

# HEALTH AND WELLNESS NEWSLETTER

Fall Services and Programs | Condoms and Candy | Going Home | Eat, Sleep, Move, Breathe

## TCNJ Health and Wellness Offices

### CAPS/AOD Support Services

<https://caps.tcnj.edu>

(609) 771-2134

Forcina Hall 308

### CAPS/Anti-Violence Initiatives

<https://caps.tcnj.edu>

(609) 771-2571

Forcina Hall 308

### CAPS/Mental Health Services

<https://caps.tcnj.edu>

(609) 771-2247

Eickhoff Hall 107 (We're Back!)

### CAPS/Religious and Spiritual Life

<https://religiousandspiritualife.tcnj.edu>

(609) 771-2571

Forcina Hall 308

### Recreation and Wellness

<https://recreation.tcnj.edu>

(609) 771-2223

Recreation Center

### Student Health Services

<https://health.tcnj.edu>

(609) 771-2889

Eickhoff Hall 107

## ISSUE HIGHLIGHTS

|                                       |    |
|---------------------------------------|----|
| Resources for Grief and Loss          | 2  |
| CAPS Groups now open                  | 3  |
| SHS - Condoms and Candy               | 5  |
| SHS - Chlamydia                       | 6  |
| Staff Spotlight / Poets Corner        | 8  |
| Indigenous Communities                | 10 |
| The SHOP / Lions Lifting Lions        | 11 |
| AVI - If going home is difficult      | 11 |
| Light Therapy                         | 13 |
| Group Highlight / Mindfulness         | 14 |
| Eat, Sleep, Move, Breathe             | 15 |
| Making New Friends at College         | 20 |
| Benefits of Exercise for Students     | 21 |
| Center for Mindfulness and Compassion | 22 |
| CAPS Infographic                      | 24 |
| CAPS Services/Access                  | 26 |
| Health and Wellness Overview          | 27 |
| Upcoming Events/Honors                | 28 |



## FALL INTO HEALTHY HABITS

Autumn is a time of change and a good reminder that our body, mind, spirit, and surroundings are always changing, growing, and developing in a myriad of ways. As we enter the third month of the fall semester it might be a good time to reflect on changes made, challenges faced, lessons learned, and goals moving forward. The campus has faced a tragic loss this month which has put a strain on our resilience and coping abilities. As the community comes together to mourn this loss and support one other, we encourage you to include *practicing good self-care* during this challenging time. A great way to start is to focus on the 4 Fundamentals of Health and Wellness: *Eat, Sleep, Move, and Breathe*. This issue of the newsletter includes some important information about these critical elements to keep you healthy and well.

As you navigate the remainder of the fall semester, please know that the H&W unit is here to offer support. We have a variety of services and programs designed to inform, heal, soothe, inspire, and engage the body, mind and spirit. Thank you for reading this issue of the Newsletter and we wish you a successful and healthy completion of the fall semester.

Warm regards,

TCNJ Health and Wellness Unit

AODSS - AVI - MHS - REC - RSL - SHS



## Resources for Grief and Loss

### Websites

[Grief Directory](#)

[How to Help a Grieving Friend - The Recovery Village](#)

[Coping with Grief and Loss - HelpGuide.org](#)

[Grief and Loss - CDC](#)

[Grief and Loss - John Hopkins Medicine](#)

[Grief: Coping with the loss of your loved one](#)

[Bereavement and Grief - Mental Health America](#)

[Psychological Responses to Loss](#)

[Coping after Suicide Loss - APA](#)

[Loss Survivors - National Suicide Prevention Lifeline](#)

### TED Talks

[How to find meaning after loss](#)

[David Kessler](#)

[The journey through loss and grief](#)

[Jason B. Rosenthal](#)

[We don't "move on" from grief.](#)

[We move forward with it.](#)

[Nora McInerney](#)

[How to support yourself](#)

[\(and others\) through grief](#)

[Nina Westbrook](#)

### Hotlines

NJ Hopeline: 855-654-6735

LGBTQ Hotline: 866-488-7386

Womenspace: 800-281-2800

Trans Lifeline: 877-565-8860

Veterans Crisis Line: 800-273-8255

Crisis Text Line: text START to 741741



Fall 2021

## Good Grief Support Group

Counseling and Prevention Services

GROUP&WORKSHOP

Program



This group is designed to support those who are managing the grieving process while also trying to maintain their identity as a student. This is a drop-in group. Attendance to all meetings are preferred, but not required.

\*Anyone dealing with loss or impending loss is welcome.\*

**Tuesdays 11:30pm– 12:30pm, starting October 26th**

**Forcina Hall, Room 206**

For more information/sign-up,  
please email:  
Nicole Harris, [harrisn@tcnj.edu](mailto:harrisn@tcnj.edu)



Fall '21

## First-Gen Student Support Group

Counseling and Psychological Services

GROUP&WORKSHOP

Program

I AM FIRST-GEN  
WHAT'S YOUR SUPERPOWER?

This group is for first-generation college students who are navigating university life and academics during a challenging time. This group looks to provide a supportive space to share experiences, celebrate successes, and to discuss difficulties experienced along the way.

***Tuesdays 3:00 - 4:15 pm***

***Start date TBD Fall 2021***

For more information/sign-up,  
visit the CAPS website at  
[caps.tcnj.edu](http://caps.tcnj.edu)



## CONDOMS and CANDY (well, it was Halloween recently) written by Student Health Services

It's about respect – and responsibility – for yourself and your partner. Before deciding to have sex, it pays to think about protecting yourself from sexually transmitted infections (STIs).

Not having sex is the best way to keep from getting an STI, but if you choose to be sexually active, using condoms correctly and consistently is a key way to reduce risks. Don't be shy about talking with your partner about safer sex and condoms. For both of you, this is one of the most important conversations you can have. It's also one of the smartest!

