



SHIELD FOR SUCCESS

Valparaiso University's Counseling Center tips for success and promotion of overall wellbeing

Introduction

In this issue of Shield for Success we have included helpful resources, articles, and tools you can utilize while in isolation or quarantine. We have also included daily exercises you can complete while in quarantine. Friends of those in isolation or quarantine can use these suggestions to provide assistance to them as well as apply the strategies themselves. Below are steps for how to best utilize these exercises.

Step 1: If you choose to participate, first rate your mood on a 1-10 scale using the scale provided below.

Step 2: Each day you will be tasked with completing a different exercise. On weekdays, Monday through Friday, pick one exercise from the list provided for you. On weekends, Saturday & Sunday, choose one exercise that you felt improved your mood the most, these exercises do not have to be from the exercises provided.

Step 3: After implementing the exercise, rate your mood using the same scale as Step 2.

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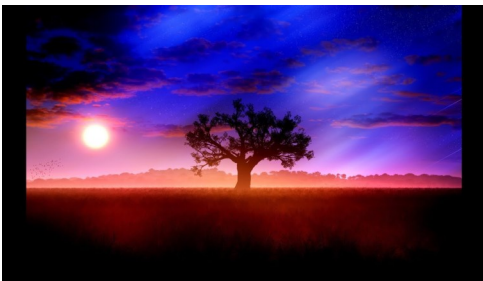
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Articles

- [CDC Article about Coping with Stress during COVID-19](#)
- [EduBirdie How to Avoid Stress in College](#)
- [Psychology Today Stress of Quarantine and 5 Ways to Feel Better](#)

Daily exercises while in isolation/quarantine

- 1. Video chat with a friend**
Take 20 minutes to talk with a friend via video.
- 2. Checkout TAOconnect**
Create a TAOconnect account and browse the website. Complete one module you feel is most relevant to your life.
- 3. Exercise**
Complete a 4 sets of 20 jumping jacks, sit-ups, swats, pushups, and lunges
- 4. Complete a homework assignment**
Spend time finishing a homework assignment you can then check off your to do list.
- 5. Meditate**
Spend 20 minutes sitting with your emotions, reflecting on your thoughts, and noticing body sensations (check out TAOconnect for guided



RESOURCES AVAILABLE TO VALPO STUDENTS

• **TAO Connect** – A free to you online self-help resource with helpful information on general wellbeing, calming your worry, improving your mood, pain management, and several other topics. Please visit valpo.edu/counseling-services for more information about TAO Connect and to set-up or access your existing TAO connect account.

• **Counseling Center's Mental Health Resource pages** – Includes on and off campus resources, crisis hotlines contact info, and helpful apps and websites to explore. Please visit valpo.edu/counseling-services/counseling-center/mental-health-resources to see a list of helpful psychoeducational resources, websites, and apps.

• **SAMHSA's National Helpline** – also known as the Treatment Referral Routing Service. They are a confidential, free, 24-hour-a-day, 365-day-a-year, substance use and information service, in English and Spanish. More information about their services can be found at samhsa.gov/find-help/national-helpline. They can also be reached via phone at 1-800-662-HELP (4357), or TTY: 1-800-487-4889.

• **NAMI HelpLine** – National Alliance on Mental Illness. NAMI provides advocacy, education, support and public awareness so that all individuals and families affected by mental illness can build better lives. More information can be found at www.nami.org They can also be reached Monday through Friday, 10 am–6 pm, ET. 1-800-950-NAMI (6264) or info@nami.org.

• **National Suicide Prevention Lifeline** – The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals. Contact them by calling (800)273-TALK (8255). More information can also be found on their website at www.suicidepreventionlifeline.org.

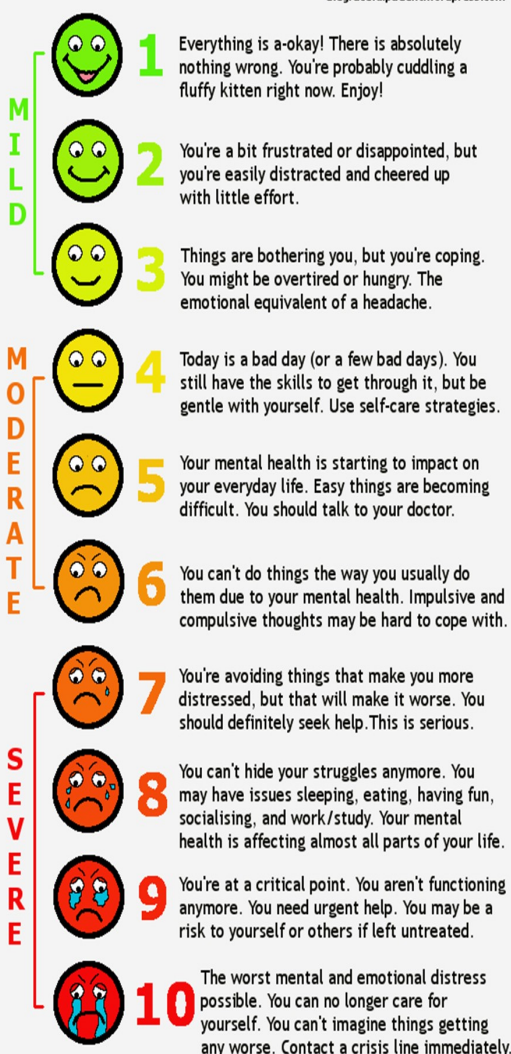
Campus Community to Provide Guidance

- A faculty member with whom you feel connected
- Academic Advisors
- Anna Stewart in Christ College - Anna.Stewart@valpo.edu 464-5121
- Bonnie Goebbert - Bonnie.dahlkegoebbert@valpo.edu 464-5413
- Campus Pastors - Chapel of the Resurrection 464-5093
- Rev. James Wetzstein - james.wetzstein@valpo.edu 464-6794
- Deaconess Kristin Lewis - kristin.lewis@valpo.edu 464-6453
- Christ College Big Sibs
- College Assistant Deans
- Counseling Center - counseling.center@valpo.edu 464-5002
- Other Students
- RAs
- RLC's - Office of Residential Life 464-5413
- a. Alumni: Jake Starr - jake.starr@valpo.edu 464-6005
- b. Beacon: Kristina Bryant - kristina.bryant@valpo.edu 464-5977
- c. Brandt: Katelyn Wilson - katelyn.wilson@valpo.edu 464-6007
- d. G/M & Kade: **Noelle Pease - noelle.pease@valpo.edu 464-5763
- e. Lankenau: Emma Pisello - emma.pisello@valpo.edu 464-6002
- f. Promenade East/West: Kristina Bryant - kristina.bryant@valpo.edu 464-5977
- g. Sorority/Fraternity: Trenton Holloway - trenton.holloway@valpo.edu 464-7211
- h. Wehrenberg: Nell Colyn - nell.colyn@valpo.edu 464-6780

Jake Starr will be covering GM/Kade for Noelle Pease until September 14

A Simple Mental Health Pain Scale

thegracefulpatient.wordpress.com



Created by Olivia Gorman, MA, NCC, LMHC, and Ricardo Carrillo, MA.