Greetings to all our students, faculty, administrators, coaches and staff! We hope everyone had a restful and healthy winter break. As the current academic year unfolds, we at Counseling and Psychological Services (CPS) are keenly aware of the increasing socio-political and ecological stressors that may be directly or vicariously impacting our community. In this issue of “Welcome to Wellness,” we’ll highlight various strategies, resources and student narratives that we hope will be helpful for navigating and coping with these stressors.

Relatedly, CPS has added the following statement on diversity and inclusion to its overall mission to more accurately reflect our commitment to promoting social justice in the context of supporting the mental and emotional health of our community:

Counseling and Psychological Services (CPS) is committed to the delivery of culturally competent services that honor and are responsive to the needs, strengths, and identities of Fordham’s diverse community of students, faculty, and staff. CPS recognizes that ecological and systemic inequality, injustice and oppression continue to exist and have a negative impact on the mental and emotional health of our community. For this reason, CPS intentionally, actively and continuously strives to develop and provide services that contribute to the promotion of social justice, inclusivity and equality.

We hope you find this newsletter engaging and helpful. And remember, if you’re ever struggling or feeling overwhelmed by university life (or anything else), please reach out to our office or any of the campus resources listed on page 8.

Jeffrey Ng, Psy.D

Social Media & Digital Stress: Some Tips & Pointers
(Adapted from the Huffington Post, US News, & mentalhealthscreening.org.)

1. **Think before you post**: Think about what you’re sending to your audience - family, friends, and practically the entire Internet. Before sharing a post or photo, consider whether it’s spreading positivity and fostering a community of support.

2. **Avoid making comparisons**: Social media is the highlight reel of someone’s life. Remember these people are probably struggling with many of the same things you are, and if their posts consistently make you feel badly about yourself, take them off your feed.

3. **Be clear about what your purpose is when logging onto social media**: Ask yourself the purpose of your visit and log off when you fulfilled that purpose. Otherwise, you can end up mindlessly scrolling through your feed.

4. **Be an active, not a passive user**: Lurking on social media can increase feelings of loneliness and isolation. Make your presence known by sharing relevant articles and videos, making thoughtful comments, and re-posting/sharing interesting posts.
COPING AND COMBATING RACISM IN COLLEGE

By: Lea Nguyen
CPS Wellness Intern, FCRH ’18

Racism is a critical issue that is, unfortunately, a part of life for many people of color. Not only do students of color cope with stress from the transition to college or the “real world,” academics, extracurricular activities, and other responsibilities, they deal with stress from racism. Racism comes in all shapes and sizes. It can be overt, such as violence, graffiti, and racial slurs, but it can also be covert, such as microaggressions, assumptions, stereotypes, and exclusion.

How do we cope and combat racism as individuals?

1. Build a support network: One thing to remember is: You are not alone! Racism can cause feelings of seclusion, but speaking to your family, friends, and even trusted faculty/staff members can lend a listening ear. Join a cultural club to build a positive racial/cultural identity with others. If you’re in need of confidential space to talk, Counseling & Psychological Services is a great resource.

2. Practice healthy self-care: It’s easy to get lost and feel exhausted from using extra energy to combat the extra stress of racism, but it’s important to balance your mental, physical, and spiritual health. Check in with yourself and see what your daily habits are and how you are coping with stress to make sure you are making empowered choices.

3. Fight with empowerment: Make your voice heard! Challenge offensive statements with humor, attend events to raise awareness of racism, or get involved in a political or activist cause.

Not only should we combat racism as individuals, we should advocate together as an institution. All institutions should strive for inclusion; it is imperative that all students feel included, safe, and accepted, and have a safe space to talk about how to combat and cope with racism openly. The Racial Solidarity Network is a safe space where students, faculty, and staff can discuss how to improve racial relations in the University community and how to be an ally for racial minorities. Students, staff, and faculty from all backgrounds are welcome to participate.