### HOW TO TALK WITH YOUR PARTNER ABOUT CONDOMS AND SAFER SEX

- Sometimes people don't like to use protection for sex or are not accustomed to using protection, so it can be helpful to think about how you might respond if you have a partner who doesn't want to use a condom. Remember, you have a right to protect yourself and your health, and using condoms is a way to take care of your partner too – so you're not being selfish at all.
- Talk this over with your partner *before* you start to have sex. The two of you might even want to select and buy condoms together. When it's hot and heavy it might be easy to have sex without a condom “just this once.”
- Plan ahead and have condoms with you if you think you might want to have sex. Don't rely on your partner to have condoms.

A partner might have specific reasons for not wanting to use condoms. Look over this list to get ideas about how to respond if you ever feel pressured to have sex without a condom:

***“I don't have any kind of disease! Don't you trust me?”***

*“Of course, I trust you, but anyone can have an STI and not even know it. This is just a way to take care of both of us.”*

***“I'm [or you're] on birth control pills.”***

*“But that doesn't protect us from STIs, so I still want to be safe, for both of us.”*

***“I didn't bring any condoms.” “I have some, right here.”***

***“I don't know how to use them.”***

*“I can show you – want me to put it on for you?”*

***“Let's just do it without a condom this one time.”***

*“It only takes one time without a condom to get pregnant or to get an STI. I just can't have sex unless I know I'm as safe as I can be.”*

### HOW TO USE A CONDOM

**DON'T** store condoms in a place with high temperatures, such as in a car in the summer

**DO** keep condoms in a cool, dry place

**DON'T** use out of date condoms or ones whose packaging is torn or damaged.

**DO** check the expiration date. Old condoms can be dry and can break more easily.

**DON'T** use scissors or your teeth when opening a condom—you might tear it.

**DO** open condoms with care.

**DON'T** try to put a condom on before the penis is erect (hard).

**DO** put the condom on an erect penis before there is any contact with a partner's genitals.

**DON'T** use oil-based lubricant with latex condoms. The oil in this type of lubricant can cause latex condoms to break.

**DO** use a water-based lube with latex condoms.

**DON'T** flip a condom over and reuse it if you put it on the wrong way. Throw it out and get a new one.

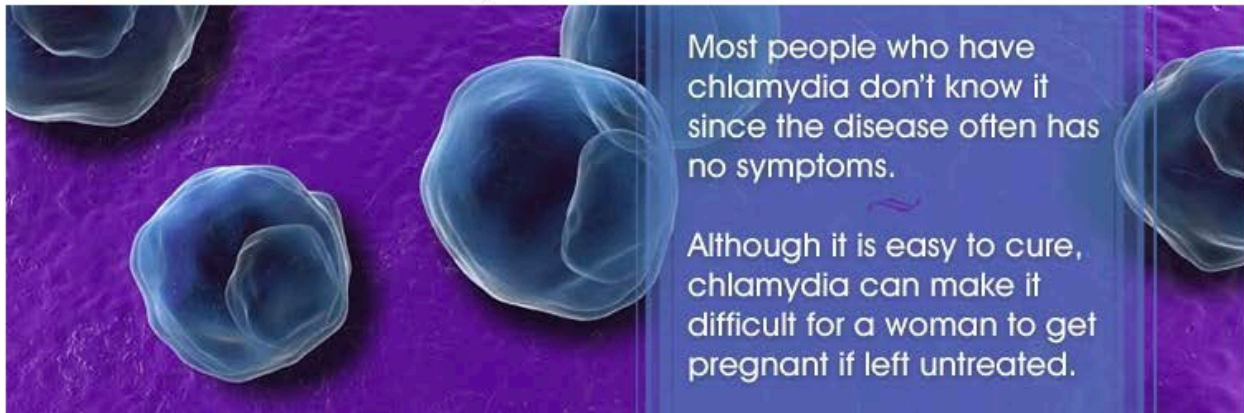
**DO** throw out a condom after you use it. Never reuse a condom.



There are lots of condom choices out there but the important thing is to always use a condom each and every time that you have sex, to protect you and your partner.



## CHLAMYDIA 101 written by Student Health Services



*In the United States, chlamydia is one of the most common bacterial sexually transmitted infections (STI), particularly among adolescents and young adults. It is a very common STI that we see in Student Health Services and across college campuses nationwide.*

Chlamydia Testing in Student Health Services is:

- Confidential
- Low Cost
- Quick results
- Treatment provided
- Other STIs & HIV testing available too!

**HOW DO YOU GET CHLAMYDIA?** Chlamydia, like other sexually transmitted infections, is passed from an infected person to a partner through sexual activities. Chlamydia is passed during vaginal or anal sex. It can also be passed through oral sex. If the vagina, cervix, anus, penis or mouth come in contact with infected secretions or fluids, then transmission is possible. The only way to avoid Chlamydia is to not have vaginal, anal, or oral sex. However, if you are sexually active, there are things that you can do to lower your chances of getting chlamydia. Be in a long-term mutually monogamous relationship with a partner who has been tested and has negative Chlamydia test results and using latex condoms the right way every time you have sex are two examples of reducing risk.

**WHAT ARE THE SYMPTOMS OF CHLAMYDIA?** Most people with chlamydia will have no symptoms at all. If a person does have symptoms, they usually develop within one to three weeks after exposure to chlamydia. Women may experience vaginal discharge or a burning sensation during urination. For men, symptoms may include pain during urination, discharge from the penis or pain or swelling of the testicles. Additional symptoms may include rectal pain or rectal bleeding or discharge.

