



COUNSELING CENTER NEWSLETTER

ISSUE: 9

DATE: 10-05-2020

Helpful Reminders from the Counseling Center:

We are currently providing Telehealth services via Microsoft Teams to virtually meet with Stout students. As always, these sessions are confidential and at no additional cost to enrolled students. You can schedule an appointment by calling the office number below.



Office Hours: Monday - Friday
8:00am-4:30pm.



Please call the Counseling Center at **715-232-2468** with any questions or concerns.



The Counseling Center website and the UW-Stout COVID-19 page are great resources to stay connected to campus and any updates.



Check out our Facebook page at UW-Stout Wellness PROs and Counseling Center for more information on how to have a great semester.



24/7 Mental Health Crisis Options:

Call 911 if you are experiencing an emergency

Northwest Connections:

1-888-552-6642 (local area, Western WI)

National Suicide Prevention Lifeline:

1-800-273-8255

Crisis Text Line:

Text hello to 741741

Dealing With Loneliness During A Pandemic

Due to Covid-19, you may be feeling alone because your plans to physically hang out with friends at college have now suddenly changed. We want to help you focus on how you can cope with feelings of isolation and loneliness and how you can make sure that you keep your social community strong, but from a safe distance.

What should I do when I feel lonely?



Journal

Writing down your thoughts when you feel overwhelmed with being alone can help you heal.



Brainstorm Positivity!

Think of ways you can put in effort to try and change your mood in a positive way.



Ask Yourself What Has Helped You In The Past

Has it helped to get outside for 30 minutes a day? Have you tried focusing on a consistent sleep schedule in the past?



Change Your Environment

Move your body to a new environment. This will increase motivation to be productive and increase your mood



Plan Your Day

Schedule virtual hangouts over Microsoft Teams, find planned study times throughout your week, or write down a specific time to work on something creative.



Seek Professional Help

If you continue to struggle with isolation or other difficulties over a consistent period of time, it may be helpful to seek professional counseling.



Remind Yourself That You Are Not Alone In This

We are all dealing with changes just like you. Virtually talk with others to see how they are coping and what has helped them.



PERSONAL ISOLATION GOALS



What are some healthy goals I can focus on while in isolation?

Take five to ten minutes for each prompt and reflect on what you can do to reach your goal while living from home. Focus on the positive! We have more time to focus on ourselves during this time. What will make you flourish?

Celebrate your successes!

Healthy habits tend to have long-term benefits that take time to kick in. Give yourself immediate, small rewards to sustain motivation. What small rewards would you like? Just make sure they don't contradict your goals.

Start with small changes.

Make incremental changes toward the behavior you want, and work your way up from there. What are some small changes you can make while living at home to get where you want?

Update your environment.

Make changes that encourage your new habit and discourage unwanted habits. If you would like to eat healthier, keep a bowl of fruit on the counter, and put unhealthy snacks out of sight. What can you do to update your environment to help you accomplish your goals?

Tie new habits to other activities.

Make a plan using the format: "After ____, I will ____." For example: "After each meal, I will read for 5 minutes." This is a simple way to remember your habit each day and encourage consistency. Are there any new healthy activities you can tie to your daily routine?