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Transcript

Speaker 1

Everybody today I am joystick way. I'm the executive director of multi modal learning and today we are hosting the web and R an our guest speaker will be doctor Cindy Bruns. She's the director of counseling here at CWU, an student counseling services. I should be official here uh a couple of reminders.

Speaker 1

You want to ask any questions or, um, that Cindy can answer afterwards. There is a Q&A button down below, and I believe Gretchen kind of put some links in the discussion as well, but right there and you click an will have some people assisting her and asking her the questions. Or if we can answer them we will answer them.

Speaker 1

Through the Q&A, so that's located at the bottom.

Speaker 1

I want to remind everybody to that all of our webinars are recorded and they are available, so we've had several different topics already this summer and they are available at our www.cwu.edu \ online.

Speaker 1

- learning eye and\

Speaker 1

So if you want to look back through any of the topics summer on.

Speaker 1

Good techniques for being an on line student, um.

Speaker 1

We've had what other ones have we had? Gretchen? What was our other topic?

Speaker 2

We had faculty presenting on the best ways to connect with faculty and succeed as a student.

Speaker 1

So that yes, and those are, I think, very much worth watching.

Speaker 3

Time management and a couple of other very very important points, not only for you know, going through a course, but also you know in your real life you know experiences. So for your future career as well.

Speaker 1

I found it just really encourageing for just day today, so be sure and.

Speaker 1

Check that out. We also will have our next seminar on Wednesday, September 16th and we're gonna have canvas 101 for students, which will feature some of our student workers that work with multi modal talking about their tips and things of working inside of canvas for the online platform and also some of our text which Delena Breckon is here.

Speaker 1

With me today and so she'll be, um, helping us too. So if you can put that on your calendar, the invitation will be going out shortly.

Speaker 1

So with that I'd like to.

Speaker 1

Turn it over to.

Speaker 1

Cindy

Speaker 4

Thank you so much, joy, I'm happy to be here and.

Speaker 4

I'm working on a Surface Pro which likes to just do things. If I accidentally think about tapping, so hang with me while I screen share.

Speaker 1

Yeah.

Speaker 4

Some days I'm like I'm pretty sure I didn't mean that.

Speaker 4

Alright.

Speaker 4

Yay, alright so welcome everybody. Thank you for being and being able to speak with you today. I named my presentation distress for success and that will become that title will become a little bit clearer as we move through.

Speaker 4

Uh, my my hope today is to talk a little bit about what are some of the things that generally cause stress for not just college students, but for all of us. And then what are certain things that are perhaps more particular to college and then also kind of what I've called college during kovit or Kovid College.

Speaker 4

Because I think that does bring some unique stressors, help you reflect a little bit on what are your personal signs of stress. If we're able to identify those sooner, we can often intervene with ourselves and manage our stress a little bit more successfully before it really gets out of control and then wind up talking about what are some.

Speaker 4

Elements of kind of lifestyle elements and coping strategies that help manage stress, so that's kind of where we'll go today.

Speaker 5

Alright.

Speaker 4

So this very moment the comic says if you're not able to see it, it's a doctor talking to or researcher talking to another researcher according to the latest research, the average human body is 20% water, an 80% stress.

Speaker 4

And so stress it is everybody experiences it and we tend to think of stress is a negative thing. Something maybe hard or bad happens and we experience stress. But stress can also be part of positive events happening like being, you know, starting class or.

Speaker 4

Um, getting a new job. Things that we would think of as positive can also bring stress, so stress management isn't just for during our difficult times, but it's sort of an approach to life that helps us navigate those those surges of expectations in our lives. Whether we would label those as positive or negative or even neutral.

Speaker 4

So some things, um, that can cause stress is it won't read all these two, but some of them may be things that you think of when you think of stress. So maybe work or school responsibilities we have on here rush hour traffic. So if you're on the West side, she may really.

Speaker 4

Relate to that if you're here in Ellensburg, we have our rush minute but that one may not apply as well. Um, but some other things that you may not think about. Sometimes just the physical environment that you find yourself in. If there are a lot of bright lights or noises or unexpected traffic around you.

Speaker 4

But picking some way can lead to stress, financial responsibilities, and whether or not you have enough to make ends meet. Sometimes our lifestyles can also create stress overtime. There are some things that you know.

Speaker 4

A few times, um, your body and your psyche can handle well, but on a regular basis can actually increase your stress levels.

Speaker 4

And then, depending on your early life experiences, if there's been a lot of significant stressors in early life that can set one up to have an increased stress response across the lifespan, and then you know there are experiences environmental impingements, so discrimination against you yourself or.

Speaker 4

Members of an identity group that you belong to or closely identify with in some way. Those are all things that can also cause stress just in general.

Speaker 4

Then we have college stresses, so deadlines balanced in class and work and social life and money and all of those things.

Speaker 4

Applying for internships or Graduate School or jobs. Personal stressor for me or group projects I like to be in charge, that's why I'm the director of counseling and group projects can sometimes challenge that if you have a similar personality style to me.

Speaker 4

Competing deadlines.

Speaker 4

You know, sometimes it may feel like all of your faculty got together and decided to have all their subjects are projects. Do the same day and how do you manage things like that?

Speaker 4

For folks who are maybe transitioning out of a home environment where maybe somebody was there to assist you in, motivating yourself, learning that self motivation as part of college independence, studying can be difficult. Navigating how to reach out and ask for help, or whether that's from faculty or staff.

