News@CAPS

Spring 2015

About Counseling & Psychological Services (CAPS)

The staff at CAPS listens to the concerns students have about their lives in a safe, supportive, and confidential setting. Students speak about a wide range of topics and work collaboratively with counselors to develop understanding into the factors contributing to their concerns. Greater insight often helps students make better decisions in regulating their lives.

To Make an Appointment: Call x1290, email Patty Rawlings (prawling@haverford.edu), or visit room 317 in Founders Hall. Students can request counselors based upon gender and race. Students interested in seeing our psychiatrist should first contact Patty.

Tips for Reducing Test Anxiety

- 1. Begin Your Preparation Early: Cramming for exams is not an effective approach and it will serve to heighten your anxiety as you will feel rushed throughout your preparation. Get an early start so you can complete your preparation at a reasonable pace.
- 2. Adopt a Positive Attitude: Approaching the preparation process with a positive state of mind will help you to motivate yourself, and prevent feelings of anxiety. Use positive self-statements like "if I prepare, I will pass," "I can do this," and "I will be ok."

Self-Care Advice

When feeling stressed, the following are activities that one can do to relax and destress:

Meditate

Do yoga, tai chi, or Pilates.

Exercise, including lifting weights or playing a sport

Talk to a friend

Go for a long walk in a park or nature path (someplace that is peaceful)

Do something exciting like rock climbing, hiking, biking, or skating

Get a massage, which can soothe muscles and emotions

Sleep or take a nap

Cook your favorite dish or treat or even try a recipe that you've never tried before

Go see a movie, attend a sporting event or concert

Enjoy a hobby

FOR APPOINTMENTS- EMAIL: PRAWLING@HAVERFORD.EDU OR CALL: X1290 SPRING 2015 Tips for Reducing Test Anxiety (continued)

- 3. Avoid a "Negative Attitude:" Negative self-statements will only derail your confidence level and possibly lead to a self-fulfilling prophecy if you expect to fail, you could fail. Do not say to yourself, "I am terrible at multiple choice exams," "I need to master every topic," or "I am doing worse than others."
- 4. Maintain Good Physical Health: It is helpful to strike a balance between the time you spend studying for exams and maintaining your general health. Continue your usual exercise routine, eat a healthy diet, and get adequate sleep. Also, enjoy your social relationships. In addition, a variety of relaxation techniques will help you to remain centered and calm, which can include deep breathing exercises, muscle relaxation, visualization, yoga, meditation, etc.



FYI: Winter Blues vs Depression

The winter months can produce the winter blues, but what could be winter blues could also be depression. People of all ages can experience the winter blues and depression. Both are highly treatable. And like the winter blues, feeling down is nothing to be ashamed of. The main difference between the winter blues and depression is longevity. When persisting for more than a few weeks, the following behaviors and actions may suggest more than winter blues:

Signs of Winter Blues/Depression:

- Dizziness, headaches, stomachaches, neck aches, muscle tension
- Persistent crying spells, unhappiness, negativity, irritability.
- Uncontrollable anger or outbursts of rage. Low frustration tolerance.
- Overly self-critical, unwarranted guilt, low self-esteem.

- Inability to concentrate, pay attention, remember, or make decisions.
- Loss of interest in once pleasurable activities. Having low energy, fatigue, excessive sleepiness.
- Change in appetite, noticeable weight loss or weight gain.
- Chronic worry, excessive fear.
- Suicidal thoughts, plans, or attempts.

FOR APPOINTMENTS- EMAIL: PRAWLING@HAVERFORD.EDU OR CALL: X1290 SPRING 2015 The following behaviors also may suggest that something emotionally or psychologically may be occurring underneath the surface:

- Unhealthy eating behaviors, such as overeating or limiting what one eats
- Excessive or frequent drug or alcohol use
- Social isolation such as not going out or having difficulty maintaining relationships
- Sexual promiscuity
- Risk-taking behavior (reckless driving, unprotected sex, carelessness when

- walking across busy streets, or on bridges or cliffs)
- Getting into trouble with others, including physical or sexual assaults against others
- Failure to care about appearance/hygiene, appearing disheveled and unkempt.
- Antipathy, loss of interest in activities

If you or a friend exhibit these behaviors or have concerns about these things, please contact or visit CAPS.

Daily Drop-in Hours

When?

CAPS continues to have a daily drop-in hour from 11AM – 12PM, Monday through Friday. A clinician will be available to meet with students who do not have a scheduled appointment.

Who?

This service is for emergent situations, as well as when administration and students feel that a student would benefit from being seen that day.

What?

Services include a psychological consultation to determine what and who will be most helpful.

Where?

Students should come to Founders 317 and talk with Patty who will arrange them to meet with a senior clinician or Post-doctoral Fellow.

How?

Services offered at CAPS are confidential. Our staff members are trained to help with the daily issues of living that students experience as well as emergent and problematic situations. We strive to create a safe and supportive environment and to work collaboratively with students on gaining insight and understanding into what they are experiencing so they may exercise greater agency in the world.



Weekly Mediation Group

Weekly drop-in Yoga/Meditation class, designed to help you take a break, breathe deeply and move mindfully. Class includes sitting meditation and yoga practice. All levels are welcome and mats are provided.

Tuesdays 2:45-4:00 in Room 207, Campus Center

Contact Rebecca Ergas (rergas@haverford.edu)

Please visit our newly updated website for more information (www.Haverford.edu/CAPS)

WHEN CONCERNED, RESOURCES INCLUDE CAPS (x1290) & Campus Safety (x1111)



Inspired thoughts for Spring 2015

"In the end, it's not the years in your life that count. It's the life in your years."

Abraham Lincoln

"Truth is, I'll never know all there is to know about you just as you will never know all there is to know about me. Humans are by nature too complicated to be understood fully. So, we can choose either to approach our fellow human beings with suspicion or to approach them with an open mind, a dash of optimism and a great deal of candor."

Tom Hanks

"Anybody can become angry - that is easy, but to be angry with the right person and to the right degree and at the right time and for the right purpose, and in the right way - that is not within everybody's power and is not easy."

Aristotle

"Friends can help each other. A true friend is someone who lets you have total freedom to be yourself - and especially to feel. Or, not feel. Whatever you happen to be feeling at the moment is fine with them. That's what real love amounts to - letting a person be what he really is."

Jim Morrison

"The most common way people give up their power is by thinking they don't have any."

Alice Walker

"Real knowledge is to know the extent of one's ignorance."

Confucius

"Your living is determined not so much by what life brings to you as by the attitude you bring to life; not so much by what happens to you as by the way your mind looks at what happens."

Khalil Gibran

"Success is not final, failure is