

Mental Health and Wellbeing

PSU Counseling Center

Roadmap

- ▶ Pixar Video on Resiliency
- ▶ Resiliency
- ▶ 10 Ways to Build Resilience
- ▶ Mental Health and Wellbeing- Self-care
- ▶ Secret for College Success
- ▶ Tips for Success at PSU
- ▶ WellTrack- self-help therapy app with PSU resources
- ▶ Plymouth State University Counseling Center
- ▶ CARE Form

What is your favorite Pixar movie?



<https://www.youtube.com/watch?v=7WyR4AqRweY>

What do you think of the video?

What did you like?

How might you relate this video to your experience?

Why This Matters

- ▶ Positive Mental Health and Physical Health promotes:
 - ▶ Academic Success
 - ▶ Learning
 - ▶ Adjustment
 - ▶ General Well-being
 - ▶ Confidence
 - ▶ Developing Positive Habits

Resiliency: The Path to Mental Health and Wellbeing

- ▶ The process of adapting well in the face of
 - ▶ Adversity
 - ▶ Trauma
 - ▶ Tragedy
 - ▶ Threats
 - ▶ Significant sources of stress
- ▶ It means ‘bouncing back’ (or boundin’ back) from difficult experiences

(APA, 2004)

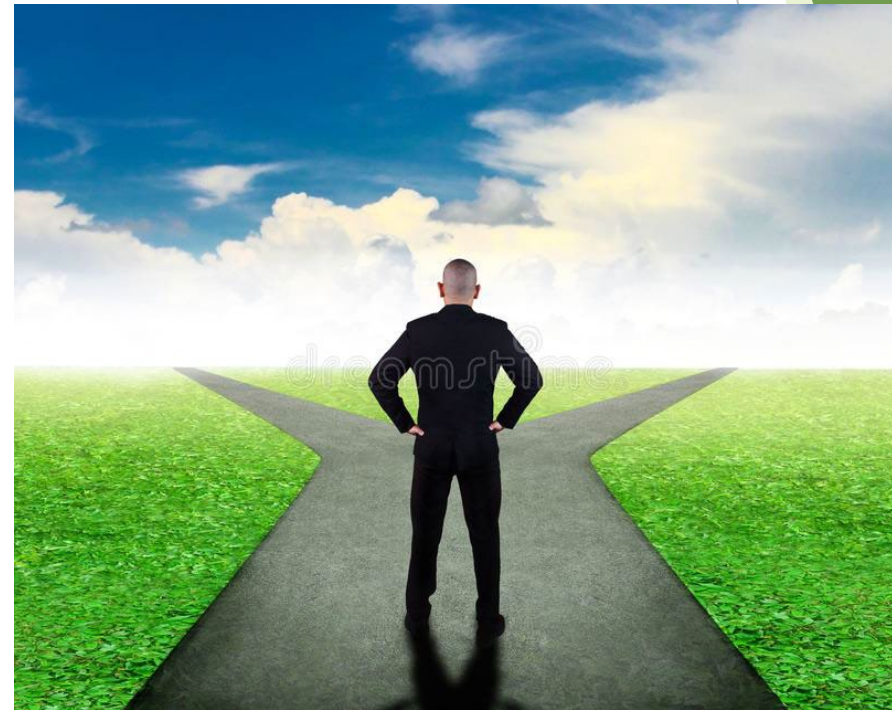
Being Resilient

- ▶ Is about how one maintains the ability to cope in a healthy way with difficulty or distress, which is conducive to long-term well-being
- ▶ Anyone can be resilient
 - ▶ It is not a trait people either have or do not have
 - ▶ It involves behaviors, thoughts, and actions that can be learned by anyone
- ▶ Road to resilience may involve considerable emotional distress
 - ▶ When you are in it, you are in it, and it can suck
 - ▶ In order for a tree to grow, the seed must first be in darkness
 - ▶ Balance of validation and challenge
 - ▶ Validate emotional experience
 - ▶ Challenge to focus on what can control to take care

Resiliency in a Nutshell

“While we cannot always choose what happens to us, we can choose our responses.”

