NYIT Counseling and Wellness Department
Free & confidential mental health services including individual and group counseling and various programs to support your well-being.

Reach out to us for support! Click here

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Stay Connected
follow us on Instagram:
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Self-care to promote calm and well-being during this difficult time

- Establish healthy routines: regular handwashing, wear mask in public, practice physical distancing and 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 Stop. Breathe. Think.

- Exercise daily. Be Active! Get moving! Schedule time to walk or jog outside, if possible. Try a new exercise routine on an app. How about livestream yoga, Pilates or HIIT? Any exercise video from YouTube also works.

- Physical activity can increase dopamine levels and assist in an overall feeling of wellness. Just remember to stay physically distant!
Do not forget to have FUN !!!!!

- Schedule in the FUN and stay connected.
- What are your hobbies? What do you enjoy?
- Being engaged in activities will help you to stay positive and safe.
- Plus it can be a great stress & anxiety management tool.
Try Mindfulness to manage anxiety & stress
To learn more about mindfulness click here

- Meditation - try an app or YouTube video. We like Headspace, Calm & Stop. Breathe. Think

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

- Grounding techniques 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 – Try Mono-tasking - SLOW DOWN & FOCUS IN

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® technique to let loved ones and friends know they are being heard and are not alone
  - V: Validate their feelings. “That makes sense…”
  - A: Appreciate their courage, speaking up can be a challenge. “I’m here for you…”
  - R: Refer them to skills or 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 →

I think it might be helpful to talk to someone. I can stay with you while we call/text a hotline.
Harness the Power of Technology

- Facetime and Zoom make it possible to stay connected virtually.
- Add multiple people to your calls on FaceTime. You can have pizza parties, discuss a binge-worthy Netflix series or just catch up with old friends.
- Netflix Watch Party is a great new feature in which you and your friends can all watch the same show and talk about what is going on!

- Museums, Zoos, and Theme Parks are offering virtual Tours. Click here to explore.
- Broadway shows are now streaming on-line. Click here to explore.
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
- **Daylio Journal**: Super Easy Self-Care Bullet Journal with Goals-Mood Diary & Happiness Tracker
- **Todoist**: A productivity app that helps you to manage tasks, projects and goals
Some Dos and Don’ts

► Do concentrate on what needs to get done TODAY. Use lists and set priorities
► Do set realistic goals and accomplish what you can. Show yourself some self compassion
► Do take a break, stretch & move. Even a short break can provide some stress release and increase productivity
► Do contact the NYIT Counseling & Wellness Department and follow our INSTA for support & tips

► Don’t spend too much time scrolling through social media
► Don’t constantly check the news. Current events can cause anxiety and trigger negative emotions.
► Don’t forget to wash your hands, wear a mask in public and practice physical distancing
► Don’t rely on alcohol, drugs or prescribed medications to manage emotions
The Counseling & Wellness Center is operating remotely during Covid-19
Monday – Friday; 9 a.m. – 5 p.m.

- **Individual Counseling:** Reach out via email for an appointment. We will be happy to set up a video chat.

- **Group Counseling:** Another option to help students cope. See Counseling and Wellness section of NYIT website for details.

- **Teletalk:** Available weekly: Tuesdays 1-2 pm. Informal quick one-on-one virtual drop-in sessions on Zoom. No appointment needed. First Come, First Serve. You may have to wait in the virtual waiting room.
  - Meeting ID: 962 4430 7369
  - Password: 174392

- **Health Insurance** - Questions about Aetna Student Health Insurance or Covid-19 coverage visit www.aetnastudenthealth.com or email Yahaira Ruiz at yruiz@nyit.edu

- **Accessibility Service** - Transitioning to an online learning platform can be difficult. For information on accessibility services contact Walter Mayer at wmayer@nyit.edu or visit nyit.edu/accessibility
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)
- 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
New York Tech
Student Emergency Fund

Help is available for students who have been impacted financially by unforeseen circumstances during the Covid-19 crisis.

There is one-time financial assistance up to $500 to NYC and LI Campus students to address specific financial challenges that jeopardize the ability to stay in school.

Eligibility information and on-line application can be found on the NYIT.edu website under Student Resources.