**WHO SHOULD GET TESTED FOR CHLAMYDIA?** Because chlamydia is very common and often has no symptoms, people who have had sex should think about getting tested. People with genital symptoms should always seek testing. People at higher risk should get checked for chlamydia every year:

- Sexually active women age 25 or younger
- Older women who have new or multiple sex partners, or a sex partner who has a sexually transmitted infection
- Men who have sex with men
- Although routine screening is not recommended for men, the screening of sexually active young men should be considered in clinical settings with a high prevalence of chlamydia (CDC, 2021) - In Student Health Services, both men and women are screened for Chlamydia

**IS CHLAMYDIA DANGEROUS?** Chlamydia can be treated and cured easily, but if not detected and left untreated, it can cause serious problems, especially in women. Chlamydia is the leading preventable cause of infertility and can also cause infections in newborn babies of infected mothers.

Reference: <https://www.cdc.gov/std/chlamydia/STDFact-Chlamydia.htm>



## You are not alone

Make MARCo your mental health ally this year

MARCo, the mental healthcare robot invented by TCNJ alumni, is available for free to all TCNJ students online, 24/7, on any device, for the '2021-2022 school year



College can be a stressful time, and college during a pandemic is no easier. Whatever personal or academic stresses this uncertain year throws at you, MARCo: the Mentally Assistive Robotic Companion is available online to talk at any time. "What can MARCo do for me?" you ask? Whether you feel stressed, anxious, lonely, depressed, and more, MARCo has three key ways of supporting you:



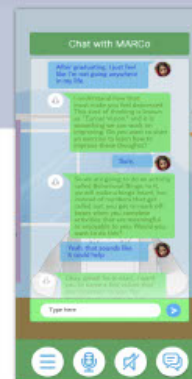
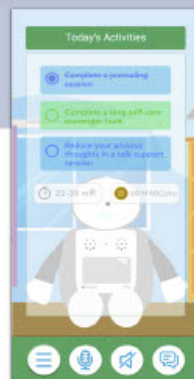
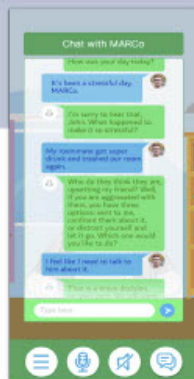
**Companionship** - Everybody needs a friend to listen to them every now and then, and MARCo fits the bill perfectly. Incapable of judging you, MARCo will caringly listen to all you have to say, get to know you, and employ dozens of fun games, stories, and other personable activities to immediately make you smile.



**Guided Meditation** - Stressed? Anxious? Whatever the causation of your emotional deprivation, a consultation with MARCo will lead to a guided meditation. Or one of dozens of other relaxation activities, such as customizable deep breathing exercises and muscle relaxation to name a few.



**Talk Support** - Struggling with negative thoughts? MARCo is equipped with numerous exercises based on Cognitive Behavioral Therapy (CBT) to help create a lasting positive impact on your negative moods, behaviors, and thoughts.



Visit [tcnj.marcohealthtech.com](https://www.marcohealthtech.com) to get started today

<https://www.marcohealthtech.com>

@marcotherobot

## STAFF Spotlight



### Meet Nicole Harris

Health and Wellness Program Assistant

Nicole Harris joined the Health and Wellness Team in 2021. Nicole has a Bachelor of Arts degree in English and Communications from Douglass College, Rutgers University and an Educational Masters in Early Childhood/Elementary Education from the Graduate School of Education at Rutgers University. Nicole is a born and bred New Jerseyan who grew up in Jersey City and now resides in Ewing Township. Nicole has 28 years of experience in education ranging from Classroom Teacher to Assistant Principal to Elementary School Principal. Although new to TCNJ and the Department of Health and Wellness, Nicole has been a participant of Mindfulness strategies for the past 5 years. Nicole is firmly grounded in her spiritual life and is looking forward to working alongside and programming with the organizations that make up the Religious and Spiritual Life program on campus. Nicole enjoys the outdoors, to cook, quilt, travel with her family, is a lifelong learner and a member of Delta Sigma Theta Sorority, Inc.



### Autumn

John Clare

I love the fitfull gusts that shakes  
 The casement all the day  
 And from the mossy elm tree takes  
 The faded leaf away  
 Twirling it by the window-pane  
 With thousand others down the lane

I love to see the shaking twig  
 Dance till the shut of eve  
 The sparrow on the cottage rig  
 Whose chirp would make believe  
 That spring was just now flirting by  
 In summers lap with flowers to lie

I love to see the cottage smoke  
 Curl upwards through the naked trees  
 The pigeons nestled round the coat  
 On dull November days like these  
 The cock upon the dung-hill crowing  
 The mill sails on the heath a-going

The feather from the ravens breast  
 Falls on the stubble lea  
 The acorns near the old crows nest  
 Fall pattering down the tree  
 The grunting pigs that wait for all  
 Scramble and hurry where they fall

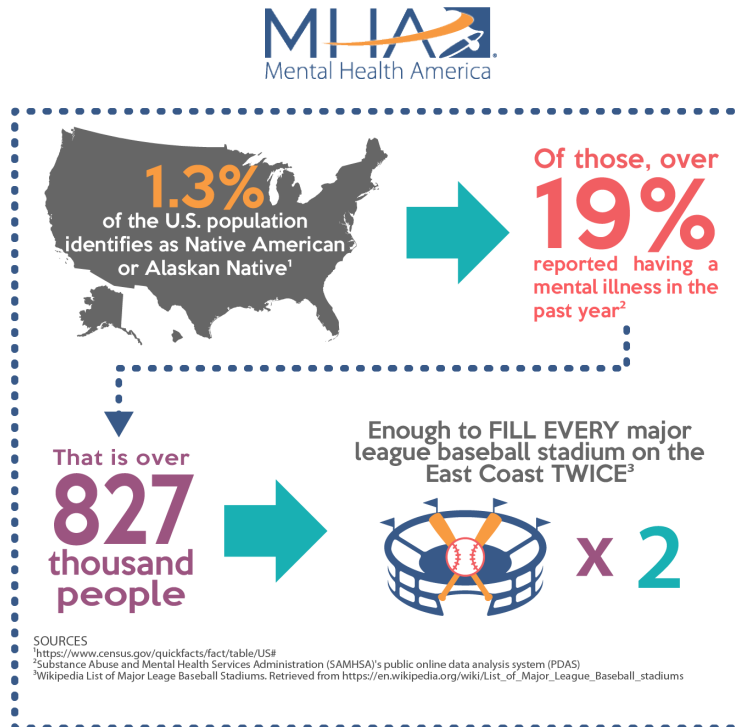


# Just for laughs



*"He appears to have lost all of his resilience."*

## Native And Indigenous Communities And Mental Health



Mental Health America works nationally and locally to raise awareness about mental health and ensures that those at-risk for mental illnesses and related disorders receive proper, timely and effective treatment. MHA incorporates culturally competent strategies to ensure that it is effectively addressing the treatment and psychosocial needs of consumers and families with diverse values, beliefs, sexual orientations, and backgrounds that vary by race, ethnicity and/or language.