Speaker 4

Keeping up with everything and the social aspects of making new friends, new relationships. All of those.

Speaker 4

And then finally.

Speaker 4

COVID-19 college stressors. So you may have classes in multiple modalities. Maybe you were used to all in person face to face classes and understood how to navigate that and now you have some hybrid, some on line, some face to face and moving back and forth between those or you've shifted modalities to something that's less familiar.

Speaker 4

Um, my personal nemesis this morning. Technology issues and lack of control over those.

Speaker 4

And then it's just a different learning environment. There may be more need for independent learning, and then there's sort of the the the larger level of kovid concerns you may worry about your own health or the health of someone you love. Experiences so.

Speaker 4

Social isolation zoom fatigue. Um, having folks around you who have a different level of risk tolerance than you do when it comes to recommendations around safety behaviors, social distancing, facial coverings, things like that. And how do you negotiate those difficult conversations so there's a lot that can?

Speaker 4

Can

Speaker 4

Happen for someone to to bring about stress.

Speaker 4

So stress is really defined as our body's reaction to circumstances that feel as though they might bring about more than we can handle in some way, and we tend to have three different responses of the Bears represent our fight response.

Speaker 4

Which isn't necessarily.

Speaker 4

An aggressive response, but it's our activating response. It's activating per action.

Speaker 4

We can run away, so our eagle flying and then we can also have a freeze response, so that's the deer that sort of startled. I don't know what to do. This can be when you might feel unable to think clearly or start engaging in a lot of mindless.

Speaker 4

Video game playing or other things. It's sort of an avoidance response.

Speaker 4

So I'm going to pause there for a moment and I would like you to reflect the slides up, says indicators of stress, and we have physical indicators of stress, emotional or feeling indicators of stress.

Speaker 4

Our thoughts can change in response to stress, and sometimes our behaviors can change in response to stress. So I'll give some examples of those different categories in a moment, but I just want to take a quiet moment for you to reflect on yourself maybe. Which of these categories do you most commonly feel your stress in?

Speaker 4

What are you most aware of and maybe think about, um, specifics in each of those categories? How does your body feel when you experience stress?

Speaker 4

What emotions might come up for you? How do you think about yourself? Others in the world when you're stressed and how does your behavior change when you feel stressed?

Speaker 4

You might even want to jot those down just for your own reference.

Speaker 4

So common physical symptoms of stress can be things like headache, upset stomach or digestive difficulties. People may notice that their palms get sweaty or other parts of their body get sweaty. There might be disturbances and sleep.

Speaker 4

Either sleeping too much or having difficulty going or staying asleep.

Speaker 4

Some people will even experience things like dry mouth or shaking or vision changes. Those are all or body aches. Back pain is a common symptom of stress.

Speaker 4

As well as depression feelings, people might feel irritable. People might feel anxious, people might feel.

Speaker 4

Just kind of overwhelmed or somehow kind of unsure of themselves.

Speaker 4

Different thoughts people may feel have thoughts like I can't handle this or.

Speaker 4

Everything's out of control, or you know why are people out to get me kinds of thoughts? And as I said, people behaviourally often avoid something in response to stress, so they may procrastinate and put off deadlines.

Speaker 4

Um, choose to do other things that are kind of mindless.

Speaker 4

They might become started, but more focused in other areas, so you know sometimes when I have something do it becomes terribly important to clean my office when it under normal circumstances, it looks sort of like a hurricane went off on it, but I'd rather clean than do whatever is stressing me out.

Speaker 4

So oftentimes those actions are avoidance actions or overcommitment. So if somebody is really stressed, they could all of a sudden do every outstanding assignment and stay up, you know 24 hours and just sort of go too hard as well. So everybody is different in individual.

Speaker 4

So I encourage you to think about what your particular responses might be.

Speaker 4

We know that stress has an effect on performance, and as I said at the beginning of this presentation, stress is not necessarily a bad thing. Sometimes it can be really helpful to us. In fact, this is kind of how stress looks, so we have on our vertical axis. We have performance an on.

Speaker 4

Our horizontal axis. We have arousal, which is a fancy word for stress. When our stress is too low. We tend not to perform very well, so if you can think about menu took a test or wrote a paper when you were really tired, or honestly you were just over it and you didn't care anymore and you didn't have much.

Speaker 4

To bring to it, chances are you may not have done as well as if you were feeling a moderate level of stress. If you were engaged, you were focused. You wanted to do well. You brought some care to the situation. People tend to perform better there.

Speaker 4

But when levels of stress or arousal are too high, that can be where we get things like our mind going blank or.

Speaker 4

Getting careless with respect to details and things like that and performance can go down so that we're striving to most of the time keep our level of stress or arousal at a medium level where we tend to perform the best.

Speaker 4

So that's kind of an introduction to to things that might stress us out a moment to reflect on your own personal stress indicators. And then we're going to shift into coping, and so the comic on the screen says, is a is a patient talking to a doctor.

Speaker 4

And the patient says I'm learning to relax doctor, but I want to relax better and faster. I want to be on the cutting edge of relaxation and certainly in western cultures. We can often bring a competitiveness to most everything we do, including self care and health and Wellness.

Speaker 4

And so one of the important takeaways, as I I move into coping is that this is not an all or nothing and it's not a Sprint. Coping and distressing are ways to our our lifestyle, management and some days will be better at it and some days will be worse at it.

