Bear Care
Covid & Beyond
Managing Anxiety & Stress
A Wellness Resource Created by New York Tech’s Office of Counseling and Wellness
New York Tech’s
Office of Counseling and Wellness

Free & confidential mental health services including short term individual and group counseling and various outreach programs to support your well-being.

Reach out to us for support!
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Covid-19 has changed our lives.

Take a moment to pause and reflect

- Ever changing information.
- Concerns about physical proximity to others and wearing face coverings outside the home.
- The way we live - our activities, traditions, routines, perspectives and the way we access supports has dramatically changed.
- Coming “out of isolation” and adapting to disruptions to work/school have increased stress/anxiety.
- Increased polarization of our society - political and social unrest has caused conflict within communities and families. There is a growing divide - with many calling for political reform and social change.
- Communities of color and LGBTQ+ folks have been disproportionately impacted in many ways.
- National cases have highlighted inequalities.
- Sharp increases in anti-Asian stigma and other hate crimes.
We can expect to feel anxious or stressed about socializing on campus

- This resource reviews several positive ways to manage the anxiety and stress which often accompanies change
- We will review:
  - The importance of self awareness & healthy habits to manage physical and mental health
  - Ways to connect with others and have some fun
  - How mindfulness can help manage anxiety
  - The benefits of an attitude of gratitude
  - Communication skills to support each other
  - Helpful apps to try
  - Available on and off campus resources to support students
How are you feeling? We should check in with ourselves often!

Expected reactions to uncertain times include:

- Difficulty concentrating
- Mild to moderate anxiety
- Grief or sadness
- Irritability
- Nausea

Reflect: What are some ways the pandemic has affected your mood, relationships, priorities and identity?

What skills might you have developed or learned during this time?
Positive habits of self-care to promote calm and well-being during this difficult time

- Know and Follow CDC Guidelines and Campus Safety Protocols.
- Establish healthy routines: regular handwashing, eat healthy foods.
- Set a consistent sleep schedule. Avoid caffeine, strenuous exercise or heavy meals close to bedtime. Allot some time to unwind and relax. Consider listening to nature sounds, music or white noise to mask sounds around you. Try a mindfulness /meditation app such as CALM or Headspace.
- Exercise daily. Be Active! Get moving! Schedule time to walk on campus with friends during a break. Check out the campus gym.
- Physical activity can increase dopamine levels and assist in an overall feeling of wellness.
Reconnect and enjoy being on campus while following current CDC guidelines

- Schedule in the FUN and get connected.
- Reconnect with who/what you love!
- Get Involved in our college community. Attend events, study in the library, have lunch in the Café, check out the campus gym.
- Tips to connecting: Watch this
- Being engaged in activities will help you to stay positive.
- Plus it can be a great stress & anxiety management tool.

To learn more about mindfulness click here

- Meditation - try an app or You Tube video. We like Headspace, Calm, and Insight Timer.

- Practice being present to all sensations in the moment without judging. (taste, sight, touch, smell & hearing)

- Grounding techniques which help you to connect to your physical body can help during moments of anxiety and panic.

- Try the 5-4-3-2-1 method. Take 3 slow belly breaths. Identify 5 things you can see, 4 things you can feel, 3 things you can hear, 2 things you can smell and 1 thing you can taste. Take 5 belly breaths. Click here to try
Simple Ways to add mindful moments to your day - and combat anxiety - SLOW DOWN & FOCUS

**Mindful Walking** - When walking notice the sensation of air, feel your feet on the ground. [Click here to try.](#)

**Mindful Eating** - When eating remove distractions notice the color, texture, temperature of your food. [Click here to try.](#)

**Mindful Driving** - When driving notice how it feels to sit in the vehicle, listen to the sounds of the road, Look for beauty along your route Set an intention to be the safest driver on the road. [Click here to try.](#)
Mindful Breathing - A Strategy to Manage Emotions

Focusing your attention on your breathing can help relax your body & mind whenever & wherever you feel overwhelmed.

Deliberately pay attention to the natural rhythm and flow and the way your body feels on each inhale and exhale

- Reduce stress
- Lower heart rate
- Lower blood pressure
- Reduce depression

Click here → Try a 3 minute mindful breathing exercise.
Practice An Attitude of Gratitude
Intentionally focusing on the GOOD can lead to increased happiness.

Some simply ways to practice gratitude:
- Keep a gratitude journal
- Start a gratitude jar
- Say “Thank You”
- Notice the beauty in nature
- Show self compassion
- Nurture your friendships
- Smile more often
- Be kind to yourself & others
- Volunteer your time
- Focus on your strengths
- Post positive vibes on social media
Nurture your friendships - Remember almost everyone is more stressed than usual...

- Try the V-A-R\textsuperscript{®} technique to let loved ones and friends know they are being heard and are not alone
- \textbf{V}: Validate their feelings. “That makes sense...”
- \textbf{A}: Appreciate their courage, speaking up can be a challenge. “I’m here for you...”
- \textbf{R}: Refer them for additional support. “I think it might be helpful to talk to someone, do you know the Counseling & Wellness Center provides free services?”

