



# Words of Wellness

The Wellness Center Monthly Newsletter

## Your Mini Guide To Self-Care

by Choden Tenzin, LCSW  
Counselor, The Wellness Center

When we think about *Self-Care*, we often focus on the idea of relaxing. While relaxation is an essential component of self-care, the term encompasses so much more than physical, mental and emotional well-being. Going to the gym regularly can be considered self-care and so can applying sunscreen on your skin every day. Hanging out with friends can be a self-care activity as well as time spent alone. What is important to remember is that any activity (and/or behavior) should be practiced regularly.

Below are examples of self-care practices:

- Social - setting healthy boundaries
- Spiritual - spending time alone, connecting with something larger than yourself- community, nature, etc.
- Personal - journaling, therapy, etc.
- Environmental - creating a clean and/or safe space
- Intellectual- learning a new skill such as playing an instrument
- Financial- creating a budget and saving.

How will you begin practicing self-care? Take the first step by learning more about [SAMHSA's 8 Dimensions of Wellness](#).

## Welcome Back Wellness!

by Frank LaTerra-Bellino, M.S.Ed., LMHC. RYT  
Director, The Wellness Center

In March 2020, LaGuardia Community College as well as other CUNY campuses transitioned to Remote Learning. It has been nearly two years since the start of the COVID-19 pandemic and life has changed. While the changes have been challenging, we have become accustomed to a new way of living and engaging with the world. Now, we prepare for another transition: a return back to campus.

The idea of returning back to “normal” campus life can bring up a range of feelings. The thought of being around others may raise fear for health and safety. While being concerned, perhaps, you are also excited about being in class with your peers. For those students who have never been to college in-person, perhaps the thought of being on campus is anxiety-provoking but also thrilling. Hence, there may be a range of feelings that you are experiencing, and all are normal.

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The Wellness Center’s campaign for the spring semester is *Welcome Back Wellness*, and the goal is to support you through the transition back to campus. In addition to available counseling services, we will be offering a number of events and programs that focus on topics such as navigating the transition back to campus, mental health & academic performance and social isolation and feelings of disconnect. With the changes in technology over the last few years, we intend to deliver these programs in different and unique ways. You should expect more activity on social media and radio appearances throughout the semester. We will continue to offer virtual classes such as yoga, tai chi and dog therapy and perhaps we will be able to offer some classes outside in our new green space.

While the spring semester transition back to campus will have its challenges, we remind you that you have support available at the [Wellness Center](#). We look forward to seeing you in the hallways socializing, outside navigating to your next class and studying with your friends. We wish you a great start to the semester!



## Healthy Ways To Channel Your Anger

Sudden outbursts and bottling up your rage can hurt not only your personal and professional relationships, but also affects your emotional and physical well-being. However, striking a balance on managing and expressing your anger in a healthy way can be learned and was found to even lower your risk of developing a heart disease according to a 2010 [study](#).

Here are some healthy ways to channel your anger if you find yourself in a stressful situation:

- **Breathe.** Take a slow, controlled breath deeply through your nose and slowly exhale through your mouth.
- **Recite a Mantra.** Slowly repeat a calming phrase such as “Take it easy,” or “Everything is going to be okay.”
- **Visualize.** Paint a mental picture of your happy place either real or imaginary and engage your senses as you try to calm yourself.
- **Move mindfully.** A change of surroundings can sometimes disrupt your thoughts whenever you are in a stressful situation. Try stepping outside for a walk or even doing some light dancing or exercises.

[Read More](#)

## STAFF SPOTLIGHT: Desiree Rodriguez, MA, EdM, MHC-LP



Desiree Rodriguez (she/they) is a Mental Health Counselor who received her Ed.M. and MA. in counseling psychology from Teachers College, Columbia University. She earned her BA and BS in Psychology and Education from the University of California at Irvine. Desiree has experience working with adolescents and adults in a college counseling center, private practice, and as a crisis counselor at The Trevor Project, on various concerns including, but not limited to depression, anxiety, gender, sexuality, trauma, identity exploration, and relationship/family conflict. Desiree has a special interest in working with

the LGBTQ+ community and folks of color. In her work, Desiree strives to provide a non-judgmental, safe and affirming space to serve as the foundation of the counseling process.

### International Women’s Day is celebrated this March 8, what advice would you give to women considering a career in your field?

“I celebrate Women’s History Month to remind myself of the accomplishments of women throughout the years to our culture and society. For those interested in pursuing a career in mental health I would suggest listening to your intuition, thinking deeply about your purpose, building connections, and seeking mentorship from folks you admire. We need more bright, passionate and empathic individuals in this career.”

### How do you make time for your own wellness and self-care?

“I often think of self-care as an act of radical self-love. For me, it means being intentional about how I use my time and listening to what my body needs. Whether that be time with loved ones, cozy evenings with a book or going for a walk and feeling the sunshine. I feel my best when I am caring for myself.”

### Do you have a motto or professional mantra?

“I am whole, I am powerful and I am capable of change.”

For the full list of the Wellness Center staff, please visit our [website](#).

#### For Students:

If you are new to the Wellness Center and would like to access counseling services, please complete our intake form by scanning the QR code or visiting: [tinyurl.com/WellnessCenterIntake](https://tinyurl.com/WellnessCenterIntake)

#### For Faculty and Staff:

Please contact the Center via email and briefly describe your concern or visit our webpage at [Helping Students in Distress](#) webpage.



[Intake Form](#)

## UPCOMING EVENTS

### LGTBQIA Support Group

Every Thursday starting March 10  
1:00 pm - 2:00 pm

[Register](#)

### Plugging in to Unplug

Thursday, March 31, 2022  
12:00 pm - 1:00 pm

[Register](#)

## Did you know...

In 1987, United States Congress declared the entire month of March Women’s History Month.

*“In celebration of International Women’s Day and Women’s History Month, here are my go-to songs for instant ‘I am woman, hear me roar’ vibes.”*

- Dr. Shanté A. Bassett, Counselor

[Listen here](#)



## LaGuardia’s Wellness Center wants to hear from you!

Your feedback will help us better understand your mental health and wellness needs.

[Take Survey](#)

## RESOURCES



In crisis? Text “CUNY” to 741741 to text confidentially with a trained Crisis Counselor for FREE, 24/7.



If you need to speak with someone immediately, please contact NYC WELL for services at: 1-888-NYC-WELL or 1-888- 692-9355 or text 65173.



In the event of an emergency, please call 911.