Contact the Office of Multicultural Affairs for more information at OMANetwork@fordham.edu
By Joy Hariprasad  
CPS Wellness Intern, FCLC ’18

The reason I came to New York is because I knew I would find my niche in this city. There is something for everyone, and I mean everyone, and it’s very rare to feel like your differences are alienating. Although New York was the place I wanted to be, Fordham was the means for how I was even going to afford living there. Being a first-generation American (with immigrant parents), it was an uphill trek to apply for college and financial aid so that I could go here.

My parents had no idea what FASFA was, how to apply for any kind of loans, or how the American university system even worked. It was up to me, as the eldest child in my family, to figure these things out on my own. I basically filled out the FASFA for my mom and had her sign where she needed to. Similar to other first-generation students that I have talked with, I did a lot of my own research on the differences between federal loans, private loans, whatever “subsidized” meant, interest rates . . . I have been used to doing everything on my own because there were not many resources for students like me in my hometown.

When I began my freshman year at Fordham, I became so overwhelmed as any new student might feel. For some reason however, it seemed as though I was more stressed than everyone else. What was I doing wrong? How do I get the secret to an easy life? Then one day, I was speaking to one of my adjunct professors about all these negative feelings I was having about being in college, and why I felt like I wasn’t feeling more positive about it. Something my professor said really hit me that day, and I feel as though everyone struggling in college should hear it too. This professor told me that it’s normal to feel stressed, especially being a first-generation student who is used to figuring things out for herself. But it’s also important to acknowledge when things become too much to ask for help.

Maybe I had always had a negative connotation in asking for help. Like I said, I’m the oldest child. My siblings look up to me—and my parents depend on me—to have everything figured out and to know what I’m doing. I went and did some more research on the kinds of resources Fordham had. We all hear about these resources at orientation, but being able to apply them to our lives when we actually need them is something different.

One major resource that helped me get through the following year was Counseling and Psychological Services. I utilized the sessions they offered and I found exactly the areas in which I felt I needed the most help. I visited financial aid and told them I kind of had no idea what I was doing, and they were actually helpful when they understood my situation. I talked to my professors when I felt like I was lagging behind in class, or when I straight up had no clue what was going on.

I realized that I shrank into myself when I got stressed and overwhelmed, but this only made my problem worse. As soon as I started reaching out to other people and communicating to them what was going on with me, it felt as though a giant weight had been lifted off my chest! Fordham has a great community, and for those of you who may relate to what I’m saying here, I encourage you to get to know this community. The best aspects about any community are that you solely have to exist to be a part of it, and when you feel like being an active part, others are there to meet you.

"A bird doesn’t sing because it has an answer, it sings because it has a song."  
-Maya Angelou

"He who has a why can bear almost any how."  
-Nietzsche

"As long as poverty, injustice, and gross inequality persist in our world, none of us can rest truly."  
-Nelson Mandela

"It is not our differences that divide us. It is our inability to recognize, accept, and celebrate those differences."  
-Audre Lorde

Crisis Text Line | Text START to 741-741

1-800-273-TALK (8255)  
suicidepreventionlifeline.org
**DID YOU KNOW?**

Studies suggest that regular mindfulness practice can have the following benefits:

- Stress reduction
- Increased concentration
- Improved working memory
- Less emotional reactivity
- More satisfaction in relationships
- Increased self-compassion
- And so much more!

Strengthen your mind with mindfulness tools you can use for a lifetime.

Sign up for free Koru Mindfulness classes at Fordham. Send an e-mail to cpswellness@fordham.edu

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**Working Through It All**

By: Megan Leary  
CPS Wellness Intern, FCLC ’19

Anxiety is something everyone deals with, whether it is in big or small doses. As students, it is normal for stress and anxiety levels to be high with all of the pressures of maintaining high grades and trying to plan our future. The current state of the nation and world, with increased stress about environmental uncertainty, may definitely be impacting anxiety and stress levels over and above what students already deal with on a regular basis. In fact, a study conducted by the American Psychological Association found that stress levels have increased since the election (APA, 2017); it is a stressful time for many people and we want you to know that it is okay to be feeling this way.

