

Health and Wellness Newsletter



As we grieve it is important to remember to take care of ourselves. Whether we are grieving the death of a loved one, the loss of a job, a serious illness, a friend that moved away, etc., we tend to take self care for granted when we are feeling sad.

Grief and Loss: Self Care

Learn how to care for yourself after a loss.

The following suggestions were written to help you take care of yourself following a death, but apply to any kind of loss you might be experiencing.

- **Listen to your body:** If you need to cry, then cry. If you need to sleep, then do so. If you need to talk to someone, seek out someone who will listen. If you need to reminisce, then take the time. It is important for the grieving process that you go with the flow.
- **Lower expectations for yourself:** You can't expect yourself to run at full capacity for some time. Give yourself a break and don't expect yourself to perform as well as you did prior to your loss. Educate others that it will take some time before your performance is back to normal.
- **Let others know what you need from them:** Don't expect others to know what you need. Communicate to family and friends how they can support you.
- **If you need counseling, do get it:** Get all the support you need. There are many bereavement support groups as well as counselors or spiritual advisors who specialize in bereavement counseling. Don't hesitate to contact a medical and or mental health specialist if you have feelings of hopelessness or suicidal thoughts.
- **Take the time to do the things you need to do for yourself:** When you feel up to it, engage in activities to which you feel drawn. It could be visiting a place you haven't been to in a while, walks in nature, reading, etc.
- **Pamper yourself:** Treat yourself well. Without breaking your budget, do things for yourself that are helpful like walks, being with people who are nurturing to you, and inexpensive activities.
- **Keep a journal:** Writing down your thoughts and feelings can help you to validate and work through your grief.
- **Get physical exercise:** If you exercised prior to your loss, try to maintain the same routine. If you did not exercise prior to your loss visit your doctor before embarking on a physical exercise routine. Physical exercise can improve the way you feel.
- **Obtain a proper diet and sleep:** Maintaining a healthy diet and getting proper sleep is essential for functioning as well as you can. If you are having difficulty with either, visit your doctor.
- **Be aware of others' reactions:** Many people do not know how to react appropriately to your grief. Some are more comfortable than others in responding to your situation. Be aware that people have different ideas not only about death, but also about how bereaved individuals should react. Be true to yourself and let others know if they say something inappropriate.

SOURCE: <https://bit.ly/2YqTN3u>

TCNJ Health and Wellness Offices

Alcohol and Other Drug Education

<http://adep.tcnj.edu/>
(609) 771-2571
Forcina Hall 308

Anti-Violence Initiatives

<http://oavi.tcnj.edu/>
(609) 771-2272
Forcina Hall 308

Counseling and Psychological Services

<http://caps.tcnj.edu/>
(609) 771-2247
Eickhoff Hall, Suite 107

Collegiate Recovery Program

www.recovery.pages.tcnj.edu
(609) 771-2134
Forcina Hall 308

Recreation and Wellness

<http://recreation.tcnj.edu/>
(609) 771-2223
Rec Center

Religious and Spiritual Life

<http://religiousandspiritualife.tcnj.edu/>
(609) 771-2571
Forcina Hall 308; Spiritual Center

Student Health Services

<http://health.tcnj.edu/>
(609) 771-2889
Eickhoff Hall, Suite 107

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Self Care Articles for Grieving

Grieving and loss are universally emotionally intense experiences and at times can feel ultimately overwhelming. For those struggling to recover, these self care articles for grieving and loss may help. Remember that your healing path is unique to your own values and needs. Therefore, not all the suggestions will resonate with you. Simply take what fits for you and set aside the rest. In addition, be mindful that your own solutions to deeper emotional issues may take time, reflection, and engaging in dialogue with a professional who brings skillful listening and empathic attunement to your personal recovery and healing path.



