

Quarterdeck Meeting 3/6/2012

- “do something about End of the Semester Stress”
- Presenter Counseling and Psychological Services (CAPS)
- CAPS Presenters
 - Elisaida Mendez is a pre-doctoral psychology intern at U of M – CAPS. She has a master’s degree in Psychology from Temple University. Her interests include working with students of color and international students, adjustment issues, negotiation of cultural differences, and social constructivism.
 - Dr. Mirka Ivanovic is a post-doctoral fellow at University of Michigan Counseling & Psychological Services (CAPS). She is a graduate of the Chicago School of Professional Psychology. Her clinical interests include identity development, grief/loss, career issues, and multicultural issues in therapy and supervision.
 - Dr. Christine Asidao is a Counseling Psychologist and the Assistant Director of Outreach and Education at the University of Michigan Counseling & Psychological Services (CAPS). She is also the Chair of the Association for University and College Counseling Center Outreach. Her clinical interests include family of origin issues, eating and body image, working with students of color and relationship concerns.
- Major points of presentation
 - Stress factors
 - Building awareness of the signs of stress within yourself, and your peers
 - Coping mechanisms
 - How you can help yourself, and others
- Handouts attached below with more information
- Quarterdeck business
 - DAPCEP is still going on
 - Contact Matt (grahmatt@umich.edu) or Val(vbartho@umich.edu) if you are interested
 - Whirlyball is Friday 3/16 at 5pm.
 - Spring Banquet is coming up
 - Need to RSVP by April 2. See Warren or Nathalie

do something

Mitalk

mitalk.umich.edu

do something.

counseling and psychological services
Free and confidential services for currently enrolled UM students

CAPS provides:

- Brief individual, couples and group therapy
- Drop-in workshops
- Outreach presentations
- Urgent / crisis intervention
- Psychiatric evaluation and medication monitoring in conjunction with ongoing therapy
- Assistance with referrals
- Consultation

Who can use CAPS?
Currently enrolled U-M students

CAPS staff is diverse with regard to:
Race/ethnicity, country of origin, gender, sexual orientation, religious beliefs, age, professional discipline and intervention approaches

Top 5 reasons students visit CAPS:

- Self-esteem
- Relationship issues
- Academic concerns
- Depression
- Anxiety

How to schedule your first visit:

- 1 Complete a consent form & computer assessment @ CAPS
- 2 Schedule your first appointment

Watch the video:
How to Make Your First Appointment
www.youtube.com/watch?v=IDO6Jneo6sl

more info

wellness zone
drop in and relax.

What is the Wellness Zone?
The Wellness Zone is a self service resource to maximize emotional wellness and well-being. No appointment needed!

What is wellness and emotional well-being?
Wellness is an ongoing, proactive and positive approach to living. Emotional well-being is the experience of life balance and contentment that enhances resiliency to stress.

Because wellness and emotional well-being are multidimensional and individualized, the Wellness Zone provides a wide range of resources for you to choose from that best fits your own wellness needs. So drop in, get in the zone, and relax with:

Massage Chairs

You are invited to drop in and enjoy the benefits of a customizable chair massage. Listen to relaxation and meditation programs through the built-in MP3 player.

Biofeedback Programs

StressEraser
The StressEraser is a small, portable, biofeedback stress reduction device. It works by helping you relax your body and calm your mind by changing your breathing and your focus.

Journey to Wild Divine
Gaming software that combines biofeedback technology with breathing and meditation skill training to enhance the awareness of your thoughts, feelings, and breath as you move through a visually rich gaming realm. Also includes bonus tracks with training sessions in meditation and relaxation techniques.

Yoga Mats/Blankets

Roll out a yoga mat for some poses or general stretches, which relieve muscle tension, quiet the mind, and promote relaxation & restoration. Yoga blankets can be used for extra support and comfort in various poses.

Meditation Tools

A range of meditation sitting cushions, timers and other supportive equipment are available to enhance your sitting meditation practice.