### **Demographics/Societal Issues**

- **Approximately 1.3 percent of the U.S. population, or roughly 4.2 million Americans, identify themselves as having Native American or Alaska Native heritage. [1]**
- **There are 573 federally recognized Native tribes and Native/Indigenous people in America speak more than 200 indigenous languages. [2][3]**
- **Most Native/Indigenous people in American live in Mid-West or Western states. About two-thirds now live in urban, suburban, or rural non-reservation areas; about one-third live on reservations. [3]**
- **Compared to the total U.S. population (14.7 percent), nearly twice as many Native/Indigenous people in America live in poverty (26.6 percent). In 2013, Native/Indigenous people were nearly twice as likely as whites to be unemployed. [3] [4]**

# Our Campus Partners

## The SHOP @ TCNJ

- The SHOP @ TCNJ is the College's food pantry open to all students, faculty, staff, and members of the greater Ewing community. For more information about this exciting initiative contact Alexa Horvath, Case Manager, at [horvatha@tcnj.edu](mailto:horvatha@tcnj.edu)
- **Location:** Campus Town - Campus Police Substation (across from Panera Bread)
- **Access to The Shop for Fall 2021 will be by appointment only.** [Schedule an appointment here \(https://tcnj.co1.qualtrics.com/jfe/form/SV\\_eWjoHuJnS9EWbSB\)](https://tcnj.co1.qualtrics.com/jfe/form/SV_eWjoHuJnS9EWbSB)
- **Website:** <https://tcnjcares.tcnj.edu/the-shop/>
- For additional resources in the Mercer County area check out the What I Need App (WIN). You can search for food pantries, homeless shelters, health services, educational resources and more. It is available for iOS and Android devices.
  - **Locate a food pantry near you:**
    - [https://www.foodpantries.org/st/new\\_jersey](https://www.foodpantries.org/st/new_jersey)
    - <https://www.nj211.org/food-pantries-and-soup-kitchens>



## TCNJ Emergency Fund (Lions Lifting Lions)

- The SEF (AKA: Lions Lifting Lions Fund) assists TCNJ students by providing financial support when they need assistance with unexpected, emergency expenses surrounding situations such as accidents, illness, death of a family member, fire damage, co-pay coverage for medical or mental health services, or the need for temporary housing or food. This funding is not intended to replace or supplement existing financial aid and does not have to be repaid. The SEF will not cover a student's tuition or fees. Students may apply when they have exhausted all other resources.
- To apply for emergency funding, go to the following site and follow the instructions: <https://tcnjcares.tcnj.edu/tcnj-cares/emergency-fund/>

### Eligible Recipients for the SEF must:

- be a currently enrolled TCNJ student;
- have a financial hardship resulting from an emergency, accident, or unexpected critical incident;
- have pursued, and determined to be insufficient, unavailable, or not available in a timely manner; all other resources, including emergency loans through scholarships and student aid, as well as the student's insurance; and
- applicants must complete all questions in full and submit supporting documentation.



## **If Going Home Is Difficult....**

Office of CAPS/Anti-violence Initiatives

While for some, going home for the holidays is a time that signifies togetherness and celebration, for many, it stirs up feelings of isolation and stress. Whether it is managing one's own wellness or dealing with toxic family members, here are some things you can do to promote your mental health around the holidays:

1. Revise the fantasy holiday story. When we think about going home for the holidays, sometimes we envision what we hope will happen, as opposed to preparing for what most likely will happen. Manage your expectations about family patterns of behavior and plan accordingly.
2. Understand your feelings are valid. Just because it's the holiday season doesn't mean you're obligated to feel jolly. Know that there is still room to feel however you do.
3. If going home is tough and you can limit your time there by staying with friends, getting a job outside the house, or spending time at the library studying, start planning now so you have these outlets lined up. Additionally, you may want to plan for conversations where family members might challenge you for being out of the house. Roleplay these conversations with your support network so you can go home feeling prepared.
4. Continue your routine and put aside time for yourself. When leaving campus it is very easy for your routine to become disrupted, and you may be walking into situations where family members have an expectation for how you spend your time. However, it's crucial to continue the healthy habits you partake in in your everyday life. Remind yourself that it isn't selfish to prioritize yourself.
5. Build your support network before going home. Who are the friends you can always reach out to; can you set up routine calls or check-ins? Who will be home at the same time; can you plan to see them?
6. Realize it's ok to say no. If family members or friends put you down, or add unnecessary stress, you are not obligated to spend time with them. Instead, surround yourself with people you want to spend time with and who nurture your wellbeing.
7. It's ok to set a boundary. You can set these boundaries ahead of time and prior to going home, so that your family knows what to expect. You can set boundaries for the amount of time you will spend with family members, how much you will spend on holiday shopping, what topics you will or will not discuss at family dinners, etc. You may want to think about ways to control for your boundary. For example, it may be helpful to commute to the family party by yourself or with a fellow family member who will agree to leave when you are ready. Make an exit plan ahead of time, so you don't feel stuck in a situation you don't want to be in.

