



**CENTRAL
TEXAS
COLLEGE**

NEWSLETTER

Wellness & Counseling Services • Vol. #4

WHAT'S NEW

The name of the Student & Employee Assistance Program/Substance Abuse Resource Center (SEAP/SARC) is changing to Wellness & Counseling Services. This change reflects CTC's dedication to comprehensive support for mental health and personal growth, and the overall well-being of students and employees. Wellness and Counseling Services will continue to offer the same exceptional services you have come to rely on from SEAP/SARC with an expanded focus on promoting a culture of mental health wellness throughout our community. Should you have any questions or wish to learn more about the Wellness and Counseling Services, please do not hesitate to contact Nadiya Filimonova, Director of Wellness & Counseling Services, at 254 501-3096.



How to Nurture Mental & Emotional Health



Join Us for Gambling Awareness Month!



New Resources and Events

CONTACT INFORMATION:

**Wellness & Counseling
Services Director**
Nadiya Filimonova, MS.,
LPC-S, LCDC
254-501-3096

Counselor
Ron Porter, MA, LPC
254-526-1166

Office Specialist
Wally Rios: 254-501-3097



How to Nurture Mental & Emotional Health

Encouraging mental and emotional well-being is crucial for maintaining good health. When students are equipped with effective coping mechanisms, they are better prepared to handle stress and adversity in the future.

This activity is designed to foster mindfulness and teach how to adopt healthy habits that can improve wellbeing.

The 4-7-8 breath. This breathing exercise involves breathing in for a count of 4, holding the breath for a count of 7, and exhaling for a count of 8. You can adjust the speed of each breath based on how fast you count. When a person does this for the first time, they

should do it seated or lying down and only for a few breaths, as it can make some people feel a bit giddy or light-headed.

Please select an activity from the list below and practice doing it for the next 10 minutes. You may even want to try something you haven't tried before to see if it's relaxing and something you might enjoy. Ideas for activities may include...

- Draw a picture of a favorite place or memory.
- Close your eyes and focus on your breathing. You can use a free app, like this one, [Breathe2Relax](#).
- Read or listen to a mindfulness passage).
- Write about what's on your mind.
- Write down 10 things you feel grateful for.
- Practice guided imagery.
- Exercise (either aerobic, like dancing along with music videos, or stretching, like yoga).
- Listen to music that helps you relax.

Source: U.S. Department of Veterans Affairs.





Join Us for Gambling Awareness Month!

Dear CTC Family

We're excited to announce the start of Gambling Awareness Month, a time dedicated to raising awareness about the risks associated with gambling.

PROBLEM GAMBLING FACT SHEET

Whether you're seeking information for yourself or a loved one, this fact sheet can help you better understand what problem gambling is, its impact, and how to find support.

What is Problem Gambling?

Problem gambling (sometimes referred to as "gambling addiction" or "gambling disorder") is gambling behavior that is damaging to a person or their family, often disrupting their daily life and career. Anyone who gambles can be at-risk for developing a gambling

problem. Gambling disorder is a recognized mental health diagnosis.

Some warning signs of a gambling problem are:

- Thinking about gambling all the time.
- Gambling despite negative consequences.
- Feeling the need to bet more money and more often.
- In extreme cases, problem gambling can cause bankruptcy, legal problems,
- Returning to try to win your money, job loss, family harms, and thinking back ("chasing losses").
- Feeling restless or irritable when trying to stop or cut down.

How Widespread is Problem Gambling in the U.S.?

- An estimated 2.5 million US adults (1%) problems in a given year.
- Another 5-8 million (2-3%) meet one or more of the criteria for gambling experiencing problems behavior.

Problem Gambling Support & Resources

The National Problem Gambling Helpline (1-800-GAMBLER) is available via call, text, or chat and can provide detailed information about treatment resources in your area.

Call: 1-800-GAMBLER • Text: 800GAM • Chat: www.1800gambler





New Resources and Events

To continue to raise awareness and share messages of hope and help, Wellness &

Counseling Services has new resources and upcoming events to share.

*These are the upcoming events for Spring and Summer 2024:

Keeping Spring Break Safe – March 7, 2024 (9 am-1 pm)

Anger Management Workshop – March 21, 2024 (11 am-12 pm) Building 264

HIV/AIDS Awareness (sponsored by Net Impact) – March 21, 2024 (11 am-1:30 pm)

Stress Management Workshop – April 18, 2024 (11 am-12 pm) – Building 264

HIV/AIDS Awareness (sponsored by Net Impact) – April 18, 2024 (11 am-1:30 pm) Anderson Center

Domestic Violence Awareness (in conjunction w/Risk Management) - April 25, 2024 (9 am-1 pm)

Lunch & Learn (Faculty & Staff only) – April 30, 2024 (12-1 pm)

How to be best on your text Workshop – May 2, 2024 (11 am-12 pm) Building 264

Pizza Party Dorm Group – May 7, 2024 (7 pm-8 pm)

Groups:

Mindfulness Hour – March 6, March 20, April 3, April 17, and May 1, 2024: 1 pm-2 pm

Alcohol Anonymous (AA) – Every Wednesday: 12 pm-1 pm

Overeaters Anonymous (OA) – Every Thursday: 12 pm-1 pm

Dorm Group – March 5, March 26, April 9, April 23: 7 pm-8 pm

Outreach Table: (Bldg. 224 – Anderson Campus Center, 11 am-1 pm)

LGBT Awareness – March 26, 2024, 11 am-1 pm Anderson Center • March 26-28, 2024 3 to 4 PM each afternoon come by and visit CTC Wellness and Counseling Services Open House - Bldg., 264
*(Subject Pending) – April 23, 2024, 11 am-1 pm

