New Chapter – New Opportunities
by Agnes Gonzalez

The Counseling Center is excited about the start of a new semester, which will be a new chapter for both you and us. Here at the Counseling Corner we will share with you weekly about topics related to your emotional and mental wellness. Our goal is to let you know about the many resources that we provide at the Counseling Center to help you handle the challenges that may come your way. We also want to discuss mental health topics that are highly relevant to your lives as college students.

This semester we offer a variety of groups you can join, which will allow you to share about your own experiences while also learning from fellow students’ perspectives. Feel free to check this list and see what fits your needs the most:

Mindful Mondays: This group offers techniques that are aimed at relieving the symptoms of psychological stress, negative mental states and supporting attitudes that contribute to a satisfied life.

Couples’ Interactive Group: All types of couples will learn strategies for healthy and empowering relationships in this eight week group while providing support for one other in an environment that is safe and nurturing.

Art of Grief: This group will utilize the creative medium of art to express and understand your unique experience of grief and loss. Grief and Loss may be related to a death, divorce, loss of job, or change of life situation such as health or relationship issues and much more.

Becoming Socially Successful: This group helps students learn to feel more comfortable in social settings, be involved in conversations, turn off the negative self-talk, and increase confidence and self-esteem.

Man Talk: An eight week process group exclusively for men, led by men. The purpose of the group is for men to share and support one another as they talk about topics such as career pressure to succeed, anger, intimacy and much more.

Now that you read these brief descriptions, you probably want to learn more. Feel free to contact us at the Counseling Center at 903-886-5145 for more information and to understand what it entails to be a part of these groups. Also keep in mind that a brief individual meeting with one of the group leaders is required prior to enrollment in all groups except Mindful Mondays, so the earlier you contact us the better. We are looking forward to hearing from you and getting to know you as one of our group members.

Health Watch

1. Take note of and enjoy the times when you are satisfied.
2. When you are feeling down, allow yourself to experience these feelings while remembering that this moment will pass and you will be upbeat and joyful again.
3. Accept yourself just as you are. Think of your limitations as areas for growth.
4. Be confident about who you are and be self-compassionate when facing challenges.

Ideas or questions for the Counseling Corner? Give us a call at 903-886-5145.