



SHIELD FOR SUCCESS

Valparaiso University's Counseling Services monthly tips for success and promotion of overall well-being

Instructions

Step 1: If you choose to participate, first rate your mood on a 1-10 scale, you can use the Mental Health Pain scale provided below.

Step 2: Each day you will have the opportunity to complete a different exercise. On weekdays, Monday through Friday, pick one exercise from the list provided for you below. 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 1.

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Returning Home for the Summer

As the end of spring semester nears and we start looking forward to summer, many students and some recent grads are thinking about the adjustment of moving home and back in with their families as well as how they're planning to spend the summer. What might have once been your own schedule and the freedom of living on your own may now rapidly be changing into sharing a home with fewer chances to have time to yourself. It can be difficult losing some of your independence, missing your roommates and friends from college, or finding yourself getting into arguments with parents or siblings. While you may not be able to plan for every possible change when you return home, it's important to understand ways you can still manage this shift by making space for yourself, staying in touch with others, and allowing yourself to enjoy your break. Below you will find some helpful resources on preparing for your summer break.

Helpful Resources

- [Summer Break at Your Parents Home](#)
- [Your Guide to Moving Back Home After College](#)
- [6 Tips for Your College Student's First Summer Break](#)
- [How to Move Back Home During Coronavirus](#)

Tips to Help Adjust During Summer

1. Talk to a friend on the phone or make a plan to spend time together if you live nearby
2. Set and discuss healthy, reasonable boundaries with family
3. Give yourself a break from home and go on a walk or a drive
4. Try something new – explore a hobby, start a new workout, watch a new show
5. Create a daily routine for yourself

Look for the Counseling Services table at the UPC "Spring Time, Me Time" event on Tuesday, May 4, 1:00 p.m. - 4:00 p.m. We will also have a table in the Union on Monday, May 3, 11:00 a.m. - 2:00 p.m. and Tuesday, May 4, 9:00 a.m. - 1:00 p.m. with information on stress reduction and study tips for finals.

End of semester solution focused single session appointments to support students as well as additional [online](#) resources are currently available. Give us a call at 219.464.5002 to schedule an appointment.

A Simple Mental Health Pain Scale

thegracefulpatient.wordpress.com

MILD		1 Everything is a-okay! There is absolutely nothing wrong. You're probably cuddling a fluffy kitten right now. Enjoy!
		2 You're a bit frustrated or disappointed, but you're easily distracted and cheered up with little effort.
		3 Things are bothering you, but you're coping. You might be overtired or hungry. The emotional equivalent of a headache.
MODERATE		4 Today is a bad day (or a few bad days). You still have the skills to get through it, but be gentle with yourself. Use self-care strategies.
		5 Your mental health is starting to impact on your everyday life. Easy things are becoming difficult. You should talk to your doctor.
		6 You can't do things the way you usually do them due to your mental health. Impulsive and compulsive thoughts may be hard to cope with.
SEVERE		7 You're avoiding things that make you more distressed, but that will make it worse. You should definitely seek help. This is serious.
		8 You can't hide your struggles anymore. You may have issues sleeping, eating, having fun, socialising, and work/study. Your mental health is affecting almost all parts of your life.
		9 You're at a critical point. You aren't functioning anymore. You need urgent help. You may be a risk to yourself or others if left untreated.
		10 The worst mental and emotional distress possible. You can no longer care for yourself. You can't imagine things getting any worse. Contact a crisis line immediately.

Brought to you by VUPD and OADE in partnership with Porter County Substance Abuse Council



The "BOX" is open 24/7 and located in the lobby of VUPD, 813 LaPorte Ave.

Any unused/unneeded medications (excluding liquid)

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If there are any topics you are interested in seeing or learning more about please email counseling.center@valpo.edu, subject Shield for Success topic ideas.