April 3, 2020

New Centre Counseling Offerings

The first week on online classes are under your belts. You’re likely starting to understand what works and doesn’t work in your home environment for getting school work finished (or started). You may be surprised by a decrease in motivation. Remember, this has been a big and emotionally overwhelming transition for everyone, including you. Please continue (or begin) to seek out resources to support your mental health during this time. There are many resources below and even more if you simply google “mental health during covid-19.”

Also, if you would like support from Centre Counseling, we are available at counseling@centre.edu or 859-238-5740. Again, we are working with new limitations, including some limitations from our licensing boards but please contact us and we will see how we can best support you within our current parameters.

Centre Counseling created a Facebook page with the intention of sharing articles and resources that may assist you in maintaining your mental health. Please take a look at our new Centre Counseling Facebook page because this afternoon we are sharing a video of elephants that will make you feel a little better for a few minutes even if nothing else is working. Here is the link: https://www.facebook.com/Centre-College-Counseling-113548593618557.

Also, to ease this transition, we really encourage you to set up a routine or schedule soon. It doesn’t have to be perfect but it does have to include you getting out of bed or off your sofa. Feel free to contact Centre Counseling for help with establishing this new schedule (counseling@centre.edu).

Resource Recommendations

If you have ever been curious about how different apps can improve your mental health, now is a great time to try some out. Here are a few of our favorites. There are so many out there. If you’ve found an app to be helpful for your mental health, share it with us and we will encourage other students to use it as well!

**Insighttimer** is one of the most popular meditation apps, with over 9871 free meditations from over 2,000 teachers, in over 25 languages. People joining this app find the community aspect most useful with over 4.5 m users and, around 6,000 groups. You can see how many people are meditating at the same time as you, which can allay some of the isolation that can accompany working from home or alone as an entrepreneur. The meditations are in several categories, and it is like a lovely buffet, so pick and choose what works best for you.

**Calm** is an app with backgrounds that are very calming to look at, and a series of meditations that can be completed from 10-20 minutes.
Colorfy is a coloring mindfulness app that first started off in print version. Based in science of creativity and how coloring can create a feeling of flow that is associated with a meditative state. You can paint from pre-loaded templates or even create your own.

Liberate is a meditation app dedicated to empowering Black, Indigenous, and People of Color community on their journey to find inner peace. Guided meditations from Teachers of Color.

Woebot is a self care focused app that uses cognitive behavioral therapy to help think through situations, learn about your moods and master skills to reduce stress and live happier.

Foco Time and Focus Keeper is an app that helps you stay focused and get things done using a pomodoro timer.

Mind Shift is one of the best mental health apps designed specifically for teens and young adults with anxiety. Rather than trying to avoid anxious feelings, Mind Shift stresses the importance of changing how you think about anxiety. Think of this app as the cheerleader in your pocket, encouraging you to take charge of your life, ride out intense emotions, and face challenging situations.

PTSD Coach, created by the VA’s National Center for Post-Traumatic Stress Disorder (PTSD), PTSD Coach offers everything from a self-assessment for PTSD, to opportunities to find support, positive self-talk, and anger management. What’s great about this app is that you can customize tools based on your own individual needs and preferences, and integrate your own contacts, photos, and music


Upcoming Opportunities

And, finally, we promised to add some different ways to connect and take care of your mental health during the pandemic, and here they are! Not only will you learn relevant and helpful advice from a Centre Counselor, you will have the opportunity to connect with other Centre students. The following workshops and trainings have been developed specifically for Centre students in their current circumstance.

Moving Back in with Family Again Workshop with Joel Klepac. Focus is on practicing skills through break out groups and dyad work. This workshop addresses skills for managing the struggles of moving back home. Covering issues like boundary setting, self-empathy and other empathy, asking for needs to be met, navigating conflict situations, dealing with difficult people. This workshop takes place weekly on Mondays 3pm-4pm EST, 4 sessions, starting 4/6/2020.
For questions e-mail joel.klepac@centre.edu and to sign up, follow this link: https://docs.google.com/forms/d/e/1FAIpQLSfEYxXlbJAW-ygTPYmHh_D5POnppXDChC Yrf4772iTJp2_1Gg/viewform?usp=sf_link

Self Love... the Verb Workshop with Crystal McPherson. Self-love is a popular term that is tossed about these days and means a variety of different things to different people. This workshop explores self-love an action versus a feeling and discusses how self-love promotes resiliency, connectedness, physical, psychological, and spiritual growth. We will also explore
how self-love compares to love of others and how we cannot do one without compromising the other!
This workshop takes place Fridays, starting 4/17/2020 at 9am EST. To participate email crystal.mcpherson@centre.edu to RSVP by Thursday.

