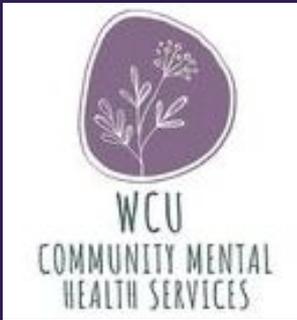


WCU Community Mental Health Services

April 2024

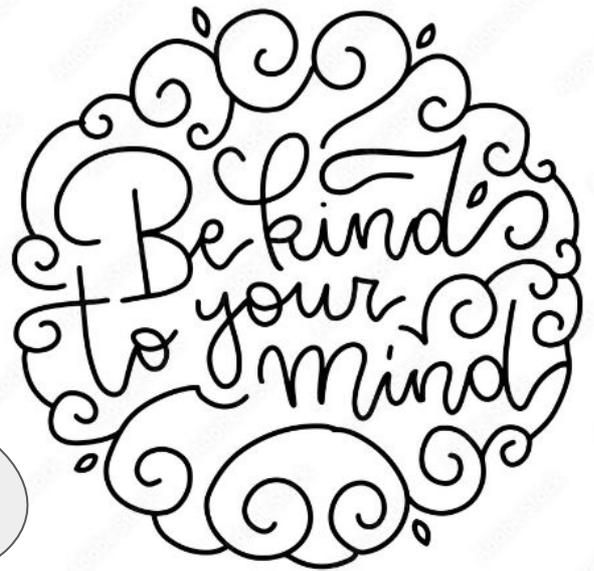
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Issue 9



We offer a variety of treatments and strategies in the form of weekly psychotherapy sessions to address various mental health concerns including:

- Trauma Informed
- Cognitive–Behavioral
 - Interpersonal
- Meditation/Mindfulness
 - Psychodynamic
 - Relaxation Training
- Motivational Interviewing
 - Person–Centered



Color Me!

Services We Offer:

Child Psychotherapy (6–17yo)
Adult Psychotherapy (18 & older)
Group Therapy Testing & School
Admissions Testing



April is...

STRESS

AWARENESS MONTH

#StressAwarenessMonth

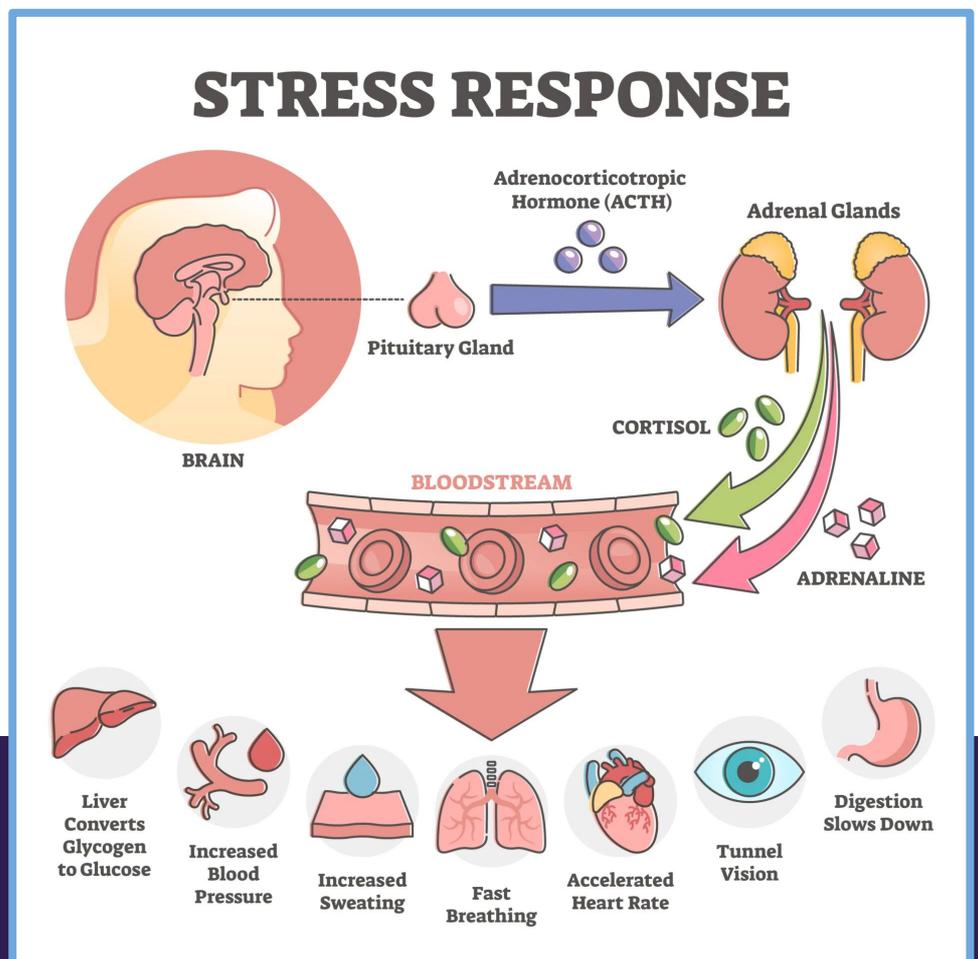
Author: Brooke Tompkins



April is recognized as National Stress Awareness Month to bring attention to the negative impact of stress.

Stress is a reaction to a situation where a person feels anxious or threatened. Long-term stress can prove to be more than just a mental issue. From headaches to stomach disorders to depression – even very serious issues like stroke and heart disease can come as a result of stress. When you are placed in a stressful situation, specific stress

hormones rush into your bloodstream leading to an increase in heart rate, blood pressure and glucose levels. This is helpful in emergency situations, but having this “rush” for extended periods of time can be dangerous and make you susceptible to the issues mentioned previously. Learning to cope with our stress and finding healthy ways to deal with stressful situations can go a long way in living a healthy and positive life.



STRESS

AWARENESS MONTH

#StressAwarenessMonth



Here are some ways to help you cope with stress:

1. Take care of yourself– eat healthy, exercise regularly, get plenty of sleep, give yourself a break if you feel stressed.
2. Engage in activities that bring you joy and prioritize self–care.
3. Share your problems and how you are feeling and coping with a family member, friend, doctor, or counselor.
4. Recognize when you need more help– know when to talk to a psychologist, social worker, or counselor if things continue.

The most crucial thing you can do when you are stressed or anxious is to make sure you are continuing to look after yourself. Make time to relax when you need to and learn to say no to requests that are too much for you.

Brainstorm some other tools that work for you!

1. _____

2. _____

3. _____