Speaker 4

Sometimes we'll be able to focus on a few elements, sometimes the only one, so this is not a prescription, but rather an outline. Things that you can think about. Incorporating interior life in small doses that overall could bring about some reduction.

Speaker 4

Instress

Speaker 4

So going back to the title of my presentation, distress for success distress stands is an acronym for for these elements of stress management that are well supported in the research literature related to stress management and mental health and Wellness.

Speaker 4

And I'm gonna talk just briefly about each of them. So dyett, this doesn't mean go on a diet and restrict your calorie intake, but it means think about um, what do you put in cheer by an how does it make you feel? And again, this is different for everyone, so there are no bad foods or off limit foods.

Speaker 4

But think about, um, how do you feel in response to what you eat?

Speaker 4

Some of us can eat a whole bunch of chocolate and feel really great. Um, long term. Others of us that needs to be a little bit and maybe not before bedtime.

Speaker 4

When we eat a whole bunch of complex carbs, you might notice that or simple carbs. You might notice that after lunch slump, after you've had that Nice Lovely Bowl of pasta versus if you've added some veggies to it and gotten some fiber or had a sandwich with whole wheat bread, things along those lines.

Speaker 4

When we're dehydrated from not drinking enough water and drinking too much caffeine, that can also have effects on our body and how well they handle stress. So it's thinking about and evaluating mindfully. How do you feel and putting things in your body that help you feel good?

Speaker 4

Exercise and moderation. We know is a great stress reliever. We're aiming for around 150 minutes of movement. Moderate movement, a week. So that doesn't mean you have to hit the gym in the same way, but are you getting out? Are you getting outside?

Speaker 4

Particularly as the weather stays good, getting some sunshine and moving your body during the day. I think this is especially important as we've moved to more distance or online versions of education, or there's not the same passing between classes and getting some almost.

Speaker 4

Yeah.

Speaker 4

Byproduct exercise from from transitions between classes or or things like that.

Speaker 4

Thinking about your support system, who's there for you? How do you communicate that you need support and share what's going on? This can be friends, family, loved ones. It can be professional, supports like your faculty or accessing counseling services or things along those lines.

Speaker 4

So thinking broadly about your support system and how can you have conversations with important people now before classes start about how they can deport you in times of stress?

Speaker 4

Time management is a perpetual one. I think for most folks, whether you're in school or you've transitioned into the workforce, there will always be more to do than we have time to do, and so thinking about your values and what's important to you and being proactive in how you manage your time.

Speaker 4

Rest and relaxation. These are getting adequate sleep, an addressing, any sleep issues that you might have.

Speaker 4

As well as having time for kind of mental relaxation so this isn't necessarily, I'll talk about escapes later where we're thinking more about maybe vacation time or hobbies, or or things like that. But relaxation here means how do you slow down an pause and take some quiet time?

Speaker 4

To reflect and just allow your mind to to relax.

Speaker 4

It's also important to have fun, and that's the escapes part. So what do you do for fun? I'll work in. No play is is not a good recipe for stress management, so intentionally scheduling in fun time, whether that social connection, whether that's watching your favorite movie, whether that's an actual vacation.

Speaker 4

Um, or going for a hike? Things like that.

Speaker 4

Studies smart sometimes. Pardon me when we're stressed we can get hyper focused and become less affective in our studying. So really trying to break things down into small, manageable pieces and plan out your studying as best you can.

Speaker 4

And allow breaks so that your brain can absorb the information that you're studying. And it's also important to monitor substance used. Fire studying your hippocampus, which is what brings information from your short term memory, which is where everything I'm talking about right now.

Speaker 4

Is and you're thinking about it and you're holding it in short-term memory. Your hippocampus is the part of your brain that moves that to long-term memory, which will help you. You know next week, hopefully remember some of the things that we're talking about right now. It takes about 3 days for that full process to take place.

Speaker 4

And for example, alcohol use will stop your hippocampus from working and you'll be less likely to consolidate those memories into long-term memory and be able to pull them back out when you need them for that test or quiz that might come up in class.

Speaker 4

And then finally self talk thinking about how do you talk to yourself in counseling services we often talk with students about being able to talk to yourself as if you were talking to your best friend. So if you wouldn't tell whatever you're telling yourself to, your best friend because it wouldn't be supportive and encouraging and compassionate.

Speaker 4

Um, you should probably question whether or not that's how, um, talk. Whether or not talking to yourself in that way is an affective approach. So really trying to be encouraging not so positive that you're outside of the realm of reality, but being encouraging.

Speaker 4

Acknowledging where maybe things need to change, but also being compassionate and helping yourself in that way.

Speaker 3

Cindy, before you move on, if I may add some Contra Time Management and study smart, some of the tactics and strategies were discussed in the faculty session, so I highly encourage students to go and watch that recording are, uh, we have three faculty members who gave really an important, I think strategies to approach.

Speaker 3

And as you said, you know, breaking down to small chunks, I think. I think there is. There's a lot that could be done, and especially as you pointed out during the COVID-19. You know. So the the the way in. Also in an online setting there are really great, you know, a ways to approach this, so I just wanted to make sure that I added that kind of.

