

HERE'S WHAT'S HAPPENING

One Whole Year of Mental Wellness Resources!

We are now in volume 2 of the JeffHELP e-newsletter. That means that we have a year of resources archived on our website. Looking for tips on having healthy relationships? How about on giving presentations, confronting anxiety, and being prepared? Or, maybe you're interested in raising your self-esteem. You can find all of this and more in our archived e-newsletters. Just [click here](#) to see the list of resources.

Announcing a NEW program for students

JeffHELP SERV

SHARING: EXPERIENCES, RESPECT, RESOURCES, VISION

JeffHELP SERV is a program designed by students for students at Thomas Jefferson University. It is comprised of students who wish to be a listening ear for peers who need some additional support and would like someone to talk to about current concerns. [Click here](#) to learn more, or to schedule a meeting with a JeffHELP SERV member.

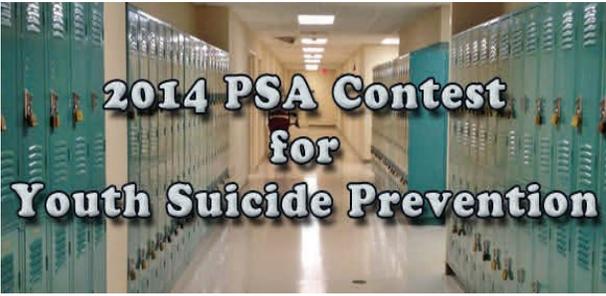
Survivors of Suicide Support Group



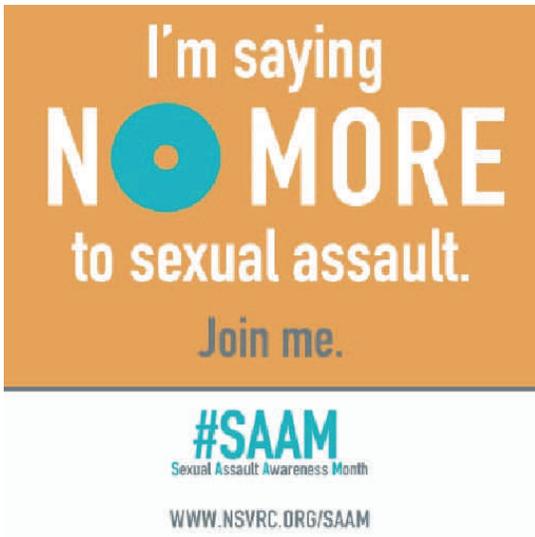
Survivors of Suicide Support Group

This is a Jefferson employee and student support group for those who have lost a loved one to suicide. The group meets on the second Friday of each month. There are two group time options; at 1:00 PM and 4:00 PM. They both meet at 833 Chestnut Street, Suite 230, group room. Please contact Virginia (Ginger) Biddle, PhD, RN, CRNP (215-955-6593, Virginia.Biddle@jefferson.edu) with questions or interest. The next meeting will be

You Can Vote for the Winner!



The Pennsylvania Youth Suicide Prevention Initiative (PAYSPI) hosted its second annual PSA contest. This contest was open to all high school age students in the state of Pennsylvania. Each high school was able to submit one entry in four different categories; poster, 15 or 30 second audio, 30 second video, and 60 second video. The finalists are now posted on the PAYSPI website, and you can check them out and vote for your 1st, 2nd, and 3rd place choices. The students have done some quality work. The winners and honorable mention submissions will be available via the PAYSPI website for public use, and the winner will be an invited guest at the 2014 Suicide Prevention and Awareness Night at the Ballpark with the Harrisburg Senators. [Click here](#) to vote and for more information on the PSA and the Senator's game.



April is Sexual Assault Awareness Month (SAAM)! This year's campaign focuses on healthy sexuality and young people. Join us in spreading the word about #SAAM by participating in the National Sexual Violence Resource Center's 30 Days of SAAM Contest! Here's how:

Each day in April, post a photo that reflects the day's theme for your chance to win a SAAM prize pack.

Make sure to use the hashtag #30DAYSOFSAAM and tag @NSVRC in your post.

UPCOMING EVENTS

Tackling the Interview Jitters: How to Interview Well

Tuesday April 1st

12:00 PM - 1:30 PM

833 Chestnut St. Suite 230, Group Room 2304



Come learn about tips and strategies to overcome interviewing stress and anxiety. The Student Personal Counseling Center (SPCC) and the Career Development Center staff will present methods to help you manage interviewing stress and to feel more confident on your interview day. For more information or to reserve a spot in this workshop, contact Dr. Blue at shawn.blue@jefferson.edu or 215-955-6188.

Open to all Thomas Jefferson University students and HouseStaff.

Sponsored by the Student Personal Counseling Center (SPCC) and the Career Development Center



Stress-Less Fair

Monday, April 7th from 12 to 2 pm

Hamilton Lubert Plaza

(Rain location, Eakins Lounge, Alumni Hall)

Come de-stress at the Stress Less Fair! Cuddle with therapy dogs, paint away your woes and show off your cookie decorating skills. Learn the tips and techniques to help you relax and reduce the stress in your life. Everyone is welcome, so bring a friend and enjoy the fair together. This event is sponsored by Active Minds and JeffHELP.

"Who Am I" Workshop

Have you ever been curious about what you are about? How your personality is important in making decisions? Making friends? Selecting a career?

