

MAY 18TH, 2020

# Ursinus College

*Weekly Wellness and Counseling Newsletter*

School's out for the  
summer!

**WE MADE IT!**



## **Congratulations Graduates!**

With COVID-19 and the quarantine, graduation ceremonies and parties have changed dramatically. We at the Wellness Center want to acknowledge your accomplishments and wish all the graduates the best of luck in your future endeavors!

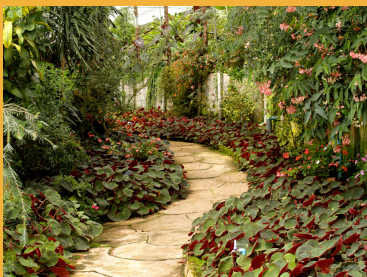


## Enjoying your summer during quarantine

### HOW YOU CAN STILL HAVE FUN

It is important to continue following all quarantine protocols in your area, even as the summer kicks off. We know this can be difficult because summer is meant for fun and spending time with friends. Here are some ways to stay safe and still enjoy your summer:

- **Taking walks** (remember to keep appropriate social distancing and wearing masks is highly recommended)
- **Sitting outside and enjoying the day** (try to unplug!) If it's safe and comfortable, grab some summer snacks, your sunglasses, and a good read and enjoy the sun
- **Virtual tours of museums and streaming Broadway shows** - vacation plans squashed? Many museums and shows are offering virtual experiences
- **Keep in touch with friends** - summer away from friends and loved ones can be lonely. Netflix parties and JackBox ([jackboxgames.com](http://jackboxgames.com)) are just two ways to virtually hangout with friends



*"If you have a garden and a library,  
you have everything you need."*

*- Marcus Tillus Cicero*



## Coping skills and mental health

### SELF-CARE DOESN'T TAKE A SUMMER VACATION

The transition from hanging out with friends and going to class to being stuck inside indefinitely has been a difficult one. Many of us also have to cope with worrying about loved ones who are essential workers or in higher risk categories. It is very easy to let our anxiety and depression get the best of us while we are stuck at home.

- **Self-compassion is key** - we need to be kind to ourselves. Summer is a time to relax and decompress. It is okay to allow yourself to have fun, but it is also okay to acknowledge how you are feeling in this difficult time

- **Better out than in** - finding ways to express your feelings can be a healthy way of getting them out. Try journaling, drawing, creative writing, interpretive dancing or any other type of self expression

- **Mindfulness** - find a way to spend quality time with yourself through yoga, guided mindfulness apps, and other ways of being more in touch with yourself



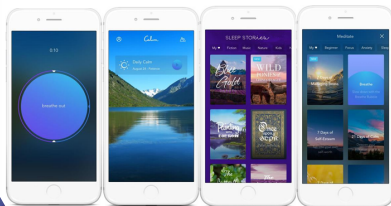
*"There are days I drop words of comfort on myself like falling leaves and remember that it is enough to be taken care of my myself."*

*~ Biran Andreas*



## Resources

### APPS, BOOKS, AND MORE!



- **Teletherapy** - many therapists are offering online or phone sessions. Check out local clinicians to see if they are providing therapy and taking new clients (make sure they take your insurance!). [BetterHelp.com](https://www.betterhelp.com) is a new site offering therapy around the country with different payment plans and financial aid options
- **Apps** - [Calm](#), [Headspace](#), and more offer guided meditations, breathing bubbles, and other guided mindfulness practices and lessons
- **YouTube** is a great resource for yoga demonstrations, meditation practices, and more!
- **Books** - [100 Life Challenges](#) and [Mindful Journaling](#) are among the many interactive books out there that provide journaling prompts and daily self-care challenges



*"Hope is important because it can make the present moment less difficult to bear. If we believe that tomorrow will be better, we can bear a hardship today."  
- Thich Nhat Hanh*



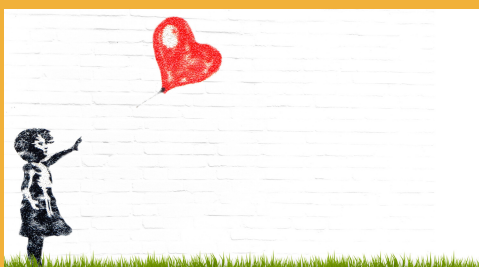
## Goodbyes can be so hard

### TERMINATION IS AN IMPORTANT PART OF THERAPY

Termination is the point in therapy where we look back at how much we've learned, take stock of new skills and abilities, and consider future goals...

This year, we missed the opportunity for proper termination. Here are some ways to practice the termination process for yourself. (Ps - journaling these steps can help you process them!)

- 1) **Process your feelings** - consider how you felt about working with your therapist. Be honest with yourself about any feelings of loss about ending therapy, and note any positive or negative reactions you had to the therapy and relationship with your therapist
- 2) **Reflect on what you learned** - look at yourself now and consider how you've changed up to this point and
- 3) **Be proud of those changes and achievements!**
- 4) **Look towards the future**- consider future plans and how you want to implement your new skills. It's important to note that the possibility of relapse (aka falling back into old habits, ways of thinking, etc.) can happen. And that's okay! In this exercise, perhaps make a list of "what ifs" that would be a hint that returning to therapy is a good idea.
- 5) **Find ways to use your skills** outside of the therapy session and acknowledge that there is always room for personal growth and continued development.



*"Every new beginning comes from some other beginning's end."*

*~ Semisonic*



## Thanks for the memories

### FAREWELL FROM THE STUDENT INTERNS

Thank you all for the privilege of working with you, learning with you, and growing with you. I wish you all the best moving forward, and to those graduating, best of luck in your next adventure!

- Jill

To my students, congratulations on all your accomplishments this year! I hope to have made as much of an impact in your life as you have made in mine. I want to thank each one of you for allowing me to be a part of your lives and your personal journey - it has been an honor. I have cherished my time at UC due to the invaluable opportunity to have met and work with each one of you. I am incredibly proud of you and have no doubts that you will continue to grow as individuals. I encourage you to continue to challenge yourselves in self-reflection, self-learning, and self-compassion. Though many things feel like they are currently at a standstill, life has a funny way of continually moving forward. I am sad that we cannot say "goodbye" in person, but please take these well-wishes as a warm farewell. I will fondly remember you as examples of what it truly means to be brave, strong, and resilient. Take care.

- Hahn



What a year it's been! To the graduating students I've worked with, congratulations! I am so excited for you to embark on this next phase of your journey. To those who are returning to UC in the Fall, although we won't be able to work together again, I hope the coming year is filled with growth and happiness. To each one of you, I hope you feel proud of all the heart you put into our worth together. I have been so inspired by your resilience, growth, and creativity. You are each unique and wonderful people, and I wish we had a chance to say "goodbye" in person. I wish you peace, laughter, and lots of love, wherever life takes you.

- Emma

I can't thank you enough for a wonderful year! You have made my time here at UC an incredible experience and I am honored to have been a part of your journey. I value your enthusiasm, genuineness, and hard work put forth during our time together. Whether you are graduating this Spring or returning next academic year, I wish you nothing but happiness and prosperity.

- Juliana



*"We started with a simple hello but ended with a complicated goodbye. It's the emptiest and yet the fullest of all human messages: "Good-bye."*

*- Kurt Vonnegut*