Sometimes it feels like everything is too much, and it can all get very overwhelming. These tips are meant to help both the people who are feeling the added anxieties from the sociopolitical affairs, and the people who know people feeling the direct impacts of these affairs. Instead of letting the stress and anxiety get to you, try some of these techniques to help you work through it all:

1. **Give back to your community:** This can be interpreted in many ways: you can give back to the Fordham community by joining clubs and helping to make the environment a bright place in this time of worry, or you can hold an event to fundraise for a group of people who are in need of a little extra support. By creating a network of people experiencing the same effects of sociopolitical changes, you will get a break from the stresses associated with everyday life and feel like you are not alone (Anxiety and Depression Association of America [ADAA], 2016).

2. **Give yourself a break:** If watching the news is getting overwhelming, then switch to your favorite TV program for a bit, just to take a small break from reality. Not only will it help to reduce stress, but it could help you gain a new perspective on the situation (APA, 2016).

3. **Exercise or meditate:** Your mind and body work together, so by physically working out your brain will feel relieved of whatever was bugging you. It can be as simple as taking a short walk through the park or going to take a workout class. Get a group of friends together who are experiencing similar anxieties as you are, whether it is about what is happening in DC or a class you are all in. Start with something small and the difference in your happiness will be seen over time through heightened levels of dopamine and serotonin (APA, 2016).

4. **Eat well-balanced meals:** Chicken tenders and fries are absolutely convenient and delish, but they are definitely not your healthiest option. Try to have some fruits and veggies every day. The better the food you put in your body, the better you will feel (ADAA, 2017).

5. **Talk to someone:** You are never alone, especially here at Fordham. Not only do you have your family and friends to lean on, but you have your community. There are some things that you might not want to share with anyone, and that is where CPS can help. You might not want to talk to your family or friends about what is happening in the world if they too are stressed by the same things. The staff is there for you for any problem you have, regardless of how big or small it is. Keeping your anxieties and worries bottled up will not solve any problems. It is okay to be stressed, and it is okay to feel anxious. You should never be embarrassed about your emotions, and never be afraid to speak up about them.
"The best way out is always through.”
-Robert Frost

“Only those who attempt the absurd can achieve the impossible.”
-Albert Einstein

“You are braver than you believe, smarter than you seem, and stronger than you think”.
-Winnie-the-Pooh (A. A. Milne)

“Genius is 1% inspiration and 99% perspiration.”
-Thomas Edison

“Mistakes are the portals of discovery.”
-James Joyce

SEMIESTER REFLECTIONS & PRACTICES

As we uphold Fordham’s Jesuit principles by committing ourselves to the service of others and our community, it is important that we also stop to ensure that we are nurturing and caring for ourselves. Too often, the exigencies of day-to-day life—especially in college and especially in New York City—leave us little time or energy to restore our own physical and emotional reserves; yet, one of the most important things we can do to help others is to recognize when it is time to care for ourselves. Towards this end, here are some yoga inspired practices for cultivating compassion for ourselves, our communities, and our world.

YOGA TIPS AND POINTERS

We often think of mindfulness/meditation as something that’s practiced in a dedicated time and space. While this is a core component of mindfulness, the benefits of this practice are magnified when our awareness of the present moment seeps into our ongoing experiences throughout the day. Yoga offers a bridge between the mindful awareness cultivated by a meditation practice and an ongoing awareness of our physical, emotional, and cognitive states throughout the day. While the tips below are intended to increase one’s awareness during a yoga practice, they can also be used to generate awareness of the body at any time of day. Use these four focal points to stay present, elevating your practice into a moving meditation:

SPINE: Ask yourself in every pose, “What is my spine doing here?” The answer should always be that it is extending. Try to lengthen in every posture by creating space between each vertebrae, utilizing your back and core muscles for support.

SENSE OF GROUNDING: Assess which parts of your body are touching the floor as you practice. Actively push those parts into the floor as a way to engage your whole body and build strength.

TRANSITIONS: As you transition between poses, be aware of how your body moves. Pay attention to physical sensations—both muscular and skeletal.

BREATH: Throughout your practice, check in with your breath and see if it’s rhythmic, fluid, and consistent. Use deep Ujjayi Pranayama, or Victorious Breath, with even inhales and exhales.

