

3 Scientifically-Backed Ways to Beat the Winter Blues!

When your mood is falling as fast as the thermometer, these small lifestyle changes may help boost your spirits.

Tips for Success in the Spring Semester:

1. **Make your environment brighter.** When your body is craving more daylight, sitting next to artificial light—also called a light box—for 30 minutes per day can be as effective as antidepressant medication. Opening blinds and curtains, trimming back tree branches, and sitting closer to windows can also help provide an extra dose of sunshine.
2. **Exercise:** A 2005 study from Harvard University suggests walking fast for about 35 minutes a day, 5 times a week, or 60 minutes a day, 3 days a week, improved symptoms of moderate to mild depression.
3. **Help others:** Ladling out soup at the local shelter or volunteering your time can improve mental health and life satisfaction.

Source: <http://www.realsimple.com/health/mind-mood/emotional-health/winter-blues>



"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."

- Maya Angelou

Balancing Your Wellness Wheel:

The way to achieve wellness is by making proactive, healthy choices in your emotional, academic, physical, financial, professional, social, environmental and spiritual lives. All of these work together to help you achieve success as a student.

Emotional Wellness is engaging in your feelings, managing stress, and handling transitions in your life.

Intellectual (Academic) Wellness is stimulating your mind and mental capacity.

Physical Wellness is exercising and eating nutritionally to maintain health.

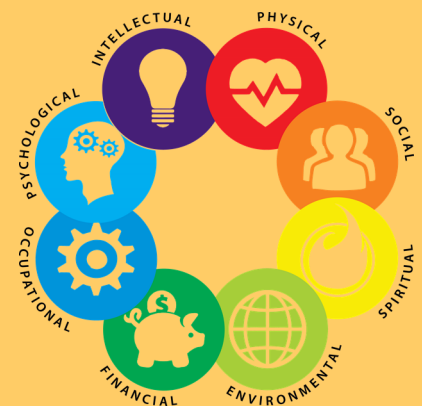
Financial Wellness is the ability to manage money and live within your financial means.

Occupational Wellness is contributing and using skills/abilities through work and volunteering.

Social Wellness is connecting and interacting with family, friends, community.

Environmental Wellness is preserving the environment for the health of yourself and your community.

Spiritual Wellness is developing a sense of purpose and meaning to life.



Unhelpful Thinking Styles:

Quite often we are unaware of how our thinking can get in our way. Below are some of the most common thought patterns that can prevent academic success. Sometimes even simply noticing these unhelpful patterns can be helpful.

All or nothing thinking



Sometimes called 'black and white thinking'

If I'm not perfect I have failed

Either I do it right or not at all

Over-generalising

"everything is always rubbish"

"nothing good ever happens"

Seeing a pattern based upon a single event, or being overly broad in the conclusions we draw

Mental filter



Only paying attention to certain types of evidence.

Noticing our failures but not seeing our successes

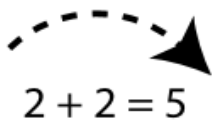
Disqualifying the positive



Discounting the good things that have happened or that you have done for some reason or another

That doesn't count

Jumping to conclusions



There are two key types of jumping to conclusions:

- **Mind reading** (imagining we know what others are thinking)
- **Fortune telling** (predicting the future)

Magnification (catastrophising) & minimisation



Blowing things out of proportion (catastrophising), or inappropriately shrinking something to make it seem less important

Emotional reasoning



Assuming that because we feel a certain way what we think must be true.

I feel embarrassed so I must be an idiot

should must

Using critical words like 'should', 'must', or 'ought' can make us feel guilty, or like we have already failed

If we apply 'shoulds' to other people the result is often frustration

Labelling



Assigning labels to ourselves or other people

*I'm a loser
I'm completely useless
They're such an idiot*

Personalisation

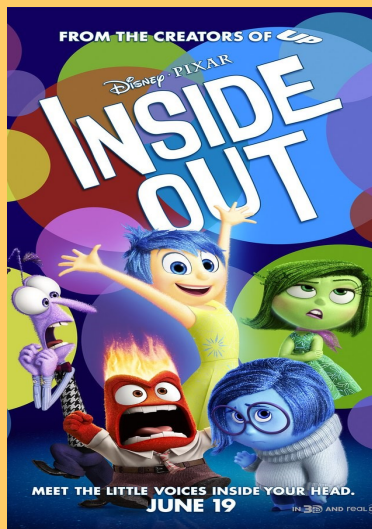
"this is my fault"

Blaming yourself or taking responsibility for something that wasn't completely your fault. Conversely, blaming other people for something that was your fault.