**Simple Choices for a Better You** with Mike Spears. Ever wonder what you have control over to help you work through symptoms of anxiety and depression more quickly? By exploring Therapeutic Lifestyle Changes, or TLC's, will allow you to begin to make simple steps that can help decrease your anxiety and depression, increase your confidence and make steps towards a “better you.”
This workshop takes place Tuesday, 4/15/2020 from 10:30 – 11:30am EST. To participate, email michael.spears@centre.edu by Monday.

**Imperfect Self Care** with Ann Goodwin. No good at self care activities? Me neither! Join me for an hour of self care activities (gardening, baking, knitting, and crafting). Not only will you be surrounded by your peers who are also not great at this activity, it will be an opportunity to practice vulnerability and embracing our imperfect selves.
This workshop takes place Tuesdays at 4:30 pm EST, starting with gardening on 4/7/2020. To participate, email ann.goodwin@centre.edu by Monday at 5pm.

**Confronting Anxiety During the Quarantine** with Mike Spears. This group is designed to assist people to better manage the influence of various stressors in their life. It is aimed at enabling participants to identify, monitor, and cope successfully with both generalized levels of tension and worry, as well as with situationally-generated anxiety. The group provides a systematic way of learning a very important skill for dealing with a universal human phenomenon — stress, and its manifest form we call anxiety.
This workshop takes place Thursdays, 11am to 12pm EST, starting 4/16/2020. To participate, email michael.spears@centre.edu by Wednesday.

**Finding our Compassion in a Time of Fear: Intensive workshop for expanding and uncovering your Compassionate Self** with Joel Klepacz. This workshop is based on neuroscience work of Tania Singer. Sessions focus on setting up student to incorporate into life Compassion uncovering practice and is based on this interactive book http://www.compassion-training.org/ This is an intensive workshop that meets two times per week, and includes daily electronic connection with dyad partner for skill practice.
This workshop takes place twice weekly, Mondays and Fridays 11am-12pm EST. For questions e-mail joel.klepacz@centre.edu and to sign up, follow this link https://docs.google.com/forms/d/e/1FAIpQLSeFILgcNuI5u57q_wDjX5KDjGn1DgYWnjTE1KMG91DzWLi_fZXsg/viewform?usp=sf_link

**Meditation Workshop** with Ann Goodwin. Anxiety is high and free time is abundant. Timing is perfect for exploring meditation. In fact, this might be the best opportunity that you ever have. Please join me in this meditation workshop. And, if you’re thinking, “I can’t do meditation,” you are the right person to join us. The first meeting we will focus on the loving kindness meditation.
This workshop takes place on Wednesdays, 11:30am-12:30pm EST, starting 4/15/2020. To participate, email ann.goodwin@centre.edu by 4/14/2020.

**Song Share: a Collaborative Workshop to Inspire Creating and Connection** with Joel Klepacz. Music is made to share and gives us a sense of connection and meaning in the midst of difficult times. Share a song you have been writing, learning on an instrument or voice, an original or an old cover you have been picking away at. Each student will have an opportunity
to talk about what they have been working on or can play or sing for the group if they would like. Students will also share about how they are doing in general. Feedback from the participants will focus on the positive unless a participant is directly asking for help with something. This collaborative workshop is about sharing yourself and inspiring others with small enjoyable activities which boost your overall wellbeing through stressful times. This workshop takes place Thursdays 3pm-4:30pm EST, starting 4/9/2020. To participate, contact joel.klepac@centre.edu or fill out google survey, https://docs.google.com/forms/d/e/1FAIpQLScR6KvPlSCMAD7M2jZDuUnR8HbAu-S2rUV7zshsKKriqtvXyA/viewform?usp=sf_link

QPR Suicide Prevention Training with Mike Spears. QPR stands for Question, Persuade, and Refer — the 3 simple steps anyone can learn to help save a life from suicide. Just as people trained in CPR and the Heimlich maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. Each year thousands of Americans, like you, are saying "Yes" to saving the life of a friend, colleague, sibling, or neighbor.

This training takes place Thursday, 4/16/2020, 4pm-6pm EST. To participate, email michael.spears@centre.edu by Wednesday, 4/15/2020.

Please keep taking care of yourself! Emotional and mental health are an important part of academic success and living a good life. If you need help or have suggestions about programming, please contact us. And, don’t forget to check out the elephants later today on our Facebook page! If you would like support from Centre Counseling, we are available at counseling@centre.edu or 859-238-5740.

- Centre Counselors