[Going Back to Basics: Learning from Social Work's Person-in-Environment Perspective](#)



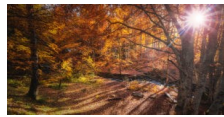
[Thoughts on Responding to Feelings of Helplessness and Futility](#)



[Feeling Helpless](#)



[Response to Senseless Death](#)



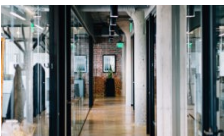
[October](#)



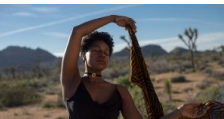
[Vulnerability and Transformation](#)



[Introduction to Experiential Methods](#)



[How to Cope in the Workplace When an Employee Dies](#)



[Taking Care of Yourself](#)



[Depression Boot Camp](#)

SOURCE: <https://bit.ly/2Uaf961>



10 Ways To Build Resilience



Make connections. Good relationships with close family members, friends or others are important. Accepting help and support from those who care about you and will listen to you strengthens resilience. Some people find that being active in civic groups, faith-based organizations, or other local groups provides social support and can help with reclaiming hope. Assisting others in their time of need also can benefit the helper.

Avoid seeing crises as insurmountable problems. You can't change the fact that highly stressful events happen, but you can change how you interpret and respond to these events. Try looking beyond the present to how future circumstances may be a little better. Note any subtle ways in which you might already feel somewhat better as you deal with difficult situations.

Accept that change is a part of living. Certain goals may no longer be attainable as a result of adverse situations. Accepting circumstances that cannot be changed can help you focus on circumstances that you can alter.

Move toward your goals. Develop some realistic goals. Do something regularly — even if it seems like a small accomplishment — that enables you to move toward your goals. Instead of focusing on tasks that seem unachievable, ask yourself, "What's one thing I know I can accomplish today that helps me move in the direction I want to go?"

Take decisive actions. Act on adverse situations as much as you can. Take decisive actions, rather than detaching completely from problems and stresses and wishing they would just go away.

Look for opportunities for self-discovery. People often learn something about themselves and may find that they have grown in some respect as a result of their struggle with loss. Many people who have experienced tragedies and hardship have reported better relationships, greater sense of strength even while feeling vulnerable, increased sense of self-worth, a more developed spirituality and heightened appreciation for life.

Nurture a positive view of yourself. Developing confidence in your ability to solve problems and trusting your instincts helps build resilience.

Keep things in perspective. Even when facing very painful events, try to consider the stressful situation in a broader context and keep a long-term perspective. Avoid blowing the event out of proportion.

Maintain a hopeful outlook. An optimistic outlook enables you to expect that good things will happen in your life. Try visualizing what you want, rather than worrying about what you fear.

Take care of yourself. Pay attention to your own needs and feelings. Engage in activities that you enjoy and find relaxing. Exercise regularly. Taking care of yourself helps to keep your mind and body primed to deal with situations that require resilience.

Additional ways of strengthening resilience may be helpful. For example, some people write about their deepest thoughts and feelings related to trauma or other stressful events in their life. Meditation and spiritual practices help some people build connections and restore hope.

The key is to identify ways that are likely to work well for you as part of your own personal strategy for fostering resilience.

SOURCE: <https://bit.ly/2BIIFX3>

Anti-Violence Initiatives

SEXUAL ASSAULT AWARENESS MONTH

THRIVE Wellness Expo

*Wednesday, April 3rd. 11 - 2 PM
Rec Center*

AVI will be participating in THRIVE's wellness expo by presenting our healthy relationships table and our resource table.

Frutta Bowls Fundraiser

*Wednesday, April 17th. 12 - 4 PM
Campus Town*

All proceeds from this fundraiser will go towards Womanspace, an organization that helps people of all genders impacted by domestic and sexual violence, located in Lawrenceville NJ.

Denim Day

*Wednesday, April 24th.
Campus wide*

Denim Day is an international day of remembrance and action. In support of all survivors, we wear denim on this day to raise awareness of sexual assault and rape culture

Day to End Rape Culture

*Tuesday, April 9th. 10 - 2 PM
BSC 100*

Day to End Rape Culture is an expo style event that seeks to engage students, faculty, and staff in interactive exhibits and build their skills to recognize and address rape culture in their daily lives.

Green Dot Open Workshop

*Wednesday, April 24th. 12 - 1 PM
ED 209*

This program emphasizes the idea that it is our individual choice to make our campus safer by recognizing high risk situations and addressing bystander behavior.

Supporting Survivors Open Workshop

*Friday, April 26th. 12:30 - 2 PM
ED 110*

Learn about your rights as a student, resources on campus, and what you can do to support friends who have experienced sexual assault and other forms of power-based personal violence.

Presented by TCNJ Anti-Violence Initiatives

DAY TO

END



RAPE CULTURE

Rape culture is the normalization of sexual assault and promotion of violence through societal and cultural means.