Wellness Picks

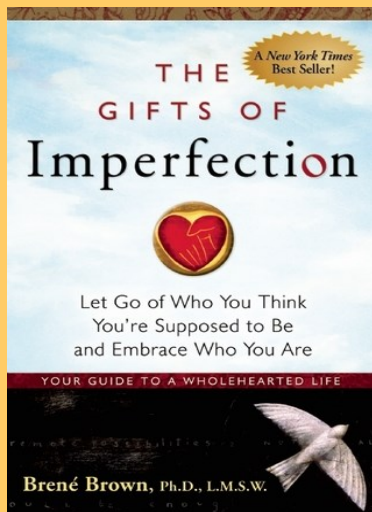
MOVIE:

Inside Out



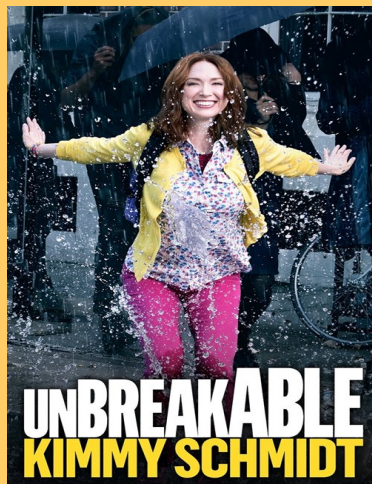
BOOK:

The Gifts of Imperfection



TV SHOW:

Unbreakable Kimmy Schmidt



What is Project Weekly Wellness?

LaGuardia's Wellness Center will be offering a new program for LGBTQA students titled: *Project Weekly Wellness (PWW)*. This program will run through the Spring I semester and is managed by Marissa Tolero. Marissa is a recent graduate of City College's Mental Health Counseling program. She started in the Wellness Center as a graduate intern and has since stayed on as the center's intake coordinator and manager of Project Weekly Wellness. We asked Marissa about PWW and she stated:



"Project Weekly Wellness (PWW) will address the physical, mental, and spiritual health of LGBTQA students here at LaGuardia. We will be doing this by providing six, weekly workshops, beginning Wednesday, March 23rd, on different wellness topics and activities that will be led by an expert in that topic. Some of these topics include yoga, healthy eating and cooking, safe sex, career and occupational wellbeing, and more! This workshop will last for 60-minutes and will be followed by a 30-minute group discussion. Our goal is that as a participant, you will be exposed to different tools and strategies that you can use throughout your life to enhance and maintain your overall health and wellness. This program will be conducted in a group format and so we are also hoping that you will get to connect and bond with your peers during this program. Additionally, we will be providing food and beverages at every meeting! You will also get your very own "Wellness Kit" and will get to participate in a raffle at the end of the program for a gift card!"

For more information about Project Weekly Wellness, please contact Marissa Tolero at MTolero@lagcc.cuny.edu

Recipe of the Week:

Creamy Curried Cauliflower Soup

INGREDIENTS:

2 tablespoons extra-virgin olive oil, plus more to serve
2 medium white onions, thinly sliced
1/2 teaspoon kosher salt, plus more to season
4 cloves garlic, minced
1 large head of cauliflower (about 2 pounds), trimmed and cut into florets
4 1/2 cups low-sodium vegetable broth or water
1/2 teaspoon ground coriander
1/2 teaspoon ground turmeric
1 1/4 teaspoons ground cumin
1 cup coconut milk
Freshly ground black pepper, to season
1/4 cup roasted cashew halves, for garnish (optional, see Recipe Note)
1/4 cup finely chopped Italian parsley, for garnish (optional)
Red pepper flakes, for garnish (optional)