For those who are looking for AVI-comparable services at home, please click on the link below for resources in your home county: <https://njcedv.org/services/>





## Light Therapy for Seasonal Affective Disorder

by Micaela Bahn

As winter approaches and daylight begins to dwindle down to a few precious hours, some may start to feel a serious shift in their mood that goes beyond typical winter blues. This difference might look like [new levels of lethargy, unusual food habits, and an inability to feel pleasure](#). Sound familiar? Luckily there are things you can do to combat seasonal depression. Enter: the best light therapy lamps.

What is Seasonal Affective Disorder?

For those who have a harder time handling these issues, it may be a case of [Seasonal Affective Disorder](#), also fittingly known as SAD, a pattern of major depressive episodes that correlate directly with the changing seasons. “This differs from winter blues in the syndromic quality and the durational quality of lasting two consecutive weeks with spontaneous remission in spring,” says Teodor Postolache, M.D., a professor of psychiatry at the University of Maryland School of Medicine. Whether you have a clinically diagnosed case of SAD or simply the winter blues, one treatment to consider with your doctor is bright light therapy (BLT).

Since gaining recognition in the 1980s, BLT has become “a first-line clinical standard for treatment of SAD,” according to a 2003 [article](#) in the journal, Dialogues in Clinical Neuroscience. But BLT is also an [effective treatment](#) for less severe forms of depression and sleep disorders. [article continues.....](#)

*\* CAPS has light therapy devices available for students to borrow, following assessment.*



## CAPS GROUP HIGHLIGHT

### GOOD GRIEF SUPPORT GROUP

THIS GROUP IS DESIGNED TO SUPPORT THOSE WHO ARE MANAGING THE GRIEVING PROCESS WHILE ALSO TRYING TO MAINTAIN THEIR IDENTITY AS A STUDENT. THIS IS A DROP-IN GROUP. ATTENDANCE TO ALL MEETINGS IS PREFERRED, BUT NOT REQUIRED.

ANYONE DEALING WITH LOSS OR IMPENDING LOSS IS WELCOME.

TUESDAYS: 11:30AM - 12:30PM

STARTING OCTOBER 26, 2021

FORCINA HALL, ROOM 206

FACILITATOR:  
NICOLE HARRIS, M.ED.

\* EMAIL [HARRISN@TCNJ.EDU](mailto:HARRISN@TCNJ.EDU) FOR QUESTIONS



## Free Online Mindfulness Sites

[Tara Brach](#)

[Do Yoga With Me](#)

[The Free  
Mindfulness Project](#)

[UCLA Meditation](#)

[Fragrant Heart](#)

[Meditation Oasis](#)

[Audio Dharma](#)



# Eat, Sleep, Move, Breathe...

by Nicole Harris - Program Assistant for Health and Wellness/Religious and Spiritual Life



## Eating in College

When some people think of eating in college the phrase, “Freshman 15” easily comes to mind. The endless amounts of food in the dining hall buffet lines coupled with the new eating choices where you merely

“swipe your card” can easily add up to additional pounds and money spent on larger clothes. On the contrary, eating in college does not have to be unhealthy or boring.

### ***Here are some tips for healthier eating in college:***

- ✦ Create a food budget that allows you to purchase fruits and vegetables and ingredients that enables you to cook dorm friendly meals in your microwave oven.
- ✦ Take advantage of the dining hall buffet but do so wisely. Stock up on items that can be heated up later as a snack or a quick meal (e.g., hard boiled eggs, fruit, rice, lean meat).
- ✦ Load up on veggies before eating the main entree and limit how much soda you drink.
- ✦ When eating out choose restaurants that offer large portions of healthy fare. Eat until you feel comfortable and take the rest home for later.
- ✦ \*f you have roommates you can work together to purchase food items in bulk, food prep together and share the cooking responsibilities.

## Are you getting enough **sleep**?

You have finished a great meal and now you are ready to wind down and relax. What is your nighttime ritual to ensure you get a good night's sleep? Most college students do not realize that the recommendation is for 7 hours of sleep, per night, in order to be at peak performance. How you navigate through your day can impact how well you sleep at night. As tempting as it may be to stay up late, chatting with friends and watching videos, setting a sleep schedule and sticking to it will be beneficial. Create a routine to follow that allows you time to power down before going to bed. Screen time immediately preceding bedtime impacts the length of time it takes to fall asleep. Be mindful of the amount of caffeine consumed during the day and avoid caffeine and alcohol at bedtime as they both disrupt sleep. Fine tune your sleep environment so that it is the right temperature, the noise level is not disruptive and you have covered any ambient light. Handle any worries before going to bed by writing out concerns and possible solutions.





*When in doubt and you need to choose, go outside and start to MOVE!*



If you would like to keep the extra pounds at bay...move. If you would like to get a good night's sleep...Move. If you want to gain strength and become more flexible...MOVE! In order to stay fit, adults should participate in at least 30 minutes of physical movement daily in addition to making healthy eating choices. Regular exercise can reduce stress levels which helps you maintain balance in your emotional and mental health. If going to the gym is not on your "to do" list here are some ways to incorporate movement into your life daily:

- ✦ Walk to class or ride a bike.
- ✦ If you drive park your car intentionally far away.
- ✦ Schedule you workouts and enlist a friend as an accountability buddy.
- ✦ Play organized college sports or impromptu games with friends.
- ✦ Take the stairs and wear an activity tracker in order to set goals to meet and beat.
- ✦ Take a gym or dance class as a way to establish structured and consistent fitness time into your schedule. Regular exercise will help you stand taller, sleep better and become overall healthier.



Now it is time to stop what you are doing, close your eyes and

*Breathe...*

Life as a college student is stressful. You might be on your own for the first time and daily you are met with situations that call for careful and purposeful navigation. Having to juggle classes, roommates, a job and organizational responsibilities can be stressful and overwhelming. How do you manage it all and create balance in your life? Learning and regularly using breathing techniques and meditation are ways to help college students manage stress and anxiety. Practicing mindful breathing is a way to be purposeful with your intentions while being present in the moment. Mindful breathing techniques help you to focus and anchor your thinking in the “now” so that you can let go of worry of the past and the future.