-Stephen R. Covey



10 Ways to Build Resilience

1. Make Connections

- ▶ Community, Friends, Family

2. Avoid seeing crises as insurmountable problems

- ▶ It can be painful
- ▶ And, you can change how you interpret and respond
 - ▶ Doesn't mean there is fault, it means there is a level of control/power
- ▶ Look beyond the present and into the future
- ▶ Challenge can bring Opportunity

3. Accept that change is a part of living

- ▶ Focus on what is now true
- ▶ Make plans based on the changes

(APA, 2004)

10 Ways to Build Resilience

4. Move toward your goals

- ▶ Set realistic goals
- ▶ Do something regularly

5. Take decisive actions

- ▶ That have been well thought out
- ▶ Make the best decision you can with the data you have at the time
- ▶ Make a new beginning
 - ▶ Every journey begins with a single step

6. Look for opportunities for self-discovery

- ▶ May grow as a results of struggle/loss
- ▶ Challenge as opportunity for growth

(APA, 2004)

10 Ways to Build Resilience

7. Nurture a positive view of yourself

- ▶ Develop confidence and self-compassion
- ▶ Treat yourself as you would a loved one
- ▶ Break cycles

8. Keep things in perspective

- ▶ Try to consider stressful situations in a broader context

9. Maintain a hopeful outlook

- ▶ Visualize what you want to happen instead of worrying

10. Take care of yourself- Self-care

- ▶ Sleep hygiene, healthy eating, exercise, meaningful activities

(APA, 2004)

Resiliency Mindset



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“Challenges are what make life interesting and overcoming them is what makes life meaningful.”

— Joshua J. Marine

Mental Health and Wellbeing: Make Time for Effective Self-Care

- ▶ Physical
- ▶ Emotional and Relational
- ▶ Spiritual

Physical Self-care

▶ Sleep

- ▶ Regular 7-10 hours per night
- ▶ Less than 7 hours per night is sleep deprivation
- ▶ Sleep deprivation leads to:
 - ▶ Memory/Learning challenges
 - ▶ Frustration
 - ▶ Anxiety/stress
 - ▶ Depressed mood
 - ▶ Exhaustion
- ▶ Substance use can also be detrimental to sleep quality

▶ Exercise

- ▶ 30 minutes or more of exercise a day for three to five days a week may significantly improve depression or anxiety symptoms
- ▶ Do something you enjoy (e.g. PSU Intramural Sports)

▶ Healthy Eating

- ▶ 3 meals per day or snacking throughout the day (every 3-4 hours)

Emotional Self-care: Meaningful Activities

- ▶ It is important to find activities that interest you and share those activities with others
- ▶ Social connection correlates with emotional health and wellness
- ▶ Do things that you love with people who share that interest
 - ▶ E.g. Student Activities (Clubs), Office of Community Impact, Athletics, Intramural Sports

Spiritual Self-care

- ▶ Connect with things that give you a sense of awe
 - ▶ Could be:
 - ▶ Music
 - ▶ Nature
 - ▶ Art
 - ▶ Religious or Spiritual practices
 - ▶ Religious or Spiritual community
 - ▶ (e.g. Campus Ministries)

Time Management

- ▶ A place for everything and everything in its place
- ▶ Use a to-do list or an appointment book
- ▶ Prioritize your tasks
- ▶ Break large tasks into smaller pieces
- ▶ Limit distractions
- ▶ If you can't limit your distractions, get away from them
- ▶ Give yourself time between tasks
- ▶ Schedule with flexibility
 - ▶ Include work and self-care

The background features abstract, overlapping geometric shapes in various shades of green, ranging from light lime to dark forest green. These shapes are primarily located on the right side of the slide, creating a modern, layered effect.

Who Wants the Secret for College Success?

Any guesses?

The General Secret to Success Is...

Connectedness!!!

- ▶ Connectedness and integration are essential elements of student satisfaction, academic success, and retention.
- ▶ Research has consistently demonstrated that when college students engage in clubs/groups/teams, they actually perform better academically and have better mental health
- ▶ Get Connected!
 - ▶ Connection to a meaningful social group
 - ▶ Connection to resources (e.g. academic, financial, social connections)

(e.g. Everett Community College, 2018)