Day to End Rape Culture is an expo style event that seeks to engage students, faculty, and staff in interactive exhibits and build their skills to recognize and address rape culture in their daily lives. Each exhibit has been created by a TCNJ community member. We all have a part to play to end the violence. What will you do?


THANKS TO OUR CO-SPONSORS

All College Theatre • Alpha Xi Delta • Alumni Engagement • Asian American Association • Athletics Department • Beta Theta Pi • Black Student Union • Campus Police • Chi Upsilon Sigma • The College Ambassador Program • Counseling and Psychological Services (CAPS) • Delta Phi Epsilon • Delta Zeta • Dining Services • Disability PRIDE • Educational Opportunity Fund • English Department • Human Resources • Inter Fraternity Council • Inter-Greek Council • Office of Institutional Diversity, Equity, and Inclusion • Office of the President • Political Science Department • PRISM • Religious and Spiritual Life • Residential Education and Housing • School of Business • School of Humanities and Social Sciences • Sigma Tau Delta • Sociology and Anthropology Department • Student Government • Title IX • Union Latina • Women's, Gender, and Sexuality Studies Department • Women In Learning and Leadership • Zeta Tau Alpha

TUESDAY, APRIL 9th
10:00 AM - 2:00 PM
BSC, ROOM 100

The College of New Jersey
Anti-Violence Initiatives
609.771.2571
oavi@tcnj.edu





Anti-Violence Initiatives (AVI) Presents:

Frutta Bowls Fundraiser

Wednesday, April 17th

12 - 4 PM

Frutta Bowls @ Campus Town

In honor of Sexual Assault Awareness Month, AVI has partnered with Frutta Bowls at Campus Town to fundraise for Womanspace.

Womanspace helps people of all genders impacted by domestic and sexual violence. Womanspace is located in Lawrenceville, NJ and often serves the TCNJ campus community.

Thank you for your donation!

