



## HERE'S WHAT'S HAPPENING

### Introducing our RENEWED E-Newsletter

Our newsletter received a makeover in the new year! With the help of your feedback, we were able to redesign the newsletter to include all of the functions you've asked for; easy viewing on multiple devices, copy and paste from the text, clickable links...all while maintaining a readable design. We'd love to hear your feedback on our new look and function! Feel free to leave your comments on our [1 minute survey](#) or by emailing [JeffHELP](mailto:JeffHELP).

Our newsletter isn't the only things that's new...Check out the "Resource of the Month" below to learn about new mindfulness resources. We will be announcing other new website features and JeffHELP services in the coming months, so be sure to look for them in the next few issues.

### National Suicide Prevention Lifeline Helping Through Social Media



From time to time you may encounter a person who is expressing thoughts of suicide on your social media sites. If someone you know online is showing any of these warning signs, it is important that you post a message encouraging them to call the Lifeline. If you are friends with the person in

real life or know where the person is, please call [1-800-273-TALK \(8255\)](tel:1-800-273-TALK) so that you can talk to a crisis counselor.

[Click here](#) for information and links to contact safety teams at specific social media sites..

### JeffHELP Travel Mug

Warm up with a hot beverage in your JeffHELP travel mug. Sold for \$18.50 at the Bookstore, or by contacting [JeffHELP](mailto:JeffHELP). All proceeds go towards future JeffHELP programming.



## December Poll Results

What is your favorite winter holiday activity?

(Ordered from most votes to least)

- Gathering with Family and Friends
- Eating Yummy Food
- Singing Songs
- Other
- Hanging Lights
- Lighting Candles
- Presents (giving and receiving)
- Making Resolutions



## Monthly Poll Question

Which of the mindfulness based strategies on our new webpage are most helpful to you?

[Click here to vote!](#)

## Resource of the Month

### Mindfulness Resources

“Mindfulness means paying attention in a particular way; on purpose, in the present moment, and nonjudgmentally.” - Jon Kabat-Zinn

Jon Kabat-Zinn originally designed Mindfulness Based Stress Reduction (MBSR) as a public health intervention to empower suffering patients. Today MBSR is a popular therapeutic tool to manage the psychological aspect of medical illness and improve everyday self-efficacy. Since 1996, the Jefferson-Myrna Brind Center of Integrative Medicine has offered Mindfulness Based Stress Reduction for students, employees, patients and the community. For the past few years, the Student Personal Counseling Center has offered mindfulness workshops for TJU students and TJUH House Staff.

These workshops have been well received by students, with requests for both additional opportunities to participate and additional access to online resources. In response to these requests, we are excited to present:

- [New JeffHELP Webpage on Mindfulness](#): This newly launched page offers free resources for anyone interested in learning more about mindfulness, looking for mindfulness practices, or looking to participate in a mindfulness program. It includes web links to guided mindfulness audio & video files, as well as suggested reading material.
- [Ongoing Mindfulness Mediation Workshop for TJU Students & TJUH House staff](#): This Fall, the SPCC and JeffHELP invited Randi E. Platt, M.Ed, to lead a mindfulness workshop. We are pleased to be able to offer this four week series continually throughout the academic year. We are able to accept ten registrants per session. Preference is given to anyone who has not yet participated in the program. Because of the partnership between Ms Platt, and the SPCC and JeffHELP, we are able to make this more cost effective for students. Each session will now be a total of \$20.00. Our next session will start Tuesday, January 14, 2014 and continue for the next 3 Tuesdays. [Click here](#) to register for this session. Ms. Platt is a licensed psychologist and the Executive Director of her own holistic, insurance based counseling and wellness practice, Hornstein, Platt and Associates. Having over 30 years experience in the field of psychology offering therapy, wellness, stress management and communication trainings, Ms. Platt has now integrated mindfulness meditation techniques into her treatment approach. Having maintained a daily meditation practice since 2010 augmented by retreats with Pema Chodron and Jon Kabbat-Zinn, Randi is uniquely qualified to offer an introductory course in mindfulness based meditation.

If you have any questions about any of the mindfulness resources mentioned in this article, please do not hesitate to contact [JeffHELP](#).

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