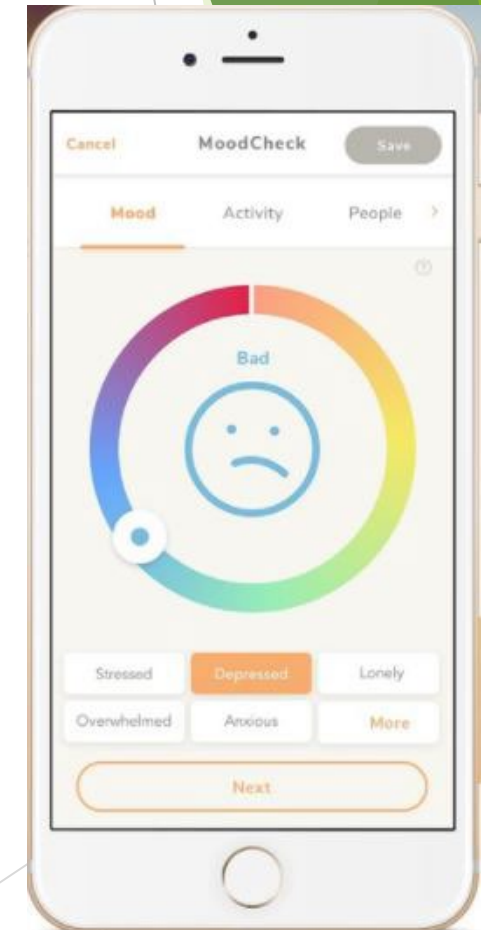
“Alone we can do so little, together we can do so much.” - Helen Keller

Tips for Success

- ▶ Engage/find community (e.g. club/group, volunteer, job, team/sport)
- ▶ Use campus resources available (i.e. making connections, academic support, health and mental health resources)
 - ▶ All human beings need help at times.
 - ▶ You are worth it, just like everyone else
- ▶ Have coping skills ready
 - ▶ Have a coping skills list
- ▶ Be organized and use time management skills
 - ▶ Planner/schedule, to do lists, prioritize, break work into parts, limit distractions
 - ▶ Have a list of these skills ready
- ▶ Work on academics and goals
 - ▶ Avoidance may feel good short-term, but long-term makes stress and situation worse
- ▶ If you are a PSU student- Download and use WellTrack Boost App
 - ▶ Speaking of which...

WellTrack Boost app

- ▶ PSU students have free access to WellTrack Boost app, an interactive self-help therapy app.
- ▶ Students can simply download the WellTrack Boost app and register with their Plymouth.edu email address for free access
- ▶ Provides a wellness/mental health self-assessment
- ▶ Provides various self-help therapy tools
 - ▶ (i.e. Courses/videos on mental health, mood check, Zen room, thought diary, information on cognitive distortions, fun achievements, activity scheduler)
- ▶ Provides important referral information to various PSU and community resources for various challenges students might face
 - ▶ (i.e. Academic, Community involvement/making connections, Financial, Health and wellness, Addiction, Safety and security, Sexual violence, Career support)





welltrack boost

Interactive Self-Help Therapy

Join the community of over 1,000,000 students who have access to Welltrack Boost.

Register for a Boost account to explore self-help videos and tools at your own pace.