Practice tips from: https://www.yogajournal.com/practice/17-poses-to-prepare-for-mindful-meditation#gid=ci02075696e00425bd&pid=reverse-warrior-3-15

FOR MORE MEDITATION PRACTICES DOWNLOAD THE STRESSBUSTERS APP

CPS is proud to unveil the new and improved Stressbusters Wellness app to our community! Produced by the national Stressbusters wellness program, this customized app puts Fordham-specific health and wellness information, announcements, and resources right at your fingertips. The app includes features such as:

- **Break Pad**: A “sonic spa” featuring audio tracks to help students increase a sense of calm and focus.
- **Videostream**: A channel of Stressbusters how-to segments, expert interviews, and other wellness-related short videos.
- **Health Rewards**: Like a frequent flyer program, students can accrue award points for participating in CPS and other Fordham wellness activities.
- **Events**: Stay informed about campus wellness events sponsored by a range of departments.
- **Get Help Now**: One-touch emergency buttons to connect students to immediate support.
How to Get Involved in Wellness Advocacy

By: Alyssa Shannon
CPS Wellness Intern, FCRH ‘18

Are you looking to get involved in the Fordham community, on campus or off? Do you also have a particular interest in wellness outreach? Here are some ways to get involved on campus!

Active Minds

Mission: Active Minds works to increase awareness about mental health issues, reduce the stigma surrounding mental health disorders, and promote mental well-being. They achieve this through hosting tabling events, guest speakers, and chances for students to de-stress.

How to Get Involved: Active Minds at Rose Hill meets on a biweekly basis on Wednesdays at 6:00 p.m. in Dealy 302. To be added to the e-mail list or for more information on how to get involved, please e-mail activeminds@fordham.edu.
Active Minds at Lincoln Center meets every Thursday at 11:30 a.m. in G74 in the 140W 62nd Building. To be added to the e-mail list or for more information on how to get involved, please e-mail activemindslc@fordham.edu.

Stressbusters

Mission: Stressbusters aims to promote positive stress coping strategies across the Fordham campus. They achieve this by offering students 5-7 minute back rubs by other students who are trained by the national Stressbusters organization.

How to Get Involved: E-mail cpswellness@fordham.edu if you’re interested in becoming a Stressbuster to get updates on when upcoming Stressbusters training events will be held! Download the Stressbusters app on the app store to stay up-to-date on Stressbusters events around campus!

Nine Out of Ten

Mission: Nine Out of Ten is an ambassador program that empowers college students to be a hopeful voice for suicide prevention and promote a mental health movement on campus.

How to Get Involved: Activities of ambassadors can range from making a social media post to tabling in the student center, organizing a speakers’ panel, or planning a 5K. For more information on how to become an ambassador on campus, visit http://ambassadors.nineoutoften.org/.

BeWellLC

Mission: BeWellLC is a club which plans events on and off campus to promote holistic well-being among Fordham Lincoln Center undergraduates by providing them with the tools to make informed decisions regarding their health. They touch on topics such as nutrition, stress relief, exercise, sleep, and alcohol and other drugs.

How to Get Involved: E-mail the current president at sscott29@fordham.edu for more information on how to get involved with BeWellLC!
Counseling and Psychological Services (CPS)

CPS is a comprehensive mental health service at all three of Fordham University’s campuses. Our mission is to promote students’ emotional and psychological health and well-being through counseling, psychotherapy, psychiatric services, consultation, outreach, prevention, and contributions to the mental health professions. We strive to foster a community of care that recognizes and values the depth, dignity, and uniqueness of each student.

