



OFFICE OF COUNSELING SERVICES
INDIANA UNIVERSITY NORTHWEST
A Department of Student Affairs and Enrollment Management



Fall 21 Newsletter: Issue 20

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Self-Care During a Pandemic and Stressful Times

It's hard to believe that we are approaching the latter end of 2021. March 2022 will mark two full years since our lives have included COVID-19. For most, the past year or so has included stress, anxiety, unpredictability, and grief and loss. But this time has also shown us our strength and resiliency during stressful and challenging times.

The following areas highlight situations that we may continue to be challenged with:

1) Managing Stress and Anxiety

It's no doubt that stress and anxiety has been at a high point. Anxiety is driven by uncertainty. It's also not easy adjust to a "new normal". This adjustment period, can lead to even more feelings of stress and anxiety.

2) Grief and Loss

Grief is never simple. There's also no timeline or roadmap for grief. This is especially true during the COVID-19 crisis and the trauma that many have endured surrounding the loss of loved ones. People are also mourning other losses not necessarily related to death. Loss of time with loved ones, loss of employment, loss of significant events, etc.

3) Social Anxiety

To stay safe, many of us have intentionally avoided in-person social interactions within the past year. Social anxiety is driven by avoidance. This can make us feel uneasy and awkward as in-person socialization is increasing. Taking small steps to work through social anxiety will strengthen confidence.

4) Resiliency

You may now be more aware of your level of resiliency. Which is our ability to adapt to hardship, adversity, and challenges. Perhaps you want to strengthen your resiliency. Think of resiliency like a muscle. It has the ability to strengthen and grow during challenging times.

Resources and outreach available:

Do you find yourself struggling with any of the above areas? Would you like to learn positive coping skills and strategies? Take a look at the following resources and outreach offerings that the OOCs is providing this semester:

- 1) **Mindful Moments Group:** The Office of Counseling Services invites you to join this group to give yourself some space to slow down and breathe. Learn breathing and meditation techniques, stress management, and positive coping skills for daily stressors.

This semester, the group will be available in both in-person and virtual formats.

The group will meet from **1:30 – 2:00pm every Monday starting September 13th through finals week.**

Location: Hawthorn Hall Conference Room #243. This group will also be offered **virtually on Wednesday from 1:30—2:00pm through Zoom starting September 15th every Wednesday through finals week.**

Access the virtual group by clicking on the Zoom link: <https://iu-baa.zoom.us/j/84424821785>

You can also utilize these mindful meditation practices available on the IUN Counseling Office website:

<https://www.iun.edu/counseling-services/screening-tools/index.htm>

- 2) **COVID-19 Stress & Anxiety Management: Navigating your “new normal” Webinar:** Feeling anxious and stressed about the current state of COVID-19? Worried about what your “new normal” may look like? Join this 30 minute webinar to learn about signs of stress, discuss self-care ideas, and engage in conversation on ways to cope with stress and anxiety as well as the COVID-19 pandemic. Access the webinar: <https://iu-baa.zoom.us/j/81405296904?pwd=RTc4MXNOK2tIRTFJVzVUSINEQJpTUT09>

Passcode: **192656**

This webinar will be offered once a month during the Fall semester @ 3:00pm: September 13, October 4, November 1, and December 6.

- 3) **COVID-19 Grief & Loss Process Group:**

Are you struggling with grief and loss related to the COVID-19 pandemic? Grief and loss can include the loss of a loved one as well as grief and loss of lost time and experiences, employment, etc. Join this 4 part series to share your experiences in a safe and therapeutic setting. It is highly recommended to attend each session, but not required.

Each session is 45 minutes and we will meet in Hawthorn Hall Conference Room #243 on September 15, October 13, November 10, and December 8 @ 3:00pm.

4) Got Resiliency? Group:

Enhance your resilience including optimism and emotional strength. Learn proactive coping skills for stress and challenges. This 4 part series will be offered on **September 13, September 27, October 11, and October 25 from 11:00am-11:45am. Location: Hawthorn Hall Conference Room #243.** It is highly recommend to attend each session, but not required.

5) "Step out of Social Anxiety" Group:

Feeling socially awkward? Struggling to get back out there in a social environment? Join this 4 part series to discuss your social anxiety in a safe and therapeutic environment, while learning tools and strategies to increase social confidence! It is highly recommended to attend each session, but not required. **Each session is 45 minutes and we will meet in Hawthorn Hall Conference Room #243 on October 6, October 20, November 3, and November 17 @ 3:00pm.**

Perhaps it would also be helpful to talk to a professional counselor about managing stress and anxiety. The Office of Counseling Services remains open for current and new clients.

The process to schedule an appointment will be electronic by sending your request to the OOCs email address at iunoocs@iun.edu from your IU email address, calling 219-980-6741, or stopping by the office in Hawthorn Hall #201. Our hours are Monday -Friday 8am -5pm. Once we receive your request for counseling you will be emailed a confidential link to complete an intake assessment to determine the best level of service which could include Telehealth by phone, video (Zoom Health), or a referral to one of our community providers.

Please be assured that your information will continue to be handled with the same level of professionalism and confidentiality that you would expect in person. **If you are experiencing life threatening thoughts or behaviors you should: call 911, proceed to the nearest hospital emergency room, call the National Suicide Prevention Lifeline @ 1-800-273-8255 or text 741741.**