Deal with anxiety, depression and stress



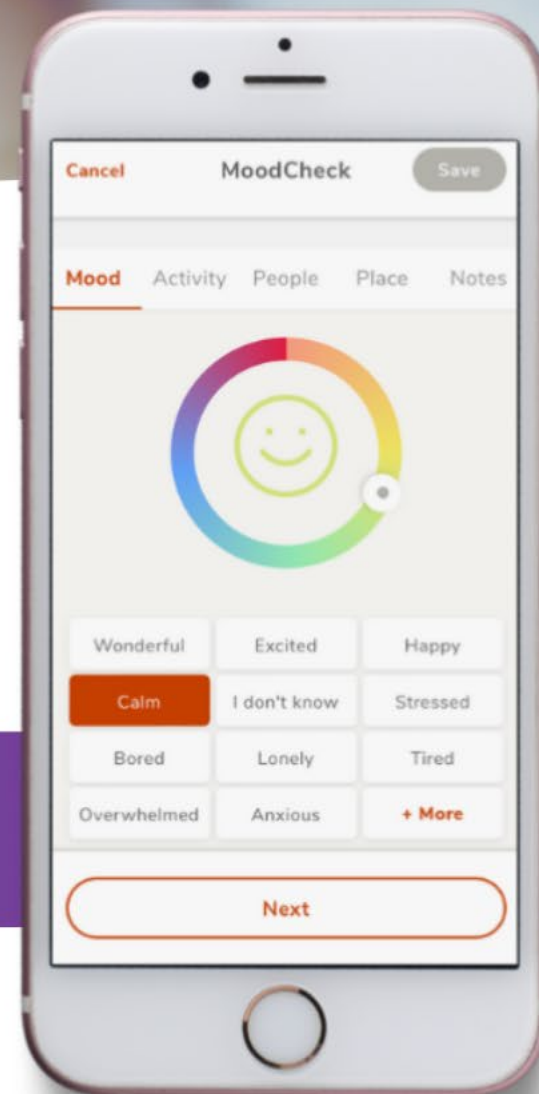
Monitor your mood



Assess your mental health



Connect with campus resources



Download the WellTrack app and register with your Plymouth.edu email address



boost@welltrack.com



Tools: Building Resiliency

- ▶ All self-care strategies and coping skills discussed today, are like tools
- ▶ With any tool, it only works if you use it
- ▶ The more you use it, the better you will get at using it, and it can then become a helpful pattern/habit
- ▶ With challenges that you face, it brings opportunity to become proficient with using those coping skills
 - ▶ Challenge = Opportunity
- ▶ Just like the lamb in Boundin', re-frame those challenges as opportunities to use those tools and to grow



PSU Counseling Center

- ▶ Comfortable, Caring, Non-Judgmental Environment
- ▶ Services are confidential (with limitations related to safety of self and others)
- ▶ Services are covered by the health fee
- ▶ Services are short-term and goal focused
- ▶ Treatment types at the Counseling Center include:
 - ▶ Group counseling/skill building groups
 - ▶ Short-term individual therapy (1-8 sessions)
 - ▶ Consultations
- ▶ If students are seeking services outside of the Counseling Center's treatment model or scope of practice, the intake counselor will be able to refer them to outside treatment and community resources, and can continue to meet with them as a bridge until they can access those resources
 - ▶ e.g. Lakes Region Mental Health Center (in walking distance to campus)



PSU Counseling Center

- ▶ Collaborate with Health Services physicians for medication management (i.e. anxiety, depression, ADHD)
- ▶ Located next to Hyde Hall and across the street from Centre Lodge
- ▶ Open Monday-Friday 8am-4pm during semesters
- ▶ Masks are required in the building
 - ▶ Same with Health Services
- ▶ 8 licensed clinicians, 2 internship trainees, 2 program support assistants
- ▶ Check out the PSU Counseling Center website for more information, including the list of PSU resources
- ▶ Just Google “Plymouth State Counseling Center”



If in Crisis/Emotional Health Emergency

- ▶ During Business Hours:
 - ▶ Can go in person to the PSU Counseling Center
 - ▶ Or call us at (603) 535-2461
- ▶ After Hours call:
 - ▶ NH Rapid Response/Lakes Region Mental Health Center
 - ▶ 988 (if calling from NH phone)
 - ▶ 1-833-710-6477
 - ▶ or 1-603- 524-1100
- ▶ Other numbers to know:
 - ▶ University Police
 - ▶ (603) 535-2330 or 911
 - ▶ Spears Hospital Emergency Room
 - ▶ (603) 536-1120

CARE Form

- ▶ Concerns, Awareness, Referral, & Education
- ▶ Housed in the Frost House (Dean of Students Office)
- ▶ The Counseling Center is not involved, although we get referrals from the CARE process
- ▶ Process of reporting concerns about students to PSU administration
 - ▶ May involve mental health, behavioral, or academic concerns
- ▶ Reports can come from students, student family members, professors, staff
- ▶ Not a punitive measure or connected to Conduct Office
- ▶ Provides holistic intervention and resource referral to connect students to appropriate campus and local resources supporting their success at PSU
- ▶ Online form
 - ▶ Just Google “Plymouth State CARE Form”
 - ▶ It is also on the bottom of every page on the PSU website
- ▶ You can also call the Frost House directly at 603-535-2206

- ▶ **“Life isn't about waiting for the storm to pass... Its about learning to dance in the rain.”
— Vivian Greene**



Summary

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Questions

- ▶ Any questions to share in front of the group?
- ▶ I will also be available after the presentation for more private questions

Warm Wishes

- ▶ Materials Available
 - ▶ PSU Counseling Center brochures
 - ▶ WellTrack app cards
 - ▶ Effective Self-care handouts
 - ▶ Affirmations
- ▶ The PowerPoint of this presentation is on the PSU Counseling Center homepage
 - ▶ Just Google “Plymouth State Counseling Center”
- ▶ I will be available after the presentation for questions

References

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Take care