Anti-Violence Initiatives (AVI) Presents

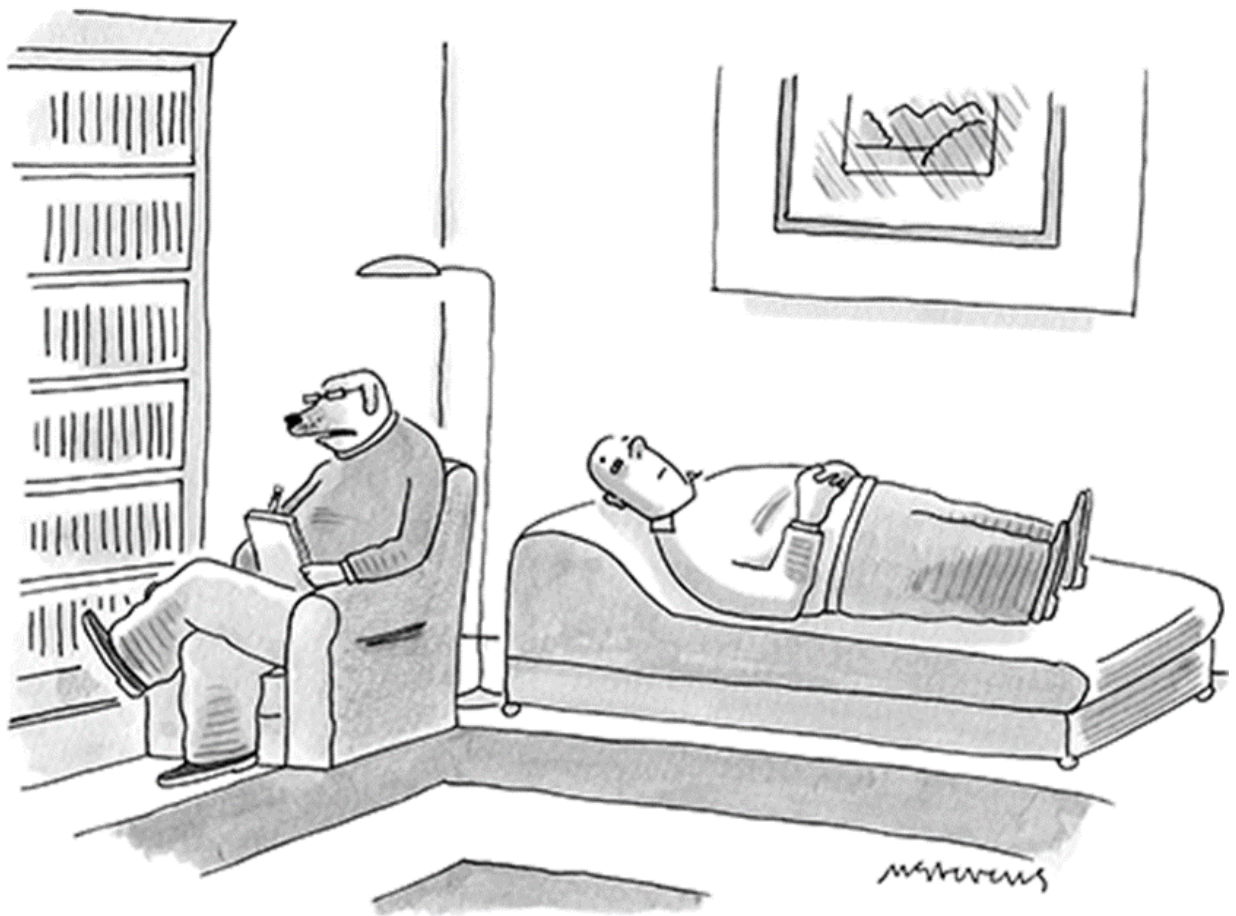
DENIM DAY

APRIL 24, 2019

Denim Day is an international day of remembrance and action. Denim Day began after an Italian court ruled that a survivor of sexual assault must have provided consent because her jeans were "too tight" to have been removed without her assistance. In her honor, and in support of all survivors, we wear denim on this day to raise awareness of sexual assault and rape culture. Those who wear denim this day show that they will have these hard conversations and will support those impacted by power-based personal violence.



Just for laughs



"Have you tried taking long walks?"

THE ALCOHOL AND DRUG EDUCATION PROGRAM
PRESENTS

ARRIVE ALIVE

APRIL 18, 2019 • 10 AM - 4 PM
ALUMNI GROVE

April is Distracted Driving Awareness Month
and the Arrive Alive Tour is coming to TCNJ!
Stop by this event to learn about the dangers of
texting while driving and drinking while driving.

For more information, contact ADEP at:

P: 609-771-2571

E: adep@tcnj.edu



Getting started on *spring cleaning*



Spring is a time of new beginnings. And while it might not be the most glamorous of activities, spring cleaning can make us feel a sense of newness. Surprisingly, quite a few of the students we surveyed like the idea of spring cleaning; 4 in 10 put this in their top 3 favorite activities.

An easy way to get started? Organize your closet and bedroom, which can help create an environment more conducive to relaxation and productivity. Plus, having a decluttered closet will save time in the mornings (maybe even earning you an extra five minutes of sleep).

Take inventory of your closet, make room for your spring/summer wardrobe, and reorganize your life. Ask yourself the following when cleaning out your closet and dresser:

- Do I need this? If the answer is a resounding yes, keep it.
- Does it fit? If not, donate it.
- Does it have sentimental value? If yes, keep it. But if you haven't worn it in over a year, consider donating it.
- When was the last time I wore it? Again, if it's been more than a year, chances are you won't wear it again. Donate.



@sh101_cw



@sh101_cw



Student Health 101 &
CampusWell

tcnj.readsh101.com



How to cope with making mistakes or the fear of failure

Making mistakes is an unavoidable part of being human. In a way, it's a good sign; it shows you're challenging yourself. If you never fail at anything, you should consider trying harder things.

Failure is not only inevitable but often a sign of growth. Yet when we make a mistake (even a small one), freaking out or freezing up obviously doesn't help.

What can we do about this?

The answer, it turns out, is about 2,000 years old. In ancient Greece, a philosopher named Seneca devised a technique for confronting failures, setbacks, and worst-case scenarios without losing your calm or composure. It still works beautifully today, and modern psychologists continue to teach versions of it.

To learn more about this technique, check out the video in the article *How to mindfully handle your mistakes*.



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CampusWell

tcnj.readsh101.com



3 expert-approved tips for top-notch productivity

Determined to quit procrastinating and be more productive? Even when you're motivated, it can be tricky to stick with it—especially once your calendar fills up with deadlines. Here are three ways to guarantee a productive day.

