

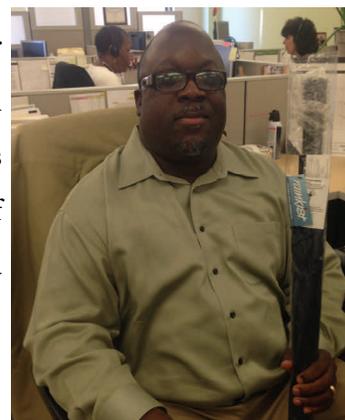


HERE'S WHAT'S HAPPENING



Reasons to Live Contest Winners

Contest winner
Brian Daniel
pictured with his
Jefferson golf
umbrella



Congratulations to the following employees and students whose reason was picked at random to win one of our fabulous prizes!!!

Grand prize winners:

Phillies Tickets: Patti Schaeffer, Outpatient Registration

iPad Cover/Keyboard: Alison Trainor, JMC

Winners:

Jefferson Mug: Barbara Clancy, Gastroenterology

JeffHELP Travel Mug: Jasper Cosico, JSHP

Jefferson Golf Umbrella:

Brian Daniel, 1800-JEFFNOW Marketing

Movie Tickets: Martin Harari, JMC

Wiffleball Set: Ivory Mejia, JSHP

IBC-Wellness Center Water Bottle:

Sue Buccieri, Home Infusion

Cindy Parise, Trauma Administration

Jenny Nguyen, JSHP

Brenna Rosenberg, JMC

JeffHELP T-Shirt:

Timaree Schmit

Alison Lamory, Financial Analyst, Psychiatry

Patricia Miller, Pace & Flow Management Center

Neha Sangani, JSN

Hatica Kahraman, JSHP

Sepher Haghighat, JMC

FluFest T-shirt:

Courtney Monk, JSHP

Chloe Khoo, JMC

Kate Hentschel, JMC

Sue Maynard, JSN

2013 Reasons to Live



Help Us Make it Over the Top!

You're Reason Could Be Number 2013!

We are now at 97.22%
(That's 1957 Reasons!!!!)

Thanks to all of you who have been going to the site and posting your three word Reason to Live, and special thanks to the MANY who participated in the 2013 Reasons to live contest. Because of you, we are almost at our goal! We just need 56 more! Go to reasonstolive.jeffhelp.org, post your three word reason, and help us exceed our goal of 2013 Reasons to Live by the end of the year!!!



JeffHELP will Participate in National Student Day

Thursday, October 3
National Student Day

Head over to the Jefferson Bookstore to get your JeffHELP travel mug and Reasons to Live t-shirt at a discount!

Mug= ~~\$18.50~~ \$15.00,

T-shirt= ~~\$15.00~~ \$10.00



Monthly Poll Question

What are you most looking forward to this fall?

[Click here to vote!](#)



Have you heard about [Half of Us](#)? It's a partnership between MTV and The Jed Foundation aimed at providing college students information about depression, anxiety, and other problems they might face. Check it out when you get a chance.

Locate a JeffHELPer!



TJU Students, did you know there are
JEffHELPerS all over campus?

What's a JeffHELPer? Any faculty or staff who wants to be an ear for students' nonspecific academic and personal needs. JeffHELPerS are good listeners and are equipped with training and resources necessary to point you in the right direction.

To locate a JeffHELPer go to

<http://www.jeffhelp.org/resources/locate-a-jeffhelper>

We Heard You!

Last month we asked for your feedback in a one minute survey. (If you didn't get a chance to take the survey, click the link to the left). We had two comments that we wanted to take a moment to address:

1. We were asked to make it possible to cut and paste text straight from the newsletter. Due to the way the newsletter is generated, we are not able to do that at this time. However, we'd be happy to email you any text from the newsletter that you may be interested in. Just send us a quick email at jeffhelpinfo@jefferson.edu.
2. One person noted that it is difficult to view the newsletter. We always have a [pdf](#) version of our newsletter on our website.

We always welcome your feedback! Please feel free to send an email with comments to the address above.

Thank you!

JeffHELP

Peer Helper Training

Last month 23 Jefferson students participated in a peer helper training. This program provided training on being a safe peer to talk to, learning the warning signs when a peer is in crisis, and knowing the resources available to get a friend the help they may need. We are considering offering this training again. If you are interested, please email jeffhelpinfo@jefferson.edu.