Speaker 3

Uh, an part where you know we really go and actually, you know if you haven't participated, you can go and watch and learn a little bit more of those strategies and um, and the one thing that I know that you will probably talk a little bit about it. But um, it's also the communication faculty repeatedly said that, um?

Speaker 3

It's about reaching out to them and not only faculty, staff as well. We'll probably talk more about that as well, so thank you.

Speaker 4

Thank you, it is absolutely and I'm so glad that that resources out there. It's awesome that there's a specific place where students can go and really take in those tips and strategies. And I certainly agree about the communication. I think oh often, I hear students who.

Speaker 4

Are afraid to reach out to their faculty or staff and.

Speaker 4

Request help and share what's going on and to do that before before sort of the last moment. Oftentimes it and that goes back to some of that fight. Flight or freeze the the flight or freeze response often keeps us from effectively dealing with stressors, so that leads to the avoidance and then.

Speaker 4

Kind of the pressure has to build up to get um kind of get over that avoidance factor and then by that time sometimes it's so late that it's hard for others to be helpful and responsive. So early and affective communication with your professors is so vital and can really prevent.

Speaker 4

A lot of stress from happening because it's often the unknown and the questions that we have in our head or the assumptions or stories we make up in our own mind that lead to the strategy. Sometimes just finding out the facts and kind of taking taking things head head on can really reduce the stress much more quickly.

Speaker 4

Than waiting and avoiding and hoping it might go away. So thank you adi's.

Speaker 3

Yeah, and send it just to add to that that's gonna be in our careers as well. You don't do things ourselves. We do it with the team. We do it with our work family. Or are, you know, regular family, but uh, CW, you know Central Washington University is a big family.

Speaker 3

So you know someone will come and help you, but you just have to ask for it and so our motor is also don't be shy so just you know just feel free to come and reach out to us. So I just wanted to point it out so I appreciate it from you.

Speaker 4

That's awesome ideas. Thank you so much.

Speaker 4

Oh

Speaker 4

So and this next slide kind of goes along with that, right?

Speaker 4

One of the important things about stress is understanding what's in our control and what's not in our control, and often stress comes from trying to control things that that aren't in our control, so being able to recognize the limits of your control on others.

Speaker 4

And so oftentimes kind of going back to the communication piece, whether that's in school environment or in a work environment. Oftentimes people will tell me I don't want to ask because I'm afraid of what the response will be. I don't know if they'll say yes. I don't know if they'll say no. Whatever it is, that one might be hoping for in the response.

Speaker 4

Um and this is true in relationships as well. General relationships, friendships, dating, relationships, families.

Speaker 4

We ultimately don't have control of others in the decisions that they make or the responses that they give us. We only have control over our ability and willingness to approach an engage and then be open to hearing another person's response and then then deciding what we want to do with respect to that. Whether we want to.

Speaker 4

Negotiate or accept it, or set limits, and so that's really. That's an important thing when we can kind of let go of the fantasy that by avoiding we can better control somebody else's response. It's a lot easier to engage and deal with things in the moment.

Speaker 4

Um, there are also some just factors. I think COVID-19 is an excellent example of this. There are just some environmental things that are outside of our control and being able to think about what choices can we make within a particular context is much more helpful than than wishing we could control some other things.

Speaker 4

We've talked about contributing to stretch your top. It's also important to understand your own limits and those limits change from moment to moment. Sometimes we feel on top of the world and we can tackle many, many things an other days are harder and we might not be able to get as much done.

Speaker 4

Perhaps, um, you know, there's really there's additional stress related to current events and you're really impacted by.

Speaker 4

You know, uh, another shooting of an African American person or the election or getting bad news from back home or a friend is really stressed or or things like that. So what's happening in our wider environment can impact our limits on any particular day.

Speaker 4

And it's important to build in enough flexibility and compassion with yourself to be able to navigate those times of decreased effectiveness and then be able to care for yourself and then come back and Recommit to to the things that are important to you.

Speaker 4

And too often we assume that we should function at the same level every day, and that's just not how humans work. But we have to be able to adapt and Flex.

Speaker 4

Um, I've talked about being careful about alcohol, caffeine, and other drugs, including tobacco or.

Speaker 4

Learning to say no when appropriate. Learning to be assertive.

Speaker 4

Learning again when you can change your environment and when acceptance is a better approach and limiting social media search the median. Be very helpful and connect us to the world around us and to others. It can also be an opportunity for sort of mindlessness or additional stress and so just monitoring again. Kind of like with your diet.

Speaker 4

How does your social media use help you feel? And based on that, are there changes that you might want to make about it?

Speaker 4

Um?

Speaker 4

I will refer.

Speaker 4

You to the recording that it is mentioned, but this is my one slide on time management. Start by doing what is necessary then what is possible and then suddenly you are doing the impossible. So really thinking about.

Speaker 4

What is most important to you in terms of your values, the demands that are placed on you by others really think about what is necessary from a really sort of bare bones approach to it. Then think about what comes next. An if you focus on those things on those small things.

Speaker 4

Um, you will end up putting a lot of things together that can be really helpful to you.

Speaker 4

The last thing I'm going to talk about in terms of a particular skill for stress management is mindfulness. This gets a lot of play in popular culture for the last several years, and there are a lot of different assumptions about mindfulness and whether or not it's connected to particular.

Speaker 4

Spirituality's or religions. When I talk about mindfulness, I am talking about a very specific skill set about stopping and paying attention. So it doesn't mean you have to meditate or other things, but it's about how much can we bring our minds to the present moment. We know from research that people tend to spend about.