LEARN MORE:
Click here →

\begin{itemize}
  \item \textbf{V}: Validate
  \item \textbf{A}: Appreciate
  \item \textbf{R}: Refer
\end{itemize}
Harness the Power of Technology

- Facetime and Zoom make it possible to stay connected virtually and sometimes can be more convenient!
- Telehealth can increase accessibility.
- Check out the digital resources on our Counseling and Wellness Tile for info on common mental health concerns for college students.
Helpful FREE Mental Health Apps to try...

- **Mindshift**: Helps you gain insight into basic skills to manage symptoms of anxiety
- **MoodTools**: Provides psychoeducation to cope with depression
- **Mindfulness Coach**: Various mindfulness exercises for free
- **Woebot**: Chat bot trained in cognitive behavioral therapy that aims to help you better understand and reflect on your feelings, including having a gratitude journal feature.
- **Daylio Journal**: Super Easy Self-Care Bullet Journal with Goals-Mood Diary & Happiness Tracker
- **Virtual Hope Box**: Coping Skills App
- For Many More Apps [Click Here](#)
Some Dos and Don’ts

- **Do** concentrate on what needs to get done TODAY. Use lists and set priorities. Control what you can control.

- **Do** set realistic goals and accomplish what you can. Show yourself some self compassion. Life can be challenging. Just do your best.

- **Do** take a break, stretch & move. Maybe do a quick mindful breathing exercise. Even a short break can provide some stress release and increase productivity.

- **Do** contact the New York Tech’s Office of Counseling & Wellness for an appointment. Follow our INSTA for tips & info about our outreach programming.

- **Don’t** spend too much time scrolling through social media. Consider unfollowing accounts or deleting apps if they increase your anxiety.

- **Don’t** constantly check the news. Current events can cause increased anxiety and trigger negative emotions.

- **Don’t** rely on alcohol, drugs or prescribed medications to manage emotions - Develop a list of more positive coping strategies...then DO those things!

- **Do** follow current CDC guidelines to stay healthy.

- **Do** practice self-care and develop healthy habits.
The Counseling & Wellness Center is operating Monday - Friday; 9 a.m. - 5 p.m.*

- **Individual Counseling:** All New York Tech Students are eligible for free and confidential short-term counseling to improve their emotional well-being. Reach out to counseling@nyit.edu for an appointment.

- **Group Counseling:** To inquire about current groups email counseling@nyit.edu

- **Campus Programming.** Follow us on insta for information about our campus wide wellness programming, and skill building workshops. We love to collaborate with student clubs and support other departments!

- **Peer Health Educators:** Our office supervises the Peer Health Educator Program. Peer Health Educators are student leaders who help raise awareness and de-stigmatize mental health on campus. Interested in applying? Contact us for more information!

- **Student Health Insurance** - A description of Aetna student health plans can be found at [www.aetnastudenthealth.com](http://www.aetnastudenthealth.com). For more, contact Yahaira Ruiz at yruiz@nyit.edu

- **Immunization Requirements:** Click Here: New York Tech Immunization policy. For more: Long Island Campus email amarcian@nyit.edu and NYC Campus email yruiz@nyit.edu

- **Updates on New York Tech’s Covid-19 Policy:** [https://www.nyit.edu/covid/student_faq](https://www.nyit.edu/covid/student_faq) for Vaccination Information: [https://www.nyit.edu/covid/vaccination](https://www.nyit.edu/covid/vaccination)

- **Accessibility and Accommodation Services** - New York Tech supports students with disabilities to foster a barrier-free academic environment. To register for services or find out more, contact Maureen Holohan at mholohan@nyit.edu or visit nyit.edu/accessibility

*or by appointment
Fee & Confidential Hotlines Available 24/7
If you need help after hours

- Suicide Prevention Hotline (suicidepreventionlifeline.org) 800.273.8255
- Crisis Text (text “Got5” to 741741) crisistextline.org
- NYC Mental Health Hotline 888.NYC.WELL (Text “WELL” to 65173) Chat at nyc.gov/nycwell
- LI Crisis Hot Line 516.679.1111
- Domestic Violence Services 800.621.4673 or thehotline.org
- The TrevorLifeline for LGBTQ youth 1.866.488.7386 thetrevorproject.org
- TrevorText text “START” to 678-678
- The Trans Lifeline 1.877.565.8860
- Veterans Crisis Line 1.800.273.8255
- The Safe Center of LI 516.542.0404 (Victims of Abuse & Sexual Assault)
- NYC Crime Victims Center 212.523.4728
- SAMHSA National Helpline for Mental and Substance Use Disorders 1.800.662.4357
Help is available for students who are struggling.

Whether you need help researching a topic, keeping up with your studies, registering or paying for classes, or adjusting to life in a new city or country... we’re here for you.

Check out New York Tech Student Resources Page & Campus Life Supports

We all deserve the 4 Ls: LIVE LAUGH LOVE LEARN

Give yourself permission to seek help or support