



CENTRAL
TEXAS
COLLEGE®

NEWSLETTER

Wellness & Counseling Services • Vol. #5

WHAT'S NEW

Introducing Wellness Wednesday: Join our New Wellness Group! We are thrilled to announce the launch of our newest wellness initiative, Wellness Wednesday! This weekly group is designed to provide a supportive and empowering space for students seeking to enhance their overall well-being and find balance in their lives. Discussions and activities focused on various aspects of wellness, including mindfulness, self-care, stress management, and personal growth. Access to resources, tools, and exercises to support your wellness journey.

Details: Every 1st & 3rd Wednesday during the Summer semester, starting from July 3

Location: Wellness & Counseling Services, Building 264

Benefits: Gain valuable knowledge, skills, and techniques to enhance your mental, emotional, and physical well-being. Find a safe and inclusive space to share experiences, challenges, and successes. Discover practical strategies to reduce stress, improve self-care, and foster personal growth.

Ready to join the Wellness Wednesday group and embark on your wellness journey? Don't miss out on this opportunity to prioritize your well-being!

FEATURED TOPICS

How to Nurture Mental & Emotional Health

Summertime Fun

New Resources & Events

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How to Nurture Mental & Emotional Health

Recognizing the Signs of Stress

Recognizing the signs of stress is an important step in effectively managing your mental and emotional well-being as a college student. Stress can manifest in various ways, both physically and mentally. By being aware of the signs, you can take proactive steps to address and alleviate these symptoms before they become overwhelming.

One common physical sign of stress is headaches or migraines. If you find yourself experiencing frequent headaches, especially during times of increased workload or pressure, it could be a sign that you are under too much stress. Other physical symptoms may include muscle tension, fatigue, and changes in appetite or sleep patterns. Paying attention to these signs can help you identify when to take a break and practice self-care.

In addition to physical symptoms, stress can manifest mentally and emotionally. You may notice increased irritability, difficulty concentrating, or feelings of overwhelm and anxiety. These signs can impact your academic performance and overall well-being. It's important to recognize these mental and emotional signs of stress so that you can implement strategies to manage and reduce your stress levels. Another key sign of stress is social withdrawal or isolation. If you find yourself avoiding social interactions, skipping classes, or neglecting responsibilities, it could be a sign that you are struggling with stress. Connecting with friends, family, or mental health professionals can help you navigate these feelings and find support. Remember, it's okay to ask for help when you need it.

By recognizing the signs of stress and taking proactive steps to address them, you can improve your overall well-being as a college student. Practice self-care, set boundaries, and prioritize your mental health. Remember, you are not alone in your struggles, and resources are available to help you manage stress effectively. Stay mindful of your body and mind, and take steps to prioritize your well-being as you navigate the challenges of college life.

mindfulness



Summertime Fun

Well summer is upon us with the hot weather, long days and fun times. Whether taking a summer class, working or vacationing remember it's

important to stay hydrated in the Texas heat.

Summer means so many things for each of us. Time for longer visits with family, renewed friendships, reunions and strengthening relationships. Fun and recreation. More time in nature. Go for walks, play outdoors, camping, hiking. A time to look around and appreciate the diversity around us. A time to learn about the challenges, struggles and strengths of the communities and cultures around us. We can make an effort to grow in awareness and acceptance of each other even if we don't agree with each other on everything. We have the opportunity to affirm and love neighbors, co-workers and friends.

Summer can be a time for festivities, parties, vacations, picnics, and various gatherings. Explore new festivals, check out a new park, expand your outdoor culinary skills, attend a sports event, or just relax in nature. Be mindful how these times strengthen the relationships and the richness of our communities. How these times nourish your soul and bring renewed vigor and vitality.

Use this time to try new things, take a new class, a new hobby or try a new kind of recreation. Avoid overdoing it in the central Texas heat. Drink plenty of fluids, avoid overindulging in sweets or alcohol and find your healthy balance, maybe even a new better balance.

Often summer is a time of moving and transitions leaving behind the old and moving to places of new hope. Strengthen your relationships in these transitions and find new friends.

Focus on enjoying the moments and times we spend with family and friends. Take a break from work or school when you can and be patient with each other in the heat. Relax a little...it's Summertime! However you choose to enjoy this summer, if you need Wellness and Counseling Services we are here for you!





New Resources & Events

To continue to raise awareness and share messages of hope and help, Wellness &

Counseling Services has new resources and upcoming events to share.

*These are the upcoming events for Summer 2024:

Wellness Wednesday: Every 1st & 3rd Wednesday during the Summer semester: July 3, July 17, Aug 7, Aug 21, 2024 from 2-4 pm Location: Wellness & Counseling Services, Building 264

Anger Management Workshop – June 27, 2024 (11 am-12 pm) Building 264

Stress Management Workshop – July 11, 2024 (11 am-12 pm) – Building 264

How to be best on your text Workshop – Aug 1, 2024 (11 am-12 pm) Building 264

Groups:
Mindfulness Hour – June 3, June 17, July 1, July 15 Aug 5, and Aug 19, 2024: 12 pm-21pm

Alcohol Anonymous (AA) – Every Wednesday: 12 pm-1 pm

Overeater's Anonymous (OA) – Every Thursday: 12 pm-1 pm

Outreach Table: – June 25, Jul 23, Aug 27, 2024 (Bldg. 224 – Anderson Campus Center, 11 am-1 pm)

Open House – August 28 Bldg., 264

Lunch & Learn (Faculty & Staff Only) – July 25, 2024 (12-2 pm)