Speaker 4

80% of their thought life either in the past or in the future and going back to the slides about what can we control. The only place we have any ability to make effective action is in the present moment. We can't change the past and we can't control the future.

Speaker 4

But we can have active act in the here and now and so the other element at that is not judging our current experience or present moment as good or bad, but simply allowing it to be what it is allows us to also be more affective in our response.

No.

Speaker 4

So mindfulness has, um.

Speaker 4

Several benefits that I have again have been well researched. Um tends to lead to more patience. I know when I'm focused in the future, my patience for the present is quite low.

Speaker 4

We tend to have better focus and productivity.

Speaker 4

We tend to be have increased compassion for ourselves and others because we aren't judging things as good or bad, or whether they're matching up to the past or the future.

Speaker 4

And we tend to be more aware of our bodies, so going back to being aware of our stress levels.

Speaker 4

And how various things impact our stress levels. Mindfulness tends to help us be aware of our body and our body is our best signal to let us know about how we're coping and what our stress levels might be like.

Speaker 4

And then overall people tend to experience less stress and anxiety through the use of mindfulness.

Speaker 4

So again, I'm going to stop for just a moment. Here. I want to make sure that we leave time for her questions and answers as well, but I'd like you to take just a moment.

Speaker 4

And you can close your eyes. You can leave your eyes open however you want to do it and just allow yourself to notice your breath so you don't even have to change it. You don't have to breathe deeply or or anything else, but I just like you to notice the experience of breathing right now.

Speaker 4

Are you breathing in through your nose? Do you breathe in through your mouth? How do you exhale again? Is that through your nose or your mouth?

Speaker 4

Just trying to be curious about what it feels like to breathe. Do you feel your ribs move or your stomach move?

Speaker 4

And then notice that your mind has probably already wandered as you've tried to focus on your breath and just acknowledge that it's not good. It's not bad, it's just what our minds do. They they wander from place to place and bring your attention back to your breath.

Speaker 4

Maybe this time trying to change your breath in some way. Can you intentionally breathe a little bit deeper on the way in?

Speaker 4

And maybe a little bit slower on the way out.

Speaker 4

And just take five breaths, paying attention to your breath.

Speaker 4

Noticing when your mind wanders and bringing it back into bringing your attention back to your breath, so breathing in.

Speaker 4

Anne breathing out.

Speaker 4

In creating in.

Speaker 4

Yeah, I'm breathing out.

Speaker 4

And breathing in.

Speaker 4

And breathing out.

Speaker 4

Anne breathing in.

Speaker 4

Man breathing out.

Speaker 4

And just notice what that was like for some of you that might be have been really easy for some of you. You might have caught your mind wandering all over the place, whatever your experience was, that is a great experience to have because it tells you something about your mindfulness and your ability to be in the moment.

Speaker 4

And so just a simple practice along those lines can really help you learn to bring your focus into the moment and can be a nice practice just before you start working on something just to settle yourself down, bring your attention into the moment notice what's going on for you, and then be able to focus on what you need.

Data.

Speaker 4

If you're interested in mindfulness, there are some resources the UCLA has a great website on mindfulness. You can find all sorts of YouTube videos out there and then there are several mindfulness apps, some of which are free, some of which have some charges associated with them.

Speaker 4

Summer hybrid, um but the com app I can say is particularly one that my daughter likes to use and they have some free elements in it. Breathes headspace for many years. Has offered a reduction to college students in terms of their subscription plan. They also have some things that are free in it.

Speaker 4

So that could be one to talk to. Check out and then I'm gonna is another app as well.

Speaker 4

And then just a little bit about us. And then we'll move to Q&A. So student counseling services we are offering all of our services through a teletherapy format this quarter through a secure, HIPAA compliant format with video chat or telephone. If you are an enrolled in the matriculate eed student.

Speaker 4

You're eligible for our services by virtue of paying the health and counseling fee. This is.

Speaker 4

Traditionally, we've only been in to Ellensburg students, but we are now available to provide services to all of our CWU students. So whether you're a student at the centers or completely on line student or in Ellensburg, campus student, you are eligible for services.

Speaker 4

You're a student who resides outside of Washington state. There are some, um, legal issues around us providing our full menu of services to students residing outside of Washington state has to do with licensing laws, but we do still have some options for you, and so we would encourage you if you're interested.

Speaker 4

To make a first appointment with us so that we could talk to you about what options we have available to you.

Speaker 4

Um, we offer individual therapy group therapy workshops.

Speaker 4

Crisis services and also consultation. So if you are listening and you are a student, a faculty, staff or a loved one in your concerned about a CWU student engineer or not sure maybe how to approach that conversation. What resources are available? Those types of things? We're always happy to talk with you and share our knowledge.

Speaker 4

Both about campus resources, community resources and just how to have a conversation that might feel a little bit intimidating or difficult.

Speaker 4

And there is our contact information and I will leave that up while I field any questions that there might be from the audience. So thank you so much.

Speaker 1

Thank you Cindy, that was wonderful. I feel better just stopping and breathing. You know it will we have to be reminded and I'm student.

Speaker 1

Feeling that you know with moving in and all the things that have to go with that or you know online getting your books and the other things that go with that virtual environment it.

Speaker 1

We just forget to stop and take notice. Yeah, absolutely, that was just great. Lots of resources too.

