

CULTURE AND DIVERSITY NEWSLETTER

COUNSELING AND PSYCHOLOGICAL SERVICES AT APP STATE



DECEMBER 2021

December is the month of festivities and celebration. Whether you and your loved ones observe Christmas, Hanukkah, Kwanzaa, Boxing Day, Yule, Omisoka, Bodhi Day, New Year's Eve or have another special tradition, we hope that you find warmth and joy this holiday season!



SELF - CARE TIP

Did you know that socializing helps with stress? Engaging in social situations increases a hormone that can help reduce our anxiety levels and help us feel more confident in our ability to cope with stressors. In this festive season, consider reaching out to your loved ones and we hope you spend a wonderful holiday season together!

CAPS EVENTS & PROGRAMS FALL 2021

- [- Quick Access group*](#)
- [- Let's Talk Services](#)
- [- Feelin' Good Workshops](#)

*All Links are clickable and please click on them for more information!

SPECIAL ANNOUNCEMENTS

Ride The Wave Workshops - 2022

The counseling center will facilitate a series of interactive workshop events in the Spring semester and provide coping resources for students at App State. More information will be available soon on our future newsletters and website.



SOCIAL MEDIA

Click on the icons for more updates and events!



instagram



Facebook



LinkTree

POETRY MOMENT



"Winters are meant to be cold. Nature teaches us to understand that things get tired and sometimes need to slow down. It gets dark early and perhaps that is nature's way of delivering us a message. It's summoning us to rest, to recuperate, to rejuvenate, to recover, to regain, to revise, recalibrate, and renew. Let our soul and spirit rest for a little while! Let our body and mind restore. When it snows outside, let us appreciate what keeps us warm in our homes. Let us nurture our friendships and find meaning in the presence of our loved ones! Also, when you are outside, don't forget to look out for the roses and snowdrops. Even in the cold they have found a way to survive, to thrive, and to bloom. Maybe we can too! Look carefully and you will also find the tiny buds. They are destined to continue the legacy of life. When the petals fall off on the flowers that remain, know in your heart that the cycle of life continues. The buds are preparing themselves to bloom when the time comes.

Be patient! Stay hopeful!"

-- by Gayatri Titus



CALM COCOA MEDITATION

We would like to invite you to join us for a brief meditation activity with hot chocolate. All you will need for this is a cup of hot chocolate (with some marshmallows, if preferred), a quiet space, and a few minutes of your time. Feel free to make yourself comfortable with pillows and blankets before begin the activity.

[Click here](#) for the meditation guide.

Happy Holidays :)

