



CAPS CARES

An Update for Our Students



Services

CAPS IS HERE FOR YOU! Our counselors are available to meet with you by phone or ZOOM through final's week. Please call to set up a time to talk. Limited 24/7 support is available through summer!

Have A Great Summer!

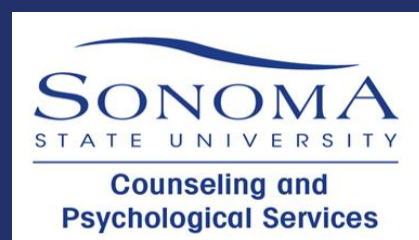
We hope that you are able to have a restful summer and can find moments of rejuvenation and self-care. Please see below for words of encouragements from Dr. Isa Avila Saiter!

Instagram

Be sure to follow us @caps_ssu for some videos our team has put together to demonstrate various techniques for managing stress and anxiety!

Office Hours:

Monday - Friday 9:00 A.M. to 12:00 P.M. and 1:00 P.M. to 4:00 P.M. For immediate response, you can reach an on-call counselor 24/7 at **(707) 664-2153**. For emergency situations that involve immediate risk of harm to self or others, please call: **911**, or go to the nearest Emergency Room.





A Letter from Dr. Isa Avila Saiter

Touchstones of Resilience

“Impermanence is a principle of harmony. When we don’t struggle against it, we are in harmony with reality.” –Pema Chodron

In mindfulness practice (which takes its root in many wisdom traditions, especially Buddhism) one learns the value of seeing uncertainty or impermanence as an integral part of life. When it is met with presence, curiosity, and self-compassion, the principle of impermanence can teach us to cultivate a sense of resilience through even the most difficult times. As we begin to accept that life is constantly changing, we can appreciate the beauty and lessons to be learned from how we respond to those changes. This opens us up to experiences of mindful presence, freedom and self-love, even amidst moments of distress and stuckness.

As we approach the end of what has been a dynamic and challenging school year, and for many of you, the close to your college careers at SSU, I invite you to pause from time to time to reflect and take in the wholeness of your experience. If you find yourself worrying about what tomorrow, next semester, or even the next stage of your life brings, allow yourself to acknowledge whatever comes up for you, remember you are not alone, and take solace in the reality that nothing stays the same forever. Change is inevitable and the future is full of possibility.

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This particular moment in history may be presenting each of us with some unprecedented and very real demands on our unique intersecting identities, emotional wellbeing and sense of meaning. One way to cultivate more acceptance about the unknowns of these times is to reflect on what I like to call “resilience touchstones.” These are moments when you have overcome, healed or recovered from difficulties, losses, or trauma. Call to mind what and who you needed to get through whatever trial you faced. Take heart that none of us can get through tough times alone. Self-care is good, but community care, essential. Life is like a spiral. Throughout life, we will inevitably come back around to moments of uncertainty and stuckness. I encourage you to invoke a “touchstone of resilience” when this occurs. Allow yourself to lean on those you trust to help you get unstuck. Our interdependence keeps us feeling whole and well. As you turn every corner of your spiral, know that you continue to grow and change. With each breath of acceptance, you get closer to all you aspire to be.

Learn to trust the process.

With Love,
Dr. Isa Avila Saiter

Feel Good Friday: Self-Care Suggestion!

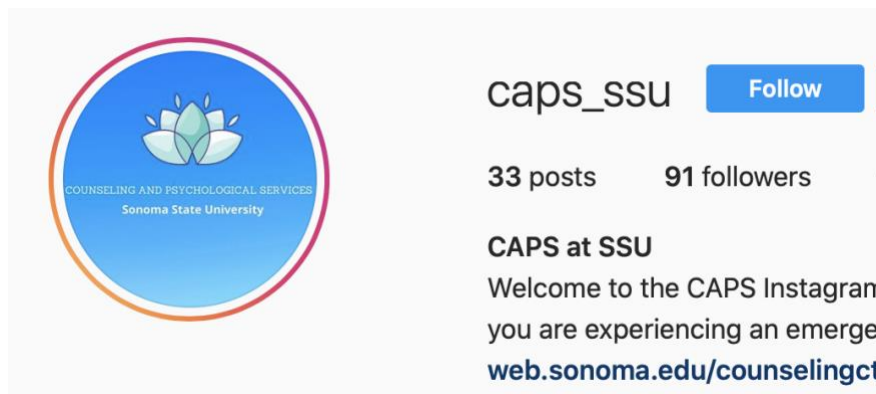


Suggestion for the week: Find your center!

Visualize a Mandala's center as a glowing light with whatever color(s) you want that bring comfort, warmth, or joy. Imagine bringing that glowing light into your body and let it settle in your center while you take several deep breaths. Draw, paint, or journal about this experience.

WE'RE ON THE GRAM!

WE NOW HAVE OUR VERY OWN INSTAGRAM! GIVE US A FOLLOW @CAPS_SSU. WE HAVE UPDATES ABOUT OUR UPCOMING GROUPS & WORKSHOPS, AS WELL AS SELF-CARE SUGGESTIONS AND MOTIVATIONS.



GROUPS

Please check back in the Fall semester for the groups and workshops that we plan to host! We would also love to hear you about any other groups or workshops that you'd like CAPS to offer in the future.

**Remember to reach out if you need support!
CAPS CARES!**

**Thank you!
Stay well and the best of luck with finals!**