Speaker 1

So delana did we have some questions or chat you wanna ask?

Speaker 5

Yeah, we have, uh, first the our first question, um, whether you would consider or is praying, considered a meditation opportunity.

Speaker 4

Absolutely, I think, depending on your particular spirituality and how prayer works in your life, I would certainly put that in the category of meditation or that rest and relaxation, or mindfulness, certainly within most monotheist stick.

Speaker 4

The world religions. There's an element of a contemplative prayer type that is particularly sort of close to how we might secularly think about mindfulness. The the focus is a little bit different, but the experience is very much the same, and the stress reduction benefits or are quite similar.

Speaker 5

So absolutely thank you, um, are the counseling services free with no additional charge over the um?

Speaker 5

The campus fee, the.

Speaker 4

Sure, yeah, so yes. So the only feed for counseling services is the mandated health and counseling fee that students.

Speaker 4

Matriculate, eed, students pay for. We don't charge for any other services. Don't bill insurance or or anything like that. We're completely student fee funded with a little bit of state money that funds a couple of our positions as well.

Speaker 5

And kind of a piggyback on that. Um, the is there a limit to the number of sessions that are available to students? Sure, and how do we make an appointment?

Speaker 4

All right, all of this awesome. So in terms of a session limit, we don't have a hard session limit like some University counseling.

Speaker 4

Services might, so you might hear at other places you know you get sick sessions or you get such and things like that. We understand that each student circumstances are unique and some students may have a lot of resources to seek services in the community, and other students may have a number of barriers that.

Speaker 4

That make that really hard. Um, at the same time we're also balancing the demand for services and trying to serve as many students as possible with a staff number that.

Speaker 4

Isn't likely to grow exponentially in the next several years. So what we we talk about is that we really try to do focused counseling an we try to think in about 10 individual sessions a year. If you're wanting individual sessions.

Speaker 4

What we find is, on average, most students come about four sessions is if we look at that four to six. Session tends to meet most students needs. So what we would do in terms of making an appointment for services so our phone number is up on the screen, it's 509.

Speaker 4

963-1391 and you can start calling next Tuesday, September 8th to request fall appointments we make an initial consultation appointment with you so that so 15 minute appointment where we would talk with you about what your concerns are. Get some background information about.

Speaker 4

You and kind of what you've been dealing with and then we would talk with you about our menu of services and work with you collaboratively to figure out what would be best for you. Sometimes that is individual services, sometimes that's group services. Sometimes that's a combination of the two.

Speaker 4

Sometimes students are really clear from the outset that they want long term individual care and so an they have resources related to being able to access those services. But they're just kind of not sure how to navigate that.

Speaker 4

So in those cases, might, um, do some short term work while helping teach students how to navigate their insurance and finding a community provider and so kind of doing some bridge services in that way. So we really try to just sit down and talk with you about what we have, what you're wanting, and then how do we make the best plan to support you moving forward.

Speaker 5

Sounds great, um. Another question was whether the FAFSA they can use their financial aid to pay the counseling fee.

Speaker 4

Oh, we're starting to get a little out of my depth, but so it's an automatic charge to your account, so you'll be charged tuition and fees I think is kind of how that goes. And then if I understand how financial aid

Speaker 4

Works um when your financial aid award divorce is first applies to anything that's a balance on your account so that tuition and fee it would go to that. And then you. If you have leftover from your financial aid disbursement, that's when you get that awesome check that I remember waiting for.

Speaker 4

In my college days.

Speaker 4

That you can use to pay your rent and an other things, and so there's no expectation that you show up in our office with a credit card or you know cash to pay that fee. It's really you won't even notice it.

Speaker 4

Last reason for today forgets to charge it to you, and then we discover that and then you'll see that a separate fee show up on your account.

Speaker 2

Is it possible to go back to the screen that listed all the apps so students can write those down?

Speaker 4

Yeah, absolutely.

Speaker 5

Is counseling limited to academic issues?

Speaker 4

Oh no, absolutely not. So we are so our clinic is staffed by licensed psychologists, licensed mental health counselors, and then folks who are finishing up.

Speaker 4

Their training in order to be licensed in one of those two areas, and they work under the supervision of someone who is licensed either as a psychologist or a mental health counselor. And so we are trained as Generalists and students come to us for a wide range of issues. Certainly academic concerns are, you know, something that we.

Speaker 4

Talk about because we're a University counseling center and your academic success is important to us. However, we address everything from depression, anxiety, trauma, both recent and past. So PTSD types of things, bipolar disorder.

Speaker 4

Relationship concerns we also offer some relationship therapy. Both students, both partner members of the relationship needs to be currently enrolled CWU students, because that's who we focus on serving. So we do do those types of services as well, so relationship concerns.

Speaker 4

Relationships concerns because you're not in a relationship and you wish you were navigating. You know friendships, um, family issues. We also work with a lot of students who are.

Speaker 4

Exploring identity, so whether that's sexual orientation, gender identity, working to make um transitions related to their.

Speaker 4

Gender conforming medical treatments and things along those lines. Racial identity development. Navigating our current sociopolitical environment and the experiences of oppression and discrimination are often a topic that will bring people to see us as well. So we serve.

Speaker 4

Sort of.

Speaker 4

Everything in anything so no concern is too small and most concerns are not too large, and if we feel like you need more support than what we're able to provide and then we will work with you to find those resources as well.

