

FERRIS STATE UNIVERSITY

PERSONAL COUNSELING CENTER

Yeah, We're Anxious Too

Hey everyone,

We at the Personal Counseling Center sincerely hope you are all doing well. Not just your mental health, but your physical health as well. Know that we are thinking about you and hope you and your families are healthy. The Personal Counseling Center thought it could be helpful to create and post a weekly newsletter for our students to read and hopefully learn some techniques for effective mental health management during this stressful time. We hope to cover different topics each week and provide relevant resources as well.

This week we wanted to talk about normalizing our emotions. We are quite sure you have seen all kinds of articles on the internet about anxiety, depression, loneliness, ect at this point and how it is completely normal. We aren't reinventing the wheel by bringing this topic up, but we thought that since things are starting to "settle down" and you are hopefully starting to get used to this new normal, many of you may start to experience grief in a more significant way. Our lives have changed substantially and with that loss, comes feelings of grief. This is normal.

We encourage each of you to show yourself some compassion as you work through these emotions. For some of you it may be anxiety and fear. So much of this is out of our control and with that truth comes the hard reality that things are going to happen that we can't do anything about. The news and things being shared on social media can be very overwhelming (be mindful with how much you are consuming). Frankly all of this is terrifying. Others may not be feeling that same anxiety. Maybe you are feeling more depressed and lonely. If you had an exciting social life on campus before, being stuck at home is probably not offering the same level of excitement. Those depressed feelings are also ok and we want you to take time to sit and process through them. When we talk about the idea of "processing emotion" think of it as just sitting and exploring those emotions more. Try to cultivate curiosity about what you are feeling and allow yourself time to fully understand and experience the emotion (this is easier said than done, we understand). With some practice and dedication to this approach you will start to find that your brain will get used to this new situation and the emotions will reduce in severity. With time you will find yourself back feeling more emotionally

content. We also encourage you to have realistic expectations for your mental health as well. You are going to feel some anxiety throughout this and that's ok. [Click Here](#) for an interesting article from the Harvard Business Review that talks more about all of us experiencing grief right now.

This is also a great time to double down on your self-care. If you have always wanted to have a better workout routine, now might be the ideal time. The REC center has opened up free access to 300 workout videos on the UREC app and on their website. They also offer the Down Dog app for Yoga, HIIT, and 7-Minute workouts. You just log in with your Ferris Email and Password. This is a great opportunity to get some physical activity incorporated into your daily routine, it will make a big difference. Email Justin Harden (Justinharden@ferris.edu) if you have any questions.

Speaking of routine, we hope you all have been taking some time to develop a new daily routine and create some level of normalcy in your life. We hope this new routine has added all sorts of different kinds of self-care into your day. Fun things like watching Netflix, calling/texting/Face Timing, with friends and/or loved ones. There seems to be a ton of buzz around the documentary "Tiger King" on Netflix that seems to be the craziest thing people have seen in some time. The game Animal Crossing also seems to be a wonderful relaxing game to lose yourself in when your mental health needs a break (here is looking at your Nintendo gamers). Make sure you have aspects of fun/relaxing self-care as part of your day. We also don't want you to neglect the kind of self-care that keeps you on top of your responsibilities. Stay on top of your classes, keep your space clean and organized, tend to your environment and try to keep it as peaceful and relaxing as you can. This isn't always fun in the moment but these tasks will eat up some time and hopefully you will feel that sweet sense of satisfaction from not only doing your laundry, but folding it AND putting it away.

One other thing we wanted you all to be aware is that Ferris has created a financial assistance fund for students that have been impacted by the virus. Students can get up to \$300.00 in assistance at this time. If you are in need or want more information feel free to reach out to me or click [HERE](#)

The Personal Counseling Center wants to encourage you to reach out to us if you are struggling and need support. Even though we are all working from home, we are more than happy to check in and support our students in any way we can. Please email or call us and we will connect you with one of the therapists. Email Thepcc@ferris.edu or call (231-591-5968). Please take care of yourself, and wash your hands! We will get through this together.

Take Care,

The Personal Counseling Center Staff