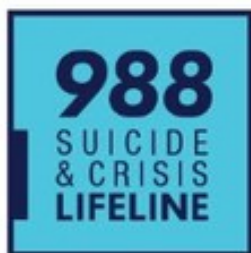
mhanational.org

Balancing Emotional Wellness this Valentine's Day



N **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

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.



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Cindy Stansell

Cindy is using Smore to create beautiful newsletters