Speaker 5

And if you were looking for academic counseling on what courses to take and those kinds of things, you'd be.

Speaker 5

Reaching out to your advisor, yes, absolutely. This is your mental health, your well being, and the things that impact.

Speaker 5

You in that way, yes.

Speaker 5

Great thank you. Um, would you recommend doing breathing exercises daily as a routine or as needed for students who have trouble managing stress?

Speaker 4

That's a great question. I recommend doing it.

Speaker 4

At least twice a day, whether you feel stressed out or not.

Speaker 4

Kind of the analogy I use is you know, so anything you practice becomes more affective, right? Um, and so it's kind of like working out.

Speaker 4

Working out then you know if you workout on a regular basis, including strength training and that and then I don't know you're moving and you have to move that really heavy box, you're going to be much more effective at moving that heavy box than if you just try to move the heavy box. And so similarly with the breathing exercises or mindfulness or whatever kind of stress reduction.

Speaker 4

Um, things work best for you. The more you practice them when you don't need them, the more affective they're gonna be in. Sort of a big.

Speaker 4

Hate to use the word crisis, but basically sort of a crisis situation so a lot of students will say like I tried deep breathing and it didn't work. When I had a panic attack and I was like, well, have you ever tried deep breathing when you didn't have a panic attack and then you say no and I said, well, your your body didn't really know what to do so.

Speaker 4

Being able to practice it when you don't need it will actually make it much more effective, as well as providing some protective factors in terms of your overall stress levels. So yes, breathe, breathe as much as you can as many times a day as you can. Just don't hyperventilate.

Speaker 5

Thank you, um, let's see, um?

Speaker 5

There's a question I I was trying to search the web for that fee. There's a question about what is the fee?

Speaker 4

So students who are enrolled in at least 6 credits. If you're an undergraduate, I believe it's 5 credits. If you're a graduate student or charged our full fee of \$102.96.

Speaker 4

Don't ask me how they came up with ten, \$0.96.

Speaker 4

Before my, um, if you're enrolled in fewer credits than that, then there's a prorated fee that gets charged based on the number of credits that you're involved in. I believe that that chart is found at somewhere in the registrar's office if these search.

Speaker 4

See the use.

Speaker 4

Fees you can usually find it. It'll list all the fees from RP all the way through rec and other things, and I should note that fee as it's called a health and counseling fee so it does also cover access to our student Health Services which is located on the Ellensburg campus.

Speaker 4

We are also working hard right now through an RFP process to be able to bring in a vendor who could provide additional Tele health and Tele counseling services. So we hope to have some information about that rolling out later this quarter and have additional options available for students, particularly those who don't reside.

Speaker 4

In Ellensburg for the health related service. Again, you don't need to reside in Ellensburg. Access the student counseling services.

Speaker 5

An then are the counseling services private and strictly private so parents or guardians are not do not have access to the conversations and the information that you discuss.

Speaker 4

Absolutely thank you. So counseling services are confidential by law. There are some exceptions to that and I'll share those in a minute.

Speaker 4

But um, we're so all of our records and communications by law are privileged in a similar manner to if you were speaking with an attorney, you, as the client, hold that privilege and no one else at the University has access to our records.

Speaker 4

We need your written consent to be able to share information under normal circumstances with anyone. So even if you were to tell your parent or loved one support person that you were seeing someone at counseling services and they called up to, I don't know. Verify your appointment or say like hey, I am concerned about.

Speaker 4

My student, um, what they'll hear from us is we can't confirm or deny that anybody is a client at our center without a written release of information and so.

Speaker 4

If you believe somebody is being seen here, I would encourage you to talk to them about signing a release of information. Otherwise we can't confirm or deny the legal exceptions to that are. If you are a danger to yourself or others and we can't work out a way for everybody to stay safe, then we need to bring in some external supports to ensure safety.

Speaker 4

We try as hard as possible to work with you to determine what those supports are. So whether you would want us to contact you, know a friend or family member, or we need to bring in emergency responders. Or there's a wide range of things that could happen, but we work collaboratively with you to determine how to keep everybody safe.

Speaker 4

Um, if we are mandated reporters in terms of suspected child elder or dependent adult abuse. And so again we would chat with you if that seems to be coming up. If your records are subpoenaed by a court of law, that doesn't come up for a lot of students, but sometimes.

Speaker 4

We would try to share as little information as possible.

Speaker 4

And talk with you about how to be responsive to that, that subpoena, and then finally, sometimes um, certain jobs, usually with security clearance, high security clearance. If you want to work for the FBI, the CIA, some federal government positions, the military.

Speaker 4

Things like that they can require as part of their application process that you would release records to them, so it's not us voluntarily releasing records, but they do ask you to sign an ROI as part of that. So if you're thinking about that, that's something that's important to discuss with your counselor at the beginning of.

Speaker 4

Initiating services so that we can work to protect your privacy as much as possible.

Speaker 5

Great thank you, um, so just to clarify that students without insurance can access all these resources. There's no, they don't need to have insurance. They paid the medical and counseling fee and they they have access.

Speaker 5

Let's see here.

Speaker 5

Um, do you have alternative resources or recognized resources for nontraditional students specific to non? You know, empty nesters or.

Speaker 5

Stuff like that or yeah.

Speaker 4

Um, in terms of specific resources or services so.