The life of a college student involves a myriad of daily choices. Just a few of them are “What to eat?”, “When to sleep?”, “How much exercise do I need?” and “How can I learn to better focus and not be consumed with worry and anxiety?” Each of these situations can be resolved with decisions that are geared towards being healthier and purposeful. If you eat to nourish, sleep to recharge, exercise to gain strength and breathe to gain focus you will be on your way to a better, greater healthier you.



## MAKE A DIFFERENCE.

- FREE Training
- FREE Mental Health First Aid certification
- FREE ASIST training certification (Applied Suicide Intervention Skills Training) - this is optional
- ALL training and volunteering can be done right here on campus and this semester, everything will be virtual! You can become a volunteer for life and you will find that the skills you learn can and will be applied in everyday situations

## VOLUNTEER WITH US

Here at CONTACT, we equip you with all the training and skills necessary to become a volunteer for the National Suicide Prevention Hotline/Chatline, of which we have a call center/branch located right here on campus! Our training course will teach you how to handle any of these calls and chats even if you have no prior experience.

Our goal is to cultivate an environment in which anyone and everyone feels comfortable being a volunteer and feels well trained to handle any situation thrown their way. You don't need to be super charismatic or sociable to be a volunteer – in fact, in most cases, the quietest or most reserved people are the best listeners.

We hope you join us in making a difference and becoming a part of our family here at CONTACT

## WHEN CAN YOU VOLUNTEER?

We recruit every semester. Training began September 15, 2021. Watch for emails that will be sent out about orientation dates for the spring semester, and follow us on social media for more information!!!



# Making New Friends at College

by Christopher Freeman

It is essential to find your community and build healthy and supportive relationships for a successful and meaningful college experience. Here are some strategies to help you get connected:

- Remember, it takes time. Finding your community takes time and requires that you put in effort to meet new people.
- Don't give up. The first couple weeks are the hardest. Sometimes it takes a while to find your niche.
- Try not to go home on the weekends. Going home on the weekends can sometimes get in the way of new experiences and new opportunities to make friends.
- But, stay in touch with people from home that can encourage you as you build new friendships on campus.
- Join a club or two. TCNJ has hundreds of clubs available to students with something for everyone. Clubs give you an opportunity to meet new people with an already established shared interest. Check out the A-Z list of [clubs](#) and organizations on the TCNJ website or the RoarApp and see what catches your eye!
- Check out what's happening on campus. There is always something going on. Follow @thisweekattcnj on Instagram to get weekly information. Invite somebody to join you.
- Go to RECreate Your Night. This socially driven program hosts an array of activities and events and is a great way to make new friends. Past activities have included NERF Capture the Flag, Smoothie Night, Human Hungry Hippos, and more! Follow @tcnjrecwell on Instagram.

## Oversized Expectations

Many people come to college with oversized expectations of the role alcohol, cannabis, and other drugs play in the college social scene. Movies, music, and social media all drive the myth that everyone consumes alcohol and other drugs and that everyone consumes a lot. This can create the false impression that consuming alcohol and other drugs is expected if you want to make new friends. Here are some things to consider:

- Student surveys consistently show that nearly 88% of TCNJ students either never, rarely, or occasionally consume alcohol. Only about 12% of TCNJ students consume alcohol frequently.
- If you're not into alcohol or other drugs, there's plenty of people just like you.
- If you choose to consume substances, remember, moderate, safe consumption is the way to go.
- Getting wasted and losing control can create problems that make it harder to make new friends and adjust to college.
- If you consume, try not to exceed a .05 Blood Alcohol Content. Search online "BAC Calculator" for more information to help guide what that means for you based on sex assigned at birth, weight, and time spent socializing.



# Benefits of Exercise for Students



Department of Recreation and Wellness

Picture this scenario: It's the night before a big test. You need to have a productive study session in order to feel ready for the exam. You lay out your notes, textbooks, [flashcards](#) and study guide on the table. You flip open your notes.

Then it hits you: ***the Tired Bug***.

How do you shake it? How do you find the energy you need to have a successful study session? Tea? Coffee? Energy drinks?

Wrong. Wrong. Wrong.

Try push-ups. Try pull-ups. Try a quick jog.

While it may seem counterproductive to exercise when you have to study, studies actually show significant benefits of exercise for students. Consider these three study-boosting benefits students can expect from exercise:

## **Benefits of exercise for students #1: increases your energy levels.**

If you need proof, check out [this article from WebMD](#). 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 counterproductive, but expending some energy in exercise can actually give you a boost.

## **Benefits of exercise for students #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. Check out [this article](#) for more info.

## **Benefits of exercise 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.

The key to a healthy brain and a good study session isn't just hours of Sudoku or crossword puzzles. You don't have to read the dictionary (does anyone actually do that?) or watch Jeopardy.

Instead, hit the gym. Go for a jog. Play basketball or ultimate Frisbee. And in the meantime, answer this question: **what benefits of exercise for students have you seen?**

<https://www.studyright.net/blog/benefits-of-exercise-for-students/>

## The Center for Mindfulness and Compassion at TCNJ

### Clearing and Calming Your Mind for Finals by Unwinding Anxiety

#### SIGN UP For Three Week Workshop Series

Many of us walk around without awareness of how our habitual thought patterns and behaviors are creating anxiety and undermining our productivity and happiness. You will learn how your brain works and how to work with it.

Week One: Mapping Your Brain

Week Two: Hacking the Reward System

Week Three: Creating a Calmer and Helpful Habit Loop

Session A: Wednesdays, Nov. 10, 17 & Dec. 1 from 12:15 PM - 1:15 PM

Session B: Wednesdays, Nov. 10, 17 & Dec. 1 from 1:30 PM - 2:30 PM

Deadline is Monday, November 8th!