1. Don't push projects aside for too long

"Your brain hangs on to things that are incomplete, taking up valuable 'mental real estate' that could be used for other and better things. Keep track of those things that are incomplete and review them regularly," says productivity expert David Allen, author of *Getting Things Done: The Art of Stress-Free Productivity*.

2. Take frequent breaks

"You absolutely need regular breaks from intense thinking to allow your brain to regroup and refresh itself," says Allen. "Thinking engages a 'cognitive muscle' that can burn out if not given adequate rest. That means enough sleep and frequent breaks during the day to daydream, play, and think about nothing in particular."

3. Limit distractions

"When we do work in front of a computer, especially with our phone by our side, we interrupt ourselves on average every 40 seconds," says productivity coach Chris Bailey, author of *The Productivity Project: Accomplishing More by Managing Your Time, Attention, and Energy*. "This means we don't even get a minute's worth of work done before we become distracted. Try downloading a distractions-blocker app—such as Freedom or Cold Turkey—and leave your phone in the other room to do your most important work."



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CampusWell

tcnj.readsh101.com

Staff Spotlight



Meet Debeka Bennett

Debeka is a NJ permit psychologist who joined the CAPS staff in March 2019. Dr. Bennett currently serves as a Staff Therapist and Outreach Coordinator for Special Populations. She completed her bachelor's degree at Florida State University in Family & Child Sciences, her master's degree in Family Therapy at Drexel University, and her doctorate degree in Counseling Psychology at Seton Hall University.

Prior to CAPS, Dr. Bennett worked in various settings, including psychiatric and addiction rehabilitation inpatient and outpatient programs, forensic departments, emergency rooms, and schools. She approaches her practice from a psychodynamic and ecological systems theory perspective.

She has a strong interest in racial and cultural identity development, trauma, interpersonal relationships, issues related to masculinity, abuse, issues of diversity and social justice, outreach, and the intersectionality of race, culture, and gender.

Dr. Bennett enjoys traveling, horseback riding, going to the beach, attending art shows, and going to the arcade.



Change

The butterfly flying by
has no words
But if you listen to the whisper
of her wings
as she flutters and floats
upon the light of day,
you will hear all you need to know
about the casting off of old forms
and the lightness of beauty
being freed.

~ Terah Cox ~



Center for Mindfulness and Compassion at TCNJ



Half Day Silent Retreat (with guidance)

When: **Saturday**, April 13th

Time: 10 AM to 1 PM

Where: Spiritual Center

Clothing: Comfortable clothing appropriate for movement and layers for warmth.

Bring: A snack for a mindful eating meditation

During this 3 hour period participants will be guided through a variety of meditations including sitting with the breath, body scan, choiceless awareness, lying down movement, walking meditation, mountain meditation, eating meditation and loving kindness meditation.

It is helpful if participants have had previous experience with meditation.

This retreat is open to students, faculty, and staff.

Sign-up by Friday, April 12th at mindfulness@tcnj.edu

Support Services Cheat Sheet

First Contact Quick Reference Guide (After Hours/Weekends: Call Campus Police x2167 or 911)		
Mental Health and Emotional Behavior Depression, anxiety, trauma, eating disorders	→	Counseling and Psychological Services x2247
Substance Use and Abuse	→	Alcohol and Drug Education Program x2572 Collegiate Recovery Program x2134
Sexual Assault and Domestic Violence	→	Anti-Violence Initiatives x2272 Title IX x3112
Student, Faculty, and Staff Safety	→	TCNJ Campus Police x2345 or 911 Student Conduct and Dispute Resolution x2455
Illness or Medical Emergency	→	TCNJ Campus Police x2345 or 911 Student Health Services x2247
Disability Accommodation and/or access concerns	→	Disability Support Services x3199
Leave of Absence / CARE Team / Medical/MH Impact on Academics	→	Office of the Dean of Students (2780)
For general questions or concerns, contact the Office of the Dean of Students xCARE (2273)		

Emergency After Hours and Weekends
For emergencies after hours, contact: <ul style="list-style-type: none"> • Capital Health System – Fuld Campus (the Emergency Mental Health Services Center is available 24/7) at 609.396.HELP. • Campus Police at 911 or 609.771.2345 • Residence Education and Housing student or professional staff from your floor or building. • NJ Hopeline - 855.654.6735 • CONTACT - 609.896.2120 • Crisis Text Line - text START to 741-741

Which counseling service at TCNJ is right for me?