Speaker 4

You know, as I talked about, we we serve students with a wide variety of needs and presenting concerns, and sometimes those are nontraditional students who are navigating, you know, work in school in a different way, or parenting or caring for a loved one.

Speaker 4

And school, or you know others identity transitions. Things along those lines. So I feel very confident and saying that all of our staff or well versed in working with the concerns that non traditional students might bring including just transition back to the classroom.

Speaker 4

And social adjustment where it can be hard to maybe form connections when you're feeling.

Speaker 4

Different or out of time sync with the some of the students around you. The other thing I would say is in terms of our support groups or therapy groups. We offer a variety of those that are kind of standard that a lots of students want, so we do anxiety and depression. An academic.

Speaker 4

Coping and some things along those lines. But we're also very student driven student, interest driven, and so if we had, you know, a number of.

Speaker 4

Nontraditional students who wanted to get together and support each other and talk together about what it might be, what it is like to be a non trad student and navigate the University as well as the multiple demands that you're facing. If we got a core group of 6 to 8 folks who wanted that.

Speaker 4

We would create a group around that and so we also try to shift our our services and our offerings based on student interest in what seems to be most needed at any particular time.

Speaker 5

Um, so I think the last one that I have for that's related to the counseling center, um?

Speaker 5

If somebody thought they had a attention deficit, issues with would attending meeting with the counselors be the route if they were interested in medical treatment for that?

Speaker 4

So there are several options in terms of getting supports for attention deficit.

Speaker 4

So certainly counseling can be helpful in terms of helping someone work out kind of behavior, management or behavior modification strategies that can help with organization time management.

Speaker 4

Um?

Speaker 4

How to bring yourself back on track. Things that are more likely to increase your ability to pay attention and retain information and and work in the in the college setting and in other settings. So we have a lot of strategies that we we know are helpful for people who struggle with attention, whether that's with a formal diagnosis of.

Speaker 4

Diagnosis of ADHD or just noticing that that's something that happens for you, so I certainly encourage you to to chat with us about that in terms of medication. If somebody is seeking medication for that,

that would be more of a student health services start depending on weather and you have nation in the past.

Speaker 4

Um, our providers might be able to just continue that medication and monitor it for you so you don't have to. You know, travel back to the West side or whatever. If you're here in Ellensburg to get those medications they can work with ongoing providers. If they you are interested in starting medication, they usually require some sort of A.

Speaker 4

Formal diagnosis um before they start. Um ADHD medications. Just being extra careful 'cause those medications can have side effects. So we want to be mindful of student health.

Speaker 4

Under normal circumstances, we do provide testing for ADHD during our current kovid we are unable to do that because it requires so much face to FaceTime in close proximity to get that tested done. So we are currently refering that testing off campus.

Speaker 4

To a place called Valley psychological services, they have been able to move all of their testing to an on line format, which was a financial lift that we weren't able to make. But they do take a variety of insurance. Is there have been quite successful in getting insurance to pay for that assessment and testing?

Speaker 4

And also have a sliding scale of students don't have insurance, so that's our unfortunately our best resource if you're looking for accommodations help in the classroom in terms of equal access, then we would encourage you to contact disability services and they can work with you about kind of where you're at.

Speaker 4

If you have documentation or you don't, and then what types of academic accommodations might be available to you to help facilitate learning?

Speaker 5

Great and I are are these other questions that I have in the Q&A, um, about what venues are available for interacting with peers during covid, or whether you can take online classes outside of the US. If you're just visiting, those are a little. I'm not sure if that's

Speaker 5

I don't know that that's in the realm right now, so.

Speaker 1

No, and we can probably look at those if they're you know and and email them if their name is on there. Maybe give them some information.

Speaker 4

In terms of the social connections, what I would encourage people to do is to either look up on The CW website.

Speaker 4

Or um, on Instagram their their Instagram is at CWU. Hype by PE hype is kind of a centralized resource for pushing out all sorts of events that are happening for CWU students.

Speaker 4

And so each quarter they publish a variety of things, and I know they've been gathering both virtual and in person things so.

Speaker 4

CW has a huge presence on Instagram. Just searching CW. You in a variety of things could help push get you connected about what's going on and give you lots of opportunities to connect with other students. And we tried through our.

Speaker 4

Account Instagram account which is CW_counseling_services to publish as many of those in our story as possible so that students are aware of what's happening and what they can participate in.

Speaker 1

OK, I think were built well. Were little overtime there, but it certainly has been just total wonderful information. Cindy and students are very lucky. We have great resources and particularly in these times you know not just offering alive, but having that available.

Speaker 1

Um connection via the web. So um, will have this video with the resources available on our website. Again, um, that is CWU.

Speaker 1

Dot Edu.

Speaker 1

\ online learning on line.

Speaker 1

- learning right? Am I right?

Speaker 5

Yeah, and I put it in the chat so.

Speaker 5

Thanks for the.

Speaker 5

Direct link. And then there's the direct links even to the student webinars so.

Speaker 1

Yes, that's what that will be great, and so I think I almost had it there though.

Speaker 5

I think we discussed yesterday I had.

Speaker 1

So anyway, thank you so much and we want to thank those that are still here with this.

Speaker 1

For for coming and join us again in a couple of weeks.

Speaker 4

So thank you so much for the opportunity. I really appreciate it.

Speaker 1

Thank you.