Sign-up at: [https://tcnj.co1.qualtrics.com/jfe/form/SV\\_blt3AkZjtjmS6wK](https://tcnj.co1.qualtrics.com/jfe/form/SV_blt3AkZjtjmS6wK)

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### Take a Mid-Week Mindfulness Break

#### Wednesday Guided Drop-in Mindfulness Sessions 11:30 AM - Noon in Spiritual Center

Sessions include mindful movement, meditation and Q & A.

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### More Resources for Learning and Practicing

The TCNJ Center for Mindfulness and Compassion website includes a variety of online meditations (links to apps and websites), self-guided meditations and daily/weekly digital magazine resources. Recommended books and other organizations that teach mindfulness practices are listed. For online resources Click [HERE!](#)

For more information contact Lisa Caton at [mindfulness@tcnj.edu](mailto:mindfulness@tcnj.edu).

Based on Judson Brewer's book, *Unwinding Anxiety, New Science Shows How to Break the Cycles of Worry and Fear to Heal Your Mind*. (Avery Press, N.Y., N.Y., 2021). He is a psychiatrist, neuroscientist and director of research and innovation at Brown University's Mindfulness Center.

# Become a Mindful Leader on Campus!

## Center for Mindfulness and Compassion



Mindfulness is about cultivating a different mindset for living life, one that is grounded in the intention of being nonjudgmental, kind and curious. Mindfulness is based on both ancient wisdom and recent learnings in neuroscience. It is best learned through formal training as well as personal practice in a supportive community. Mindfulness has been shown to improve productivity and increase happiness.

### During the Spring Semester Mindful Leader Trainees Are Expected to:

- Attend weekly interactive sessions about compassion, mindfulness and depolarization
- Meditate 10 minutes a day and try different brief awareness activities
- Explore different ways to share what you are learning with others
- Make plans for starting a mindfulness and compassion-based student group
- Lead at least one campus-wide program on campus

### During the Fall Semester Mindful Leaders Are Expected to:

- Continue to strengthen personal practices
- Serve as leaders of the campus-wide mindfulness and compassion-based student group
- Choose to lead drop-in mindfulness sessions on campus or to offer workshops in mindfulness, compassion or depolarization
- Lead at least one campus-wide mindfulness, compassion or depolarization activity

### Click Here to Learn More and to sign-up for an Informational Session:

[https://tcnj.co1.qualtrics.com/jfe/form/SV\\_d145umlrh7J9nU](https://tcnj.co1.qualtrics.com/jfe/form/SV_d145umlrh7J9nU)

### Center for Mindfulness and Compassion

<https://religiousandspirituallife.tcnj.edu/center-for-mindfulness-and-compassion/mindfulness@tcnj.edu>



# COUNSELING AND PREVENTION SERVICES

COUNSELING | PREVENTION | POSTVENTION | ADVOCACY | CRISIS SUPPORT | RECOVERY SUPPORT

***WE'VE GOT YOUR BACK!***

## COUNSELING

Free, brief individual counseling, group counseling and referral services to TCNJ students. To request an appointment, fill out a "Request for Services" form on your Online Wellness Link (OWL).

## PREVENTION

Prevention education for a variety of topics such as stress management, healthy relationships, violence prevention, healthy choices around alcohol and other drugs.

## POSTVENTION

Support on a community level during times of loss or national tragedy by providing postvention responses and offering small and larger group debriefing sessions.

## ADVOCACY

Advocacy services for victims/survivors of sexual assault, domestic/dating violence and stalking, which include academic/housing accommodations, accompaniment to local resources, and advisement through criminal and school adjudication processes.

## CRISIS SUPPORT

CAPS counselors are available to assist students with emergencies and urgent situations through our daily walk-in service (Eickhoff Hall 107) and on-call system. For situations involving immediate threat to life, please call 911.

## RECOVERY SUPPORT

Comprehensive support for those seeking recovery through the Collegiate Recovery Community, Lion's House (recovery housing), and mutual support meetings.

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STOP BY OUR OFFICES IN EICKHOFF HALL 107 (609-771-2247) OR FORCINA HALL 308 (609-771-2571).

VISIT OUR WEBSITE FOR MORE INFORMATION ABOUT OUR SERVICES: <https://caps.tcnj.edu>



# COUNSELING AND PREVENTION SERVICES

COUNSELING | PREVENTION | POSTVENTION | ADVOCACY | CRISIS SUPPORT | RECOVERY SUPPORT

## FREQUENTLY ASKED QUESTIONS

### Q: WHAT TYPE OF SERVICES ARE PROVIDED AT CAPS?

CAPS offers a variety of services that include the areas of prevention, direct clinical care (brief individual, group and crisis services), postvention, recovery, and advocacy. We are committed to providing individualized clinical assessments to meet the needs of the campus community.

### Q: WHEN SHOULD I SEEK HELP FOR MY CONCERNS?

Generally speaking, you should seek help when troubling symptoms (anxiety, depression, lack of sleep, increased substance use, traumatic events) are causing serious problems in one's ability to study, work or relate to others. Another gauge is when your normal coping strategies are no longer working. Remember that seeking help sooner is better than waiting too long when problems can become more severe and entrenched.

### Q: WILL CAPS SHARE MY PERSONAL INFORMATION WITH OTHERS?

CAPS has a strict confidentiality policy and will not release information regarding contact with a student without permission from the student except in the event of a serious psychiatric emergency. It is the student's right to choose whether to discuss their counseling at CAPS with parents, friends, academic advisors, or prospective employers. Limitations to confidentiality include danger to self or others, child abuse, and court orders.

