

# MAY NEWSLETTER



## MENTAL HEALTH AWARENESS MONTH

### What is a mental health condition?

A mental health condition or illness disrupts a person's thinking, feeling, mood, or ability to relate to others and daily functioning. Mental illness can affect persons of any age, race, income, or background. Recovery from mental illness is possible!



### TERMS TO KNOW



- **Symptoms:** physical or mental features that can be the potential existence of a concern, condition, or diagnosis.
- **Lived Experience:** personal experience dealing with mental health or substance use challenges.
- **Stress:** a feeling of emotional or physical tension in response to a perceived inability to cope with a problem.
- **Trauma:** an emotional response to a shocking and disturbing experience that overwhelms an individual's ability to cope.
- **Coping Skills:** Techniques to help an individual deal with difficult situations or unpleasant emotions, thoughts, or behavior.
- **Mental Health Screening:** scientifically validated assessment tools which evaluates an individual's mental health and wellbeing.

The goal of Mental Health Awareness Month is to bring forth a foundation of knowledge in mental health and mental health conditions.

1 in 5

*American adults experience a mental illness.*

1 in 25

*American adults live with a serious mental illness.*

3/4

*Of all chronic mental illness begins by age 24.*

# 5 STEPS TO HELP YOU REGULATE AND ASSESS YOUR EMOTIONS



## 1. CREATE SPACE

Emotions happen fast, so the first step is to simply give your brain and body a second to rest. Take a breathe or two and pause whatever you are currently doing or thinking.

## 2. NOTICE WHAT YOU'RE FEELING

Your physical symptoms can be clues to what you are experiencing emotionally. Inquiring into what is happening to you physically can also distract your focus and allow some of the intensity of the emotion to go away (ex. headache, stomach pain or uneasiness, heart racing).

## 3. NAME WHAT YOU FEEL

After noticing what you feel, the ability to name it can help you get control of what is happening. Many of us feel more than one emotion at a time, so don't hesitate to identify multiple emotions you might be feeling. Then dig a little deeper. Ask yourself what is making you feel what you're feeling.

## 4. ACCEPT THE EMOTIONS

Emotions are a normal and natural part of how we respond to situations. Rather than beating yourself up for feeling angry or scared, recognize that your emotional reactions are valid.

Furthermore, recognize that experiencing emotions is a normal and okay.

## 5. PRACTICE MINDFULNESS

Mindfulness helps us "live in the moment" by paying attention to what is inside us. Use your senses to notice what is happening around you in nonjudgmental ways. These skills can help you stay calm and avoid engaging in negative thought patterns when you are in the midst of emotional pain.

WE ENCOURAGE EACH STUDENT TO  
TAKE THIS FREE SUICIDE  
AWARENESS/PREVENTION TRAINING.

Enter the organization code MOODY and create an account with your MBI email.



# RESOURCES



## COUNSELING SERVICES

located on Smith 3

312.329.4354

[counselingservices@moody.edu](mailto:counselingservices@moody.edu)

[moodycounselingservices](https://www.instagram.com/moodycounselingservices)

### SUICIDE AWARENESS & PREVENTION:

[CALL OR TEXT 988 FOR CRISIS SUPPORT](#)

[SUICIDE PREVENTION TRAINING- QUESTION. PERSUADE. REFER](#)

### ANXIETY:

[COPING WITH ANXIETY](#)

[UNDERSTANDING AND DEALING WITH ANXIETY FOR CHRISTIANS](#)

[WHAT IS MINDFULNESS?](#)

### DEPRESSION:

[CYCLE OF DEPRESSION](#)

[DEPRESSION INFO](#)

[WHAT THE BIBLE SAYS ABOUT DEPRESSION & ANXIETY](#)

### SELF-CARE:

[10 STEPS OF SELF-CARE EVERY CHRISTIAN SHOULD PRACTICE](#)

### MENTAL HEALTH AWARENESS:

[NAMI'S MENTAL HEALTH MONTH AWARENESS](#)

[MENTAL HEALTH AMERICA](#)

We pray you have an  
awesome Summer  
break and  
look forward to  
serving you  
Fall 2023!

~ Counseling Services

## COUNSELING STAFF:



Steve Brasel, LCPC  
Associate Director



Patty Vander Sande, LCPC  
Part-time Counselor



Amy Baker, LCPC  
Part-time Counselor



Sharina Porter, LPC  
Counselor  
Outreach & Wellness  
Coordinator



Sarah Youssef, LPC  
Counselor



Rob LeLaurin, LPC  
Counselor



Amyra Rodriguez, LPC  
Counselor



Hannah Barbeau  
Part-time  
Office Assistant