

Mental Health and Wellbeing



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Roadmap

- Pixar Video on Resiliency
- Hero's Journey
- Resiliency
- 10 Ways to Build Resilience
- Mental Health and Wellbeing- Self-care
- Secret for College Success
- Tips for Success at PSU
- WellTrack Boost- 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=G97y2VSCwHk>

What do you think of the video?

What did you like?

How might you relate this video to your experience or that of your student?

Hero's Journey

- Think of your favorite movie, book, or story that involves a hero
 - Maybe it involves a superhero, jedi, athlete, historical figure, family member



Hero's Journey

- The journey of that hero was likely not the following:
 - “There once was a hero, they faced no challenges, they lived happily ever after, learned nothing, and did not grow.”
- The journey of the heroes involves challenges, struggles, times of doubt, times of questioning, times of suffering, times of fear/anxiety, times of sadness, times of wanting to give up trying, or so on.
 - The hero then works through these challenges, doing what aligns with their values and goals anyway. They do this with fear, with sadness, with grief, with struggle, etc.
- We can learn and grow the most through challenges
 - You get out of it what you choose to put into it
 - 90/10 Rule
- All of you are heroes
 - Think of all you have accomplished and overcome thus far in your life

The Hero's Journey is About Building Resiliency

- Resiliency is the path to mental health and wellbeing
- Resiliency is 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)

Why Resiliency Matters

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

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

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 for college-aged people
- 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. Reflection and Spiritual Care Center)

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

Who Wants the Secret for College Success?

Any Guess?

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. Everett Community College, 2018)



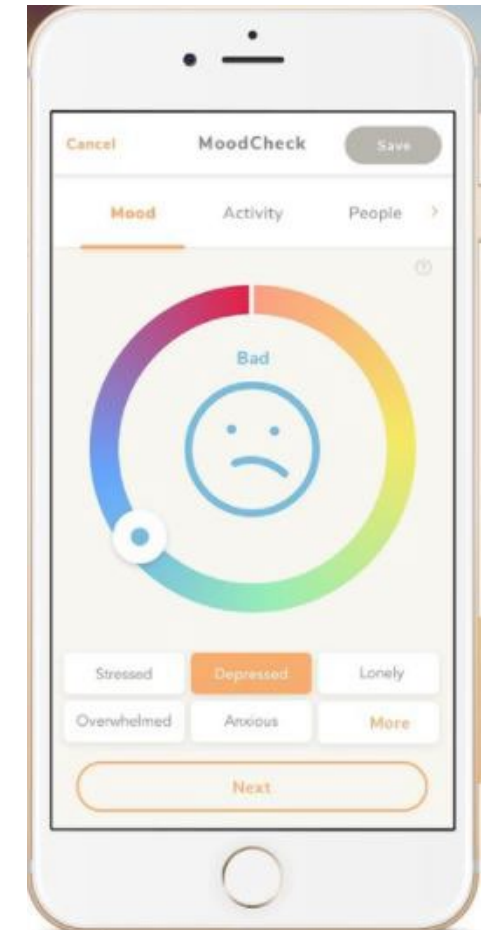
“Alone we can do so little, together we can do so much.” - Helen Keller

Tips for College Success and Mental Wellbeing

- 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
- Have boundaries with social media
- 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

WellTrack Boost app

- PSU students have free access to WellTrack Boost app, an interactive self-help therapy app.
 - If your school/university does not pay for the app, you would have to pay it to use it
- PSU 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 and Career, Community involvement/making connections, Financial, Health and wellness, Addiction, Safety and security, Sexual violence)



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 can bring Opportunity
- Just like the lamb in Boundin', re-frame those challenges as opportunities to use those tools and to grow
- Embrace the hero's journey



PSU Counseling Center Services

- Comfortable, Caring, Non-Judgmental Environment
- Provide short-term and goal focused counseling services
- Treatment types at the Counseling Center include:
 - Group counseling/skill building groups
 - Short-term individual therapy (1-8 sessions)
 - Consultations
- Collaborate with Health Services physicians for medication management for anxiety, depression, and ADHD



PSU Counseling Center Services

- 24 hour/7 day a week emergency on-call system, in collaboration with Lakes Region Mental Health Center & NH Rapid Response
- 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
- 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
 - (603) 535-2461
- After Hours call:
 - NH Rapid Response/Lakes Region Mental Health Center
 - 1-833-710-6477 or (603) 524-1100
- Other numbers to know:
 - University Police
 - (603) 535-2330 or 911
 - Spears Hospital Emergency Room
 - (603) 536-1120
 - National Suicide Prevention Hotline
 - 988

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.

Materials Up Front

- PSU Counseling Center Brochures
- WellTrack Boost app cards
- Effective Self-care handout
- Positive Affirmations

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Welcome to PSU!

Take Care!