Counseling and Psychological Services

CAPS is the primary mental health service on campus for enrolled, matriculated undergraduate and graduate students at The College of New Jersey. Services include short-term individual counseling, group counseling and workshops, crisis intervention services, outreach and consultation, peer education, mental health/gatekeeper training, and professional graduate student training.

IF UNCLEAR WHERE TO START GETTING HELP
START BY FILLING OUT A BRIEF **REQUEST FOR SERVICE** FORM AT CAPS:

START HERE

Community Counseling Collaborative

Forcina Hall 313-315

The **Community Counseling Collaborative (CCC)** is a new Health and Wellness initiative at TCNJ to bring licensed mental health providers on campus to provide low-cost, longer-term mental health care to our students. Offices are located on the 4th floor of Forcina Hall, Suite 413-415. The CCC program started offering services to students in mid-December of 2017 and is currently still in development. Access to services at the CCC can be coordinated through CAPS and the Dean of Students Office – but clinicians can also be contacted directly for appointment availability.

Center for Integrative Wellness

Forcina Hall 124

The **Center's** mission will be to provide integrative health services that recognize the relationship between the mind and body. There will be a focus on the whole person, offering integrated clinical services, education and training. Services will continue to be offered to TCNJ students, faculty and staff, as well as the wider community.

Campus Partners

[Alcohol and Drug Education Program](#)

[Anti-Violence Initiatives](#)

[Career Center](#)

[Center for Student Success](#)

[Collegiate Recovery Program](#)

[Dean of Students Office](#)

[Disability Support Services](#)

[Educational Opportunity Fund EOF](#)

[Recreation and Wellness](#)

[Religious and Spiritual Life](#)

[Student Health Services](#)

Community Providers

There are over 180 licensed mental health community providers in the REFERRAL DATABASE maintained by Counseling and Psychological Services, including individual psychologists, social workers, licensed professional counselors, drug and alcohol counselors along with listings for group practices, and services for Intensive Outpatient Programs (IOP), Partial Hospitalization (PH) Programs, and other various mental health specialty services.

[REFERRAL DATABASE](#)

Finals Week Group Fitness Classes

Don't forget to be active during finals week. We will have Yoga, Zumba, PiYo, Kickboxing, and more.



Classes are **FREE** during finals week.



Check out the schedule at recreation.tcnj.edu
or follow us on social media.



@tcnjrecwell



Benefits of Exercise for Students

#1: INCREASES YOUR ENERGY LEVELS.

TRY PUTTING DOWN ALL THOSE BOTTLES AND CANS THAT PROMISE TO “GIVE YOU WINGS” (OR WHATEVER) AND LACE UP YOUR TENNIS SHOES FOR 15-20 MINUTES. IT MAY SEEM COUNTER PRODUCTIVE, BUT EXPENDING SOME ENERGY IN EXERCISE CAN ACTUALLY GIVE YOU A BOOST.

#2: KICK START BRAIN FUNCTION.

EXERCISE NOT ONLY ENERGIZES YOUR BODY, BUT IT ALSO KICK STARTS YOUR BRAIN. RESEARCH SHOWS THAT PHYSICAL EXERCISE RELEASES PROTEINS IN THE BRAIN THAT CAN ACTUALLY HELP IMPROVE YOUR MEMORY AND INCREASE YOUR COGNITIVE PERFORMANCE. THAT’S RIGHT. EXERCISE BENEFITS THE BRAIN AS MUCH AS THE BODY, AND THAT’S ALWAYS A GOOD DEAL FOR STUDENTS.

#3: LEVEL YOUR EMOTIONAL STATE.

IF THE PHYSICAL AND MENTAL BENEFITS OF EXERCISE ARE ENOUGH, HOW ABOUT THE EMOTIONAL BENEFITS? EXERCISE RELEASES ENDORPHINS WHICH REDUCE STRESS LEVELS AND MAKE YOU HAPPIER, AMONG OTHER THINGS. SO, NOT ONLY IS YOUR WORKOUT GIVING YOU MORE ENERGY AND JUMPSTARTING YOUR BRAIN FOR A GOOD STUDY SESSION, IT IS REDUCING THE STRESS YOU ARE FEELING ABOUT THAT UPCOMING TEST.