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<th>LOCATIONS</th>
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<tr>
<td>Rose Hill</td>
<td>Monday – Thursday 9am – 7pm</td>
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<td>O’Hare Hall Basement</td>
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CPS provides the following confidential and free services in a safe and accepting environment:

- Individual Short-Term Counseling
- Group Counseling & Workshops
- Psychiatric Evaluations and Medication Management
- Crisis Intervention for Urgent Situations
- Personalized Referrals for Specialized and/or Long-Term Services

**LOCATIONS**

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| O’Hare Hall Basement       | Friday                                     |
|                            | 9am – 5pm                                  |
| Lincoln Center             |                                            |
| 140 W. 62nd Street        |                                            |
| Room G02                   |                                            |
| 212-636-6225              |                                            |
| Westchester               |                                            |
| Room G11                  |                                            |
| 914-367-3733              |                                            |
| www.fordham.edu/cps       |                                            |

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**MEET THE CPS TEAM**

**LC Counseling Groups:**
- Stress Management Group
- Relationships Group

**RH Counseling Groups:**
- Interpersonal Process Group

For more information, contact Dr. Philicia Rubin at prubin4@fordham.edu.

For more information, contact Dr. Deborah Lawrence at dlawrence8@fordham.edu.

**MEET THE CPS TEAM**

**Alyssa Shannon, FCRH ’18,** is an undergraduate intern at Counseling and Psychological Services on the Rose Hill campus focused on planning outreach events such as tabling in McGinley and CPS-sponsored residence hall programming. She is a senior at the Fordham College at Rose Hill completing her degree in Integrative Neuroscience on the pre-medical track. She has been on the executive board of Active Minds—the mental health awareness club on campus—for two years, now serving as its president, and has been integral in establishing the annual Mental Health Awareness week and solidifying the Stressbusters program. She is extremely passionate about mental health outreach and hopes her experience in advocacy will make her a better physician.

**Marissa Fruchter, Psy.D.,** is a postdoctoral clinical psychology fellow at Fordham’s Lincoln Center campus. She completed her clinical internship at La Salle University’s Student Counseling Center during the 2016-2017 academic year. Marissa received her undergraduate degree from Tufts University and her doctorate from the Institute for Graduate Clinical Psychology at Widener University. Her dissertation research explored best practices for the treatment of psychosis in college counseling centers. Marissa enjoys helping undergraduate and graduate students explore various aspects of their identities and their interpersonal relationships while learning to cope with the challenges that students face during this period of their lives.

**Joy Hariprasad, FCLC ’18,** is one of our 4 interns at CPS. She is in the last semester of her BS in Psychology at Lincoln Center, and her MS in Applied Psychological Methods (also at Fordham) is currently underway. She also interns at the New York State Psychiatric Institute at Columbia University learning about research with underrepresented populations in the South Bronx. Although her career path is still in formation, she looks to her passions of music, education, and psychology to inform her on how to continue down the path she is on now.
RESOURCES ON CAMPUS:
- Public Safety
- Health Services
- Career Services
- Library Services
- Dean of Students Office
- Resident Advisors/Directors
- Academic Deans and Advisors
- Athletic Coaches and Trainers
- Office of Multicultural Affairs
- Disability Services
- University Mission and Ministry
- Professors and Teaching Assistants
- Substance Abuse Prevention & Student Support
- Alcohol and Other Drug Education
- Office of Student Involvement

What is Koru?
Koru Mindfulness is the only evidence-based mindfulness curriculum designed for college-aged adults.

In four weeks, students learn practical skills that help them manage stress and open their minds.

Join the growing Koru community of >10,000 students at over 100 institutions.

To sign up for Koru or to get more information, please contact cpswellness@fordham.edu.

HELP A FRIEND WHO IS STRUGGLING: KOGNITO AT-RISK TRAINING

As students, you play an important role in helping each other through challenging and difficult periods. To support you in this role, CPS offers an online, game-based simulation to assist you with recognizing, supporting, and when necessary, referring students who may be struggling. To access this simulation please follow the instructions below:

- Go to www.kognitocampus.com/login
- Create a new account using the enrollment key: fordham718
- Follow the On-Screen Instructions
- Choose Your Course and Click “Launch”

We strongly encourage you to participate in this training, which we’re confident will contribute to your growth and education at Fordham.

ONLINE RESOURCES

http://www.stevefund.org/
Online resources & research on mental and emotional health of college students of color

Atlantic article on the impact of technology and social media on mental and emotional health

Atlantic article on balancing academia and racism