One Minute Survey (LITERALLY!)

We are interested in learning more about our e-newsletter readership, and YOUR thoughts for making it even better. Please take 1 minute (really we mean it) to fill out this quick online survey.

<https://www.surveymonkey.com/s/jeffhelp>



Highlights of Upcoming Events

Tackling the Interview Jitters

Wednesday, October 16, 2013, 12:00-1:00 p.m.

833 Chestnut Street, Suite 230, 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.

Reserve your spot in this workshop by [registering](#). Contact Dr. Blue at shawn.blue@jefferson.edu or 215-955-6188 with any questions.

Open to all Thomas Jefferson University students and TJUH House Staff.

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

Mindfulness Meditation Workshop Series

What is Mindfulness?

Mindfulness is a meditative process that quiets the mind and releases physical distress.



Participants will obtain proven techniques to:

Relax and renew

Lower levels of body tension

Reduce pain and anxiety

Identify early signs of stress and intervene immediately

Choose healthy responses to stressful situations

4 Week Workshop Series (Sign-up at the Introductory Session) Tuesdays in October (10-8; 10-15; 10-22; 10-29)
4-5:00 p.m.

833 Chestnut Street, Suite 230, Conference Rm. 2304

Cost: \$10 per session; \$40 total – due at the first session

Don't miss out on this opportunity to learn from an experienced mindfulness instructor, Dr. Randi Platt. For more information, contact the Student Personal Counseling Center at 215-503-2817.

Open to all Thomas Jefferson University students and TJUH House Staff.

My Fight for Imperfection—One woman's personal story of OCD and Depression

Thursday, October 3, 2013 5:00-7:00 PM

Hamilton building

This is an alcohol free event.



Melissa Hopely is a young woman that has struggled with Obsessive Compulsive Disorder (OCD) and depression for most of her young adulthood. Come hear her story and gain insight into ways to combat the stigma associated with mental illness. This event is co-sponsored by Active Minds at TJU, the Student Personal Counseling Center, JeffHELP, and the Activities office. For more information, please contact: Swarna Debbarma: swarnalata.debbarma@jefferson.edu

RESOURCE OF THE MONTH

Giving Presentations, Confronting Anxiety, Being Prepared

Whether standing in front of a room or in a smaller group of peers and mentors, presentations are a part of the Jefferson experience. We've compiled resources to help with everything from the fear of speaking in public, to the technicality of how to present.



Speech Anxiety

Most people experience some level of speech anxiety when they have to speak in front of a group; in fact, public speaking is many people's greatest fear. Speech anxiety can range from a slight feeling of "nerves" to a nearly incapacitating fear. Some of the most common symptoms of speech anxiety are: shaking, sweating, butterflies in the stomach, dry mouth, rapid heartbeat, and squeaky voice. Although it is often impossible to completely eliminate speech anxiety there are a variety of ways to deal with it and even make it work to your advantage. [Click here to read more.](#)

Clinical Presentation

The purpose of the oral presentation is to provide other clinicians with patient information. This must be done in such a way that it tells the patient's story in a logical, clear and complete fashion yet is neither cumbersome nor too long. It is a difficult skill to master and is made more complicated by the fact that different clinical situations demand different types of presentations. For example, presentations given during morning work rounds (the time when the medical team briefly visits with each patient to review their clinical course and determine the plan for the day), are not the same as those given at formal patient management conferences. The first situation requires a focused presentation, with emphasis placed on reviewing new facts and data (e.g. test results, vital signs, changes in clinical course, etc.) and outlining the care plan. The second example calls for a much more detailed discussion. The presenter, then, must take into account the "environmental" factors which determine the type of presentation that is required. [Click here to read more.](#)

Seminar or Classroom Presentations

Purdue University has a wide range of resources available on giving a talk that is engaging, informative, and visually appealing. [Click here to read more, and view slides on presentation techniques.](#)

For more information @ [JeffHELP](#) contact

Rose Milani

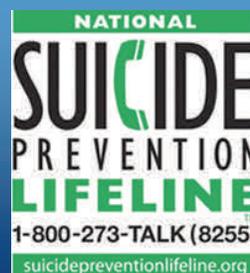
Project Coordinator

jeffhelpinfo@jefferson.edu

Call

5-HELP

for counseling, health care services,
and support group information
@ Jefferson



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