March 27, 2020

Centre Counseling Update

Hello students,

We are writing to ensure you that Centre Counseling continues to be available to you. We are here for you. We are all in this together. As with so many things these days, how Centre Counseling supports you will look differently than how we have previously. With the help from our friends in ITS and CTL, we have spent the past two weeks working diligently to be able to offer support to you given the new circumstances.

Although we are not able to offer in person therapy, we are able to connect with you over the phone, email or, when necessary, by zoom.

Counseling continues to be available primarily by appointment. Please email counseling@centre.edu anytime to request to schedule to talk to a counselor. Appointments are scheduled Monday through Friday, 8am to 4pm. You may also use the direct link to our appointment request. Please complete the form titled “Request Counseling.” This link now works off of Centre’s campus (thanks ITS!) but if you have any problems with the link, please email counseling@centre.edu.

Here’s the link: https://titanium.centre.edu/TitaniumWeb/WCMenu.aspx.

Centre Counseling is also offering “virtual drop in” sessions, every day, 3pm-4:30pm, with rotating Centre counselors. These are brief 15 minute check in sessions that are available on a first come, first served basis. As this is first come, first served, you may experience a wait during this time. To participate in the virtual drop in, email counseling@centre.edu starting at 3pm any week day and request to be seen. A counselor will respond within 15 min with your anticipated wait time.

Look for another email later this week with other creative resources available from Centre Counseling. We are building this as we go and so more opportunities to connect are being developed.

In the meanwhile, here are some tips to help you stay mentally healthy while at home:

Stay connected while social distancing. Call or message people. Try out Netflix Party or a multiplayer game. Remember, we are all in this together. Be sure you are having contact with another human on a daily basis. We love our pets but we need human interaction too. Create a routine. This will be especially helpful next week when classes start. Pick a time to wake up and get up then and take a shower (another tip: maintain hygiene! We will all feel better…). Go on a daily walk, have a 2pm cup of tea. Keep regular meal times and identify when you are going to be studying and when you are going to be playing.
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Play. Find ways to have fun. Find joy or humor every day. If you are struggling with being creative, you can cheat and watch a funny show. Some of the late night comedians have free "at-home" versions of their shows on YouTube.

Cut back on your media intake. This includes social media and news sources. You do not need to know about it the instant something happens. Identify when media intake is on your schedule and get updated only during that time. Also, please pay attention to the tone of your media intake. Some of our media outlets strokes anxiety and some of our media outlets are more calming and reassuring. Choose wisely.

Exercise. Move that body. Try it. I promise you’ll feel a little better. If you’re not the exercising type, all good. We are creative. Go for a nature walk, ride a skateboard, make up new dance moves. Just move your body.

Go outside. Weather permitting, this will be your best pick me up all day.

Pay attention to your thinking patterns. If you’re not able to gain perspective or to find the positive, remember that Centre Counseling is available and happy to help you out with that. Which brings me to number eight…

Know your resources and use them. Really, your Centre community wants to wrap its big yellow arms around you and support you. If you need help, ask someone. If you don’t know where to start, ask your favorite person to talk to on campus and they will direct you to the right person. And, we in counseling are happy to help you navigate resources too.

Finally, practice kindness and patience. We don’t know what is going on or what is coming next. And that is okay. We are in this together and we will make it through. Most of us are doing our work in totally new ways. Practice patience and kindness with your parents facetimeing you and with your professor learning to use zoom. Practice patience with a younger sibling who is finished with their school work in two hours flat. Most importantly, practice kindness and patience with yourself.

Please, do not hesitate to reach out to us. To reach a Centre Counseling, email counseling@centre.edu.

Centre Counselors