



# Student Health Services

## Self-Compassion

Most of you do well when it comes to being compassionate towards others, but how much compassion do you show yourself? Research has shown that self-compassion is an important factor in preventing burnout, improving productivity and being happy. Here are some strategies for cultivating self-compassion:

- Show the same kindness to yourself that you would to someone else.
- Be mindful of how you talk to yourself, this can reduce self-judgment.
- Engage in self-care on a regular basis.
- Employ a growth mindset: Look at experiences as an opportunity to grow rather than as an obstacle.

## December Happenings

- The following groups have been coordinated for December:
  - Self-Compassion video review and discussion with SHS on Dec.1, noon-1 p.m. This is being offered via zoom.  
<https://gcsom.zoom.us/j/96111358981?pwd=MEd6Z0huZXdT2hoMlUyWTROeDNUZz09> Please contact Kelly in SHS if you plan on attending.
  - Healthy Mind, Healthy You with Abigail Prock on Dec. 14, noon-12:30 p.m. This is being offered via zoom.  
<https://gcsom.zoom.us/j/96486737215?pwd=U1FoM2FaZDdTZENrNENiOEMxY0lTd09>
  - Student Health offers you the opportunity to participate in a free mindfulness meditation drop in class every Thursday at 6 p.m. via Zoom  
<https://zoom.us/j/674609462> or a Saturday mindfulness meditation class at 9:15 a.m. hosted by Jaya Yoga Studio via the following link:  
<https://app.namastream.com/#/jayadaily/product/3309/recordings?instructor=417>
- Student Health Services recently distributed a quiz on Self-Compassion. The deadline to enter to win self-care prizes is Dec. 11.
- The winners from November's gratitude quiz are: Shauna Wassmus and Irene Cho.  
"If compassion does not include yourself, it is incomplete." – Jack Kornfield

## THE STAFF

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## Student Health Services

525 Pine Street, Scranton, PA, 18510  
Medical Science Building, 1<sup>st</sup> Floor, 1062 W  
570-558-4290  
Office Hours: M-F 8 a.m.-4:30 p.m.

Please call our office if interested in services ► ► ►

## Supportive Resources to Promote Well-being

### Student Health Services

Initial Assessment: All GCSOM students are entitled to an initial assessment to determine what the focus of therapy will be and what type of services are most appropriate for a particular problem.

Individual Counseling: In one-on-one sessions with a counselor, students are helped to express feelings, examine thoughts and beliefs, reflect on patterns of behavior and work toward making healthy changes in their life.

Wellness Planning: Students who are not interested in regular counseling can schedule a Wellness Planning session, these sessions look to break down schedule, and explore balance in daily routines, working to identify important outlets and supports as well as any barriers to long term wellness.

Crisis Counseling: Student Health Services offers crisis intervention services during regular office hours. Outside office hours, students are encouraged to reach out to one of the providers listed under the resources below, call the Employee Assistance Program (EAP), or go to the nearest emergency room.

### Employee Assistance Program

Confidential Emotional Support, Work-Life Solutions, Legal Guidance, Financial Resources, Online Support, & COVID-19 resources for anxiety

888-327-4623  
Web ID: GHSEAP  
Guidanceresources.com

### Helpful Links & Resources

Mental Health First Aid	Text MHFA to 741-741 to talk to a Crisis Counselor
211 Pennsylvania	Dial 211, text your zip code to 898211, or visit online at PA211NE.org for resources including: food banks, emergency housing, utility assistance, Substance Use treatment, and Crisis Intervention
Taking Care of your Emotional Health	<a href="https://emergency.cdc.gov/coping/selfcare.asp">https://emergency.cdc.gov/coping/selfcare.asp</a>
Coronavirus Anxiety	<a href="https://www.apa.org/research/action/speaking-of-psychology/coronavirus-anxiety">https://www.apa.org/research/action/speaking-of-psychology/coronavirus-anxiety</a>
Orange Theory at Home	<a href="https://www.orangetheory.com/en-us/athome/">https://www.orangetheory.com/en-us/athome/</a>
CorePower Yoga	<a href="https://www.youtube.com/playlist?list=PL4z1_0UdNR70GZE9eGuDY_VIQBE78ebQ8&amp;">https://www.youtube.com/playlist?list=PL4z1_0UdNR70GZE9eGuDY_VIQBE78ebQ8&amp;</a>

### Helpful Apps for both iOS & Android

Flora "Stay Focused Together"	Breathe 2 Relax
Stop, Breathe and Think	Colorfly