

Mental Health @ McNeese

A newsletter brought to you by the McNeese Counseling Center

ISSUE 2

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De-Stress Workshops



The Counseling Center will host workshops during the month of October focusing on ways to manage and reduce stress levels. All workshops are 2:30-3:30pm in the Mariner room in the New Ranch.

Oct 9 Progressive Muscle Relaxation

Oct 16 Conquer Negative Thinking Patterns

Oct 23 Mind-Body exercise for relaxation

Oct 30 Cultivating Happiness

There's an App for that!



App: T2 Mood Tracker

Why we love it: Tracking your moods can help you to identify triggers and stressors for various mood states.

What is it? Rate yourself on six categories including anxiety, depression, and general wellbeing. Create custom scales to cover your pain.

Price: free

Devices: Apple and Android devices

Depression Awareness



The Counseling Center will be hosting an information table on Depression Awareness on October 2 in the New Ranch from 10:00-1:00pm. Stop by to participate in an activity to decrease negative thoughts. We will also be providing free brochures and information about suicide prevention.

Time Management



The start of the semester brings many exciting opportunities.

Unfortunately, we sometimes have difficulty balancing our time in order to get everything accomplished. Here are a few simple tips to help manage your time wisely:

- **Keep and USE a calendar.** It can be an electronic calendar, or old-fashion paper calendar—either one will do. Take your syllabi and write down when all tests, assignments, and papers are due.
- **Schedule your day hour-by-hour.** Some people are able to write a to-do list on a piece of paper and get it all done. For others, it is important not only to know WHAT is on your to-do list, but also WHEN you have time during the day or week to get it done.
- **Block out unnecessary distractions** such as facebook, twitter, and instagram when you need to focus. It is all too easy to get “sucked in” to these types of activities for hours at a time.
- **Set priorities:** sometimes we just can't get it all done in one day. Make a list of your most important tasks and focus on those first.
- **Make time for work AND play.** Focusing too much on responsibilities can cause us to feel overwhelmed or stressed. However, focusing too much on enjoyable events can cause us to neglect important tasks. Balance is key.

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