[HTTPS://WWW.STUDYRIGHT.NET/BLOG/BENEFITS-OF-EXERCISE-FOR-STUDENTS/](https://www.studyright.net/blog/benefits-of-exercise-for-students/)

coming this summer

Operation BeWell Peer Facilitator

Facilitators will mentor incoming freshmen to orient them to life at TCNJ, assist in the education about recreation and wellness opportunities at TCNJ and network with fellow campus leaders, faculty, and staff at TCNJ. Spots are limited and open to rising TCNJ sophomores, juniors, and seniors.

Apply Today!

Go to our website or use the link to apply.



THE COLLEGE OF NEW JERSEY
DEPARTMENT OF
RECREATION AND WELLNESS



REC

TAKEOVER



**APRIL 25
7:00-10:00PM**

**REC
CENTER**

**Gaming Trucks · Kona Ice Truck
Laser Tag · Crafts · Chick-Fil-A
Philly Pretzel Factory · Games**

Summer Travel Abroad



TRAVEL NOTICES & ADVISORIES

Warning Level 3, Avoid Nonessential Travel

Alert Level 2, Practice Enhanced Precautions

Watch Level 1, Practice Usual Precautions

Travel health notices from the [Centers for Disease Control & Prevention \(CDC\)](#) are designed to inform travelers and clinicians about current health issues related to specific international destinations. These issues may arise from disease outbreaks, special events or gatherings, and natural disasters that may affect travelers' health.

Travel Safety & Security Advisories can be found on the [U.S. Department of the State website](#). **Enroll in the [Smart Traveler Enrollment Program \(STEP\)](#)**. It is a free service to allow U.S. citizens and nationals traveling and living abroad to enroll their trip with the nearest U.S. Embassy or Consulate. With STEP, you will: 1) receive important information from the Embassy about safety conditions in your destination country, helping you make informed decisions about your travel plans; 2) help the U.S. Embassy contact you in an emergency, whether natural disaster, civil unrest, or family emergency; 3) Help family and friends get in touch with you in an emergency.

HEALTH RISKS & OUTBREAKS UPDATES

If you venture overseas for summer vacation, there are health and safety risks you should be aware of. Be sure to check out the [CDC Travel Health](#) website at least 4 weeks before departure.

RISKS:

- **Zika.** Many places throughout the Caribbean, Central and South America, the Pacific Islands, and Mexico still have a risk of Zika. Zika is primarily spread through mosquito bites, but it can also spread through sex. Because Zika can cause serious birth defects if a woman is infected during pregnancy, travelers should take certain precautions **before and after** traveling to areas with risk of Zika. **Pregnant women should NOT travel to areas with risk of Zika.** Check CDC's [Zika Travel Information](#) page to find out if there is a risk of Zika at your destination and how to protect yourself and others during **and** after travel.
- **Hurricane Recovery.** Travelers to the Caribbean should be aware that some islands may not have recovered from the damage caused by the



OUTBREAKS:

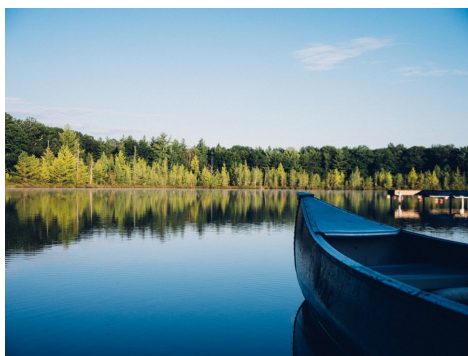
- **Measles.** There are outbreaks of measles in [England](#), [France](#), [Italy](#), [Greece](#), Indonesia, and the Philippines, as well as in the [U.S.](#) [Measles](#) is a highly contagious viral illness that can lead to serious complications. Don't put yourself at risk. Make sure that you have been vaccinated against measles before you go.
- **Yellow Fever.** There is a deadly outbreak of [yellow fever](#) in Brazil. Yellow Fever is an acute viral hemorrhagic disease transmitted by infected mosquitoes. Travelers to Brazil (including popular destinations like Ilha Grande and the cities of Rio and Sao Paulo) should protect themselves by getting yellow fever vaccine at least 10 days before travel. Note that yellow fever vaccine is in short supply and only available at select clinics in the U.S. Book an appointment early. To find the vaccine, go to <https://wwwnc.cdc.gov/travel/page/search-for-stamaril-clinics>

GO TO SLEEP!