DIRECTIONS:

Heat oil in a large pot over medium heat until shimmering. Cook the onions and 1/4 teaspoon salt until onions are soft and translucent, 8 to 9 minutes. Reduce heat to low, add garlic, and cook for 2 additional minutes. Add cauliflower, broth or water, coriander, turmeric, cumin, and remaining 1/4 teaspoon salt. Bring to a boil over medium-high heat, then reduce the heat to low. Simmer until cauliflower is fork-tender, about 15 minutes.

Working in batches, purée the soup in a blender until smooth and then return the soup to the soup pot. (Alternatively, use an immersion blender to purée the soup right in the pot.) Stir in the coconut milk and warm the soup. Taste and add more salt, pepper, or spices if you'd like.

To serve, ladle the soup into bowls and garnish with a handful of toasted cashews, a few springs of parsley, sprinkle of red pepper flakes, and a dash of olive oil to top.

WELLNESS CENTER EVENTS

Relax with Art! Group

Thursdays
3:25 - 4:25 PM
Room C249
Facilitators: Olya & Eran

Ease your stress and improve your mood by engaging in coloring, drawing, or painting! Supplies provided.

Mindfulness & Meditation Group

Tuesdays
3:25 - 4:25 PM
Room C249
Facilitator: Ariel

Learn to respond to stressors in a non-judgmental way, using mindfulness and meditation exercises.

Additional group offerings:

Hope & Healing for Women, Veteran's Support Group, CBT Group, and LGBTQ Support Group. For more information about any of these groups contact the Wellness Center.

Wellness Center OPEN HOUSE

Wednesday, April 6th
Room C249
1PM-3PM; 4PM-6PM

Come visit the Wellness Center to learn about our services, meet our staff & HAVE SOME FUN!

Anxiety Screening

Tuesday, May 10th
E-Building, Atrium
1PM-4PM

Are you having racing thoughts, worrying a lot or often in a state of panic? Stop by for more information about how you can manage anxiety!

For more Wellness events, check your student email, My LaGuardia or visit the college events calendar at www.laguardia.edu/calendars.

Mental Health Resources

During times when the Wellness Center is closed (Monday through Thursday-7:01 p.m. to 8:59 a.m. and Friday through Sunday-5:01 p.m. to 8:59 a.m.), all calls will be redirected to a licensed counselor at **ProtoCall**. In addition to counseling services being available for students, faculty and staff are also encouraged to utilize the service if consultation is needed for a student concern after hours.

Lifenet 24-Hour Crisis Hotline, (800) 543-3638 (800-LIFENET)

National Suicide Prevention- ULifeline, (800) 273-TALK (8255)

Crisis Text Line, Text START to 741-741

Resources

Advising

Room B102
Click "Ask an Advisor" button on My LaGuardia
(718) 482-6070

Black Male Empowerment Cooperative (BMEC)

Room M103
(718) 482-4008

Center for Career & Professional Development (CCPD)

Room B114
(718) 482-5235
career@lagcc.cuny.edu

Health Services Center

Room MB-40
(718) 482-5280
health-center@lagcc.cuny.edu

Registration Help

Room B218
(718) 482-5935
onlinereg@lagcc.cuny.edu

Student Financial Services/ Single Stop Public Benefits

Room C107

Check Status

Financial Aid Resource Center

Room C109
(718) 482-5242
studentfinancialservices@lagcc.cuny.edu

Transfer Services

Room B215
(718) 482-5185
transfer@lagcc.cuny.edu

Women's Center

Room MB-10
(718) 482-5188

The Wellness Center

Room C249
(718) 482-5471

WellnessCenter@lagcc.cuny.edu
www.laguardia.edu/WellnessCenter
Monday thru Thursday from 9 AM - 7 PM
Friday from 9 AM - 5 PM
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'LAGCC Wellness Center'

Get your dose of Wellness today!