The Myers Briggs Personality Test can tell you which of the sixteen personality types you find the most comfortable. This information can be useful in helping to decide on a major, a career, a relationship and even help you interact better with school and professional staff.



Please contact [Dr. Shawn Blue](#) with questions or for further information.

Monthly Poll Question

What would be your preferred vacation destination to get a break from stress.



[Click here to vote!](#)

March Poll Results

Last month we asked ""What are the major barriers you have to communicating with a friend or loved one?"

Here are the results from most votes to least:

- ◇ Interpersonal conflict
- ◇ Energy
- ◇ Time
- ◇ Conflicting schedules
- ◇ Fear
- ◇ Laziness/apathy
- ◇ Forgetfulness

Four Simple Techniques for Managing Stress

Taking steps to manage stress has a double benefit. The actions you take will help you feel less stressed right away and more in control of your life, giving you a greater sense of well-being

Positive Self-Talk

Self-talk is one way to deal with stress. We all talk to ourselves; sometimes we talk out loud but usually we keep self-talk in our heads. Self-talk can be positive ("I can do this" or "Things will work out") or negative ("I'll never get well" or "I'm so stupid").

Negative self-talk increases stress. Positive self-talk helps you calm down and control stress. With practice, you can learn to turn negative thoughts into positive ones. For example:

Negative: "I can't do this." "Everything is going wrong." "I hate it when this happens."

Positive: "I'll do the best I can." "I can handle things if I take one step at a time." "I know how to deal with this; I've done it before."

To help you feel better, practice positive self-talk every day — in the car, at your desk, before you go to bed or whenever you notice negative thoughts.

Having trouble getting started? Try positive statements such as these:

- ⇒ "I can get help if I need it."
- ⇒ "We can work it out."
- ⇒ "I won't let this problem get me down."
- ⇒ "Things could be worse."
- ⇒ "I'm human, and we all make mistakes."
- ⇒ "Some day I'll laugh about this."
- ⇒ "I can deal with this situation when I feel better."

Remember: Positive self-talk helps you relieve stress and deal with the situations that cause you stress.

Emergency Stress Stoppers

There are many stressful situations — at work, at home, on the road and in public places. We may feel stress because of poor communication, too much work and everyday hassles like standing in line. Emergency stress stoppers help you deal with stress on the spot.

Try these emergency stress stoppers. You may need different stress stoppers for different situations and sometimes it helps to combine them.

Count to 10 before you speak.

Take three to five deep breaths.

Walk away from the stressful situation, and say you'll handle it later.

Go for a walk.

Don't be afraid to say "I'm sorry" if you make a mistake.

Set your watch five to 10 minutes ahead to avoid the stress of being late.

Break down big problems into smaller parts. For example, answer one letter or phone call per day, instead of dealing with everything at once.

Drive in the slow lane or avoid busy roads to help you stay calm while driving.

Smell a rose, hug a loved one or smile at your neighbor.

Finding Pleasure

When stress makes you feel bad, do something that makes you feel good. Doing things you enjoy is a natural way to fight off stress.

You don't have to do a lot to find pleasure. Even if you're ill or down, you can find pleasure in simple things such as going for a drive, chatting with a friend or reading a good book.

Try to do at least one thing every day that you enjoy, even if you only do it for 15 minutes.

(Continued on next page)

- ⇒ Start an art project (oil paint, sketch, create a scrap book or finger paint with grandchildren).
- ⇒ Take up a hobby, new or old.
- ⇒ Read a favorite book, short story, magazine or newspaper.
- ⇒ Have coffee or a meal with friends.
- ⇒ Play golf, tennis, ping-pong or bowl.
- ⇒ Sew, knit or crochet.
- ⇒ Listen to music during or after you practice relaxation.
- ⇒ Take a nature walk — listen to the birds, identify trees and flowers.
- ⇒ Make a list of everything you still want to do in life.
- ⇒ Watch an old movie on TV or rent a video.
- ⇒ Take a class at your local college.
- ⇒ Play cards or board games with family and friends.

Daily Relaxation

Relaxation is more than sitting in your favorite chair watching TV. To relieve stress, relaxation should calm the tension in your mind and body. Some good forms of relaxation are yoga, tai chi (a series of slow, graceful movements) and meditation.

Like most skills, relaxation takes practice. Many people join a class to learn and practice relaxation skills.

Deep breathing is a form of relaxation you can learn and practice at home using the following steps. It's a good skill to practice as you start or end your day. With daily practice, you will soon be able to use this skill whenever you feel stress.

Sit in a comfortable position with your feet on the floor and your hands in your lap or lie down. Close your eyes.

Picture yourself in a peaceful place. Perhaps you're lying on the beach, walking in the mountains or floating in the clouds. Hold this scene in your mind.

Inhale and exhale. Focus on breathing slowly and deeply.

Continue to breathe slowly for 10 minutes or more.

Try to take at least five to 10 minutes every day for deep breathing or another form of relaxation.

Source: John Hammarley, [American Heart Association](#).

[For more information @ JeffHELP contact](#)

Rose Milani

Project Coordinator

jeffhelpinfo@jefferson.edu



JeffHELP is funded under award 1U79SM060468 by the Substance Abuse and Mental Health Services Administration (SAMHSA). The views expressed herein do not necessarily reflect the official policies of the Department of Health and Human Services; nor does mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government