### Q: WHAT TYPE OF SERVICES DO YOU OFFER FOR STUDENTS IN RECOVERY FROM SUBSTANCE USE OR MENTAL HEALTH ISSUES?

Some students with mental health and/or substance use concerns may face additional challenges at college. We believe that when fully supported they can navigate those challenges and fully thrive at college. One of the primary ways we thrive is by being connected to a community that "gets us". CAPS supports the Collegiate Recovery Community (CRC) which is a student organization committed to mutual support, advocating for mental health and addiction, and building strong relationships and community. Through the CRC, students can participate in the All Recovery meeting--a student led support group. Additionally, CAPS supports Lion's House. Lion's House is for students in recovery from an addiction who are committed to sobriety, academic excellence, and personal growth.

### Q: WHAT TYPE OF SERVICES DO YOU OFFER FOR STUDENTS IMPACTED BY SEXUAL ASSAULT, DOMESTIC/DATING VIOLENCE AND STALKING?

CAPS offers specialized services for those impacted by sexual assault, domestic/dating violence and stalking. Counseling services include crisis support, individual therapy, and group counseling. Some of our counselors are also trained advocates, which allow us to offer "one-stop-shop" experiences to survivors seeking services. Our counselors/advocates can inform a client of their rights and resources, advise clients through reporting processes and accompany students to local hospitals, the Campus Police Station and the Office of Title IX and Sexual Misconduct. We can also coordinate academic, housing and other logistical accommodations.

# CAPS Counseling Services and Support

Fall, 2021

**Individual Counseling** - short-term, goal focused counseling with a licensed counselor/therapist.

**Group Counseling** - process, skill-based, and theme- centered counseling groups and workshops with other students going through similar issues.

**Specialized Services** - alcohol and drug/recovery services; victim/survivor support; power based personal violence prevention; advocacy services.

**Community Counseling Collaborative** - longer-term counseling with licensed providers on campus.

**Let's Talk** - brief, informal chats with licensed MHS providers. Daily at 1:30pm

**Urgent Care** - timely support during emergencies and crisis situations.

**Outreach/Postvention** - programming and workshops for the campus community.

**MARCo Online Free companion/mental health support** - free online support with a robotic companion developed by TCNJ students.

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To access clinical services: complete a brief online **request for service**.

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## **HOTLINES:**

|                      |              |                  |                     |
|----------------------|--------------|------------------|---------------------|
| NJ Hopeline          | 855-654-6735 | LGBTQ Hotline    | 866-488-7386        |
| Womenspace           | 800-281-2800 | Trans Lifeline   | 877-565-8860        |
| Veterans Crisis Line | 800-273-8255 | Crisis Text Line | text TALK to 741741 |

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## **ONLINE SUPPORT:**

[www.7cups.com](http://www.7cups.com)

[www.aaonline.net](http://www.aaonline.net)

[www.mentalhealth.gov/get-help/immediate-help](http://www.mentalhealth.gov/get-help/immediate-help)

[www.ulifeline.org](http://www.ulifeline.org)

[www.recovery.org](http://www.recovery.org)

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## **ANXIETY WORKBOOK:**

<https://thewellnesssociety.org/wp-content/uploads/2020/04/Coronavirus-Anxiety-Workbook.pdf>

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# Health and Wellness Unit Overview

## Fall, 2021

- ✦ Both Telehealth/Teletherapy and in-office visits will be offered during the fall semester.
- ✦ To request a health or counseling (individual or group) appointment, follow the instructions below.
- ✦ There will be no walk-in service during the spring semester. Urgent concerns should first call the office of interest for initial screening and to determine next steps.
- ✦ For counseling appointments, be prepared to complete a brief covid screening questionnaire when you arrive for your appointment. A QR code will be provided for you with check-in instructions when you arrive.
- ✦ Strict COVID-19 safety precautions will be enforced per local, state and federal public health requirements. As a health care facility and in accordance with college policy, masks will be required at all times at SHS and CAPS.

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### **CAPS - Anti-Violence Initiatives**

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Office phone: (609) 771-2571

Access Services: complete a Request for Service via the [OWL portal](#)

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### **CAPS - Alcohol and Other Drug Support Services**

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Office phone: (609) 771-2571

Access Services: complete a Request for Service via the [OWL portal](#)

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### **CAPS - Mental Health Services**

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Office phone: (609) 771-2247

Access Services: complete a Request for Service via the [OWL portal](#)

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### **CAPS - Religious and Spiritual Life**

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Office phone: (609) 771-2571

Check out our program offerings [HERE](#)

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### **Recreation and Wellness**

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Office phone: (609) 771-2223

Intramural Sport - Sport Clubs - RECreate Your Night - Fitness Center

Check out our program guidelines and offerings [HERE](#)

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### **Student Health Services**

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Office phone: (609) 771-2889

Access Services: by appointment and can be scheduled via the [OWL portal](#)

## Honors and Awards:

TCNJ Unified is a partner of Special Olympics New Jersey. Unified is a TCNJ club sport that plays soccer in the fall and basketball in the spring, focusing on inclusion through sports. There are weekly practices, leading up to the Unified Cup, a tournament against other college programs in the state. The team just won bronze in soccer and won gold in the most recent basketball Cup!

**TCNJ was recently named a Unified Champion School, which is a form of national recognition by Special Olympics.** Champion Schools meet 10 standards of excellence, covering inclusive youth leadership, whole school engagement, Unified sports, and sustainability. The status is renewed every four years, with a banner of recognition.

For more information and to join, please email [TCNJUnifiedSports@gmail.com](mailto:TCNJUnifiedSports@gmail.com)

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## CAPS Upcoming Events:

### Stigmonologies

*An annual event to raise mental health awareness, help reduce stigma,  
and communicate the message that mental health is nothing to be ashamed about.*

**November 11, 2021 8:30pm**

Library Auditorium

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## Enjoy the rest of the fall semester!

The next Newsletter will be sent out in February, 2022

The Health and Wellness Unit

AODSS - AVI - CRP - MHS - REC - RSL - SHS