

# BE WELL AT HOME

Weekly newsletter presented by Simpson College Counseling Services and Health Services

CDC recommends wearing a face covering out in public settings. See link below for a DIY video of making your own mask

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover.html>

Contact [katie.lee@simpson.edu](mailto:katie.lee@simpson.edu) with questions/concerns

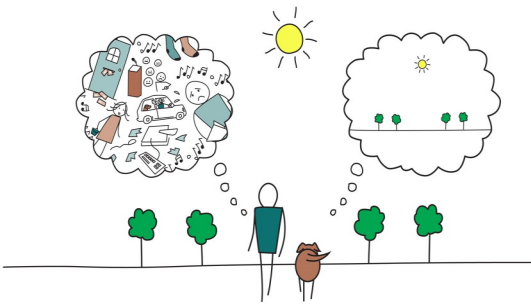
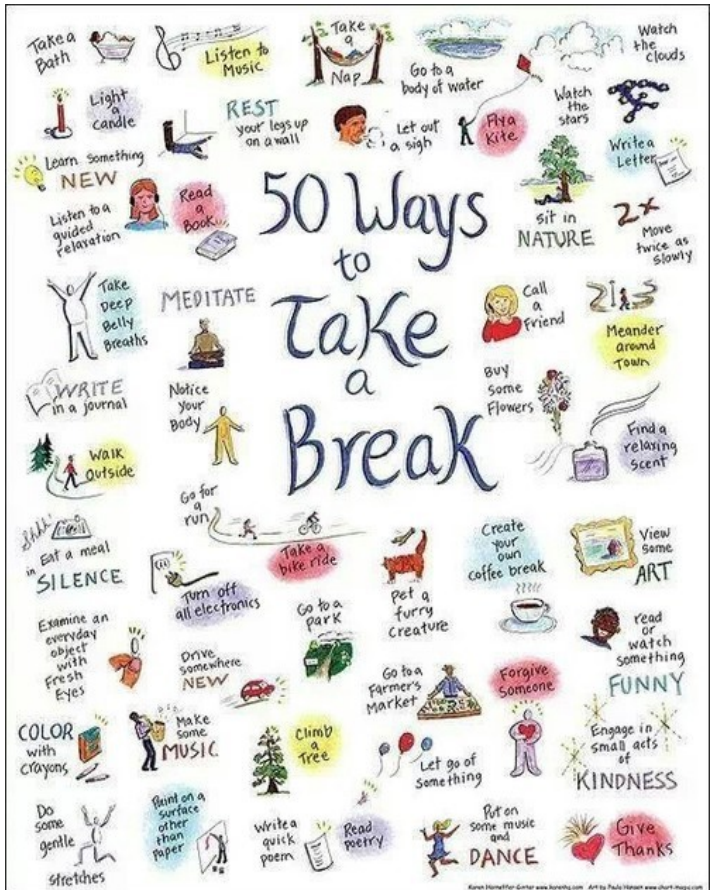
@SimpsonHealthCounseling  
@counseling\_services1

## Counseling Corner

Angry. Depressed. Sad. Disappointed. Anxious. Worried. Mad. Lonely. Isolated. Overwhelmed. Uncertain. Upset. Irritable. Exhausted.

I could keep going, but you get the idea. I've personally felt ALL of the feelings listed above in one way or another this past month...especially that irritable one. It wasn't easy or fun, but I felt them. Sure I wanted to fight it or tell myself I "shouldn't" feel this way or "at least I have a job" and honestly I probably did tell myself those things, but it wasn't helpful. It made me feel worse. What was helpful was identifying the feeling and letting it be. Allowing myself to feel it and notice it without judgement. Coping skills help. Apps such as Sanvello, Headspace and Calm help. Find a list of other apps on the Student Activities Padlet! Talking to someone helps. What's important is that that you allow yourself to feel and remember it's okay to not be okay.

-Alex Rohn, MA, LMHC



Mind Full, or Mindful?

**YOUR TURN!**

Visit [stayconnectedsc.com](http://stayconnectedsc.com) to find "Free Apps to Lower Stress" to help with your mindfulness practice. Find one of your favorites to try and tell us what you think! Make sure to tag us on Insta-

## Notes from the Nurse

- Maintain distance (at least 6 feet).
- Stay away from crowded places.
- Minimize contact with others if you or people close to you are at risk
- Wash your hands!

## WELL AND WISE

**Mindfulness-** a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique.— Oxford Dictionary

The practice of mindfulness has a ton of mental health and physical health benefits. Here are just a few!

- Lower blood pressure
- Improve sleep
- Relieve stress
- Alleviate gastrointestinal issues
- Treat heart disease

Harvard Health Publishing, 2019