Light Therapy

SAD lights help alleviate the "winter blues" - enjoy sitting under it for 20 minutes each morning. Bring your breakfast and a friend!

Kinect!

Come "connect" with other students. Enjoy down-time and experience the benefits of play with our Xbox Kinect system.

Special Events

We will offer occasional movie nights and wellness workshops. Check out our websites for a current list of offerings.

Location
Counseling & Psychological Services (CAPS)
3100 Michigan Union

Hours
During academic year
Mon-Thurs 8am-7pm, Fri 8am-5pm
During spring/summer
Mon-Fri 8am-5pm

Websites
www.umich.edu/~caps
www.mitalk.umich.edu

CAPS is a unit within the Division of Student Affairs

Call or walk in to see the Counselor on Duty.
No appointment is necessary.

What else does CAPS do?

- 1 mitalk.umich.edu
online screenings, skill-building tools and multimedia
- 2 **do something.**
outreach initiative promoting college student mental health awareness
- 3 QPR
suicide prevention program
- 4 **Community mental health**
provider list: www.umcpd.org

HOURS

Fall & Winter
Mon-Thurs 8 AM - 7 PM
Fri 8 AM - 5 PM

Spring & Summer
Mon-Fri 8 AM - 5 PM

LOCATION
3100 Michigan Union (3rd floor)
530 S. State Street, Ann Arbor, MI

MORE INFORMATION

734.764.8312

www.umich.edu/~caps
www.mitalk.umich.edu

UNIVERSITY OF MICHIGAN
DIVISION OF STUDENT AFFAIRS

do something

Mitalk

UM STUDENT MENTAL HEALTH WEBSITE

HELP YOURSELF HELP A FRIEND

TOOLS FOR STRESS RELIEF & ACADEMIC SUCCESS

DOWNLOAD YOGA VIDEOS & MORE

OPEN 24/7 LIKE 7-11

One Minute Stress Strategies

TENSION RELEASE

Most of us tend to tense our muscles too much during the day. Releasing this tension is relaxing. This brief exercise involves first tensing the whole body in order to accentuate the feelings of relaxation when the tension is released.

Tense yourself all over, one part at a time. Try to bend your toes up as if to touch your shins and hold them there. Tense your thigh muscles ...tense your buttocks...tense your fists and your arms...take a deep breath and hold it. Clench your jaws and close your eyelids. Hold yourself tense all over for 4 or 5 seconds. *Then Let Go All At Once.* Do not ease off, let go. *Feel The Tensions Leave Your Body.*

DEEP BREATHING

As we become tense, our breathing becomes shallow. We tend to breathe just from our upper chests. A full, deep breath gets more oxygen into our systems and helps get rid of carbon dioxide and other toxins.

Take a deep breath. Hold it for about 3 seconds. Then let it out all at once (with a sigh if you want). As you let it out, let your jaw relax, your shoulders relax and think, *Calm.*

FOCUSED BREATHING

Focusing on a physiological process can help calm mental activity, which in turn can result in physical relaxation. As we occupy our minds with thoughts that stress us, our bodies become stressed. If you are one who is bothered by racing thoughts that sometimes are difficult to control, this technique may help you get a mental break.

With your eyes closed, shift your attention to the tip of your nose. As you breathe in, become aware of the air coming into your nostrils. As you breathe out, be aware of the sensations of the air passing back out. *Do This Several Times.*

IDEAL RELAXATION

With your eyes closed, take a moment to visualize an ideal spot to relax. You can make it any place attractive to you, real or imagined. See yourself in comfortable clothing. Once you have created this spot, go use it for 15-20 seconds whenever you feel the need to relax.

Hope you enjoy and benefit from "One-Minute Stress Strategies".

Shared by University Health Services
Adapted from David G. Danskin, Ph.D. "Quick-Mini Stress-Management Strategies for Work, Home, Leisure."
Available from Danskin Associates, 1716 Poyntz, Manhattan, KS 66502.