Here is a helpful tip on how to fall asleep in 2 minutes or less, courtesy of an [article](#) on FastCompany.com. This U.S. Army routine worked for 96% of people who tried it daily for 6 weeks.

1. Sit on the edge of your bed. Make sure only your bedside light is on, your phone is silenced, and your alarm is set for the morning.
2. Now relax your facial muscles. First tighten them up in a wincing motion, and then slowly let your muscles naturally loosen. And let your tongue fall any which way in your mouth.
3. Once your face feels like deflated putty, let gravity pull your shoulders naturally toward the ground. Let your arms dangle too, one side at a time.
4. While doing this, breathe in and out, listening to the sound of your breath. With each breath, let your chest relax further and then let gravity relax your thighs and lower legs.
5. Once your body feels like nothing more than a loosely formed lump of clay, try to clear your mind for 10 seconds. If thoughts come naturally, let them pass—just keep your body loose and limp. After a few more seconds your mind should feel clearer.
6. Now picture one of the following two scenarios: you lying in a canoe in a calm lake with clear blue skies above you; or you in a velvet hammock, gently swaying in a pitch-black room. If you happen to be a person who isn't great at visualization, you can instead chant the mantra, "Don't think, don't think, don't think" for 10 seconds instead.



Our Campus Partners

Time for Some

HOME IMPROVEMENT

Skyfactor is a survey of college & university residence halls

Wellness

Community

Safety

Belonging

Giving Away **\$200**
in Bookstore Gift
Certificates

Check your **tcnj.edu** email account

April 1-24, 2019
Take the Survey



what's happening

[TCNJ Event Calendar](#)

[Forrest Theatre](#)

[TCNJ Center for the Arts](#)

[RUTGERS EVENT CALENDAR](#)

[McCarter Theatre Center](#)

[George Street Playhouse](#)

[**Mercer County Arts**](#)

[The State Theatre](#)

[**Organizations**](#)

[Crossroads Theater Company](#)

[Trenton Culture, Art, History
& Entertainment](#)

[Yardley Players](#)

[The Delaware River Towns](#)

[Walnut Street Theatre](#)

[**Bucks County Playhouse**](#)

[**Philadelphia Theater Guide**](#)

[Sellersville Theater](#)

[**The Langhorne Players**](#)

[*Tin Angel*](#)





American Civil Liberties Union

Southern Poverty Law Center

Anti-Defamation League

Human Rights Campaign

Greater Good

Social Justice Organizations

Understanding Prejudice

NAACP

Human Rights Watch



Out of the Darkness Suicide Prevention Walk

Sunday, April 7th

Hope Walks Here

Prevent suicide at The College of New Jersey

4/7/2019
Alumni Grove - TCNJ Campus
Register at afsp.org/TCNJ



**American
Foundation
for Suicide
Prevention**



**OUT OF THE
DARKNESS**
Campus Walks



Alcohol and Drug Education Program:

- Arrive Alive: April 18, 2019. 10:00am—4:00pm. Alumni Grove

Anti-Violence Initiatives:

- Day to End Rape Culture: Tuesday, April 9th, BSC 100, 10:00am—2:00pm
- Frutta Bowls Fundraiser: April 17, 2019. 12:00pm—4:00pm. Frutta Bowls-Campus Town
- Denim Day: April 24, 2019

Collegiate Recovery Program:

- NA Meetings: Fridays 6:30pm—8:00pm; Trenton Hall Room 106

Counseling and Psychological Services:

- Don't forget to check out our many group offerings for the fall semester: <https://caps.tcnj.edu/counseling-services/caps-groups/groups-schedule/>

Health & Wellness:

- Out of the Darkness Suicide Prevention Walk : Sunday, April 7, 2019. Registration begins at 9:00am. Walk starts at 10:00am. Alumni Grove.



- AND the **winner** of the 2019 New Jersey College & University Flu Challenge - TCNJ! TCNJ had the highest flu vaccination coverage percent (based on undergraduate student population) and will be presented in May with a traveling trophy by the New Jersey Department of Health (NJDOH). We are proud that our students take the time to invest in their health and the health of the campus through annual flu vaccination.

