



OFFICE OF COUNSELING SERVICES
INDIANA UNIVERSITY NORTHWEST
A Division on Student Affairs and Enrollment Management

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Managing Stress & Anxiety During Unpredictable Times

Happy New Year!! 2020 was a challenging year. Along with the uncertainty and losses associated with COVID-19; 2020 also put a microscope on racial discrimination, healthcare inequities, and we experienced political unrest and tension unseen in modern times. Increased stress and anxiety are two areas that many people are struggling with while dealing with these and other issues. The good news is that we can take proactive steps to help reduce our overall stress and anxiety and increase our overall coping skills.

Resources and outreach available to help manage stress and anxiety:

- 1) **Virtual Mindful Moments Group:** The Office of Counseling Services invites you to join this virtual mindful group to give yourself some space to slow down and breathe.

The group will meet from **2:00 – 2:30pm** through Zoom **every Monday** starting January 25th through finals week. This group will also be offered on Friday from **12:00 – 12:30pm** through Zoom starting January 29th **every Friday** through finals week.

Learn breathing and meditation techniques, stress management, and positive coping skills for daily stressors.

Access the Monday group by clicking on the Zoom link: <https://iu-baa.zoom.us/j/83503489585?pwd=UUpKQ0FaSkFkYWFRKzh1aWJ1LONPQT09> Passcode: **679309**

Access the Friday group by clicking on the Zoom link: <https://iu-baa.zoom.us/j/81516203699?pwd=alhXaVRUNlg5RHNoaEVNd25VKzFidz09> Passcode: **551679**

Can't make the group? 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) **Coping with Stress and Anxiety & COVID-19 Webinar:** Feeling more anxious than usual? Feeling stressed out? Life in general can be challenging. But life can be even MORE challenging during a global pandemic. Join this 30 minute webinar on **Wednesday, January 27th from 2:00-2:30 p.m.** 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/88987751020?pwd=NnFnZ1dVWDMvdIpwbTRHTEVBVHA4UT09> Passcode: **563685**

*Future webinars are offered on **February 24, March 24, and April 28 from 2:00-2:30pm.**

- 3) **Depression and Anxiety Screenings:** Are you feeling stressed out? Overwhelmed? Anxious about the current state of our world? Irritable? You could be experiencing symptoms of depression and/or anxiety.

Here is a way to find out! Register for the depression and anxiety screening offered every **Thursday from 11:00am—12:30pm starting January 28.** You will meet with a clinician or clinician in training to be screened and given suggestions and recommendations for further help if needed.

Want to participate? It's easy. **Send the following information from your IU email to iunoocs@iun.edu to register:**

Name, university ID #, address (city, state, zip code), telephone number, major.

When we receive your information, you will receive a follow up email with the Zoom link and an appointment time to complete your screening. Please note, this is a screening; approximately 20-minutes in length and should not be considered a therapeutic intervention or take the place of a thorough intake assessment.

If you are experiencing a crisis you should proceed immediately to your nearest hospital emergency room or dial 911.



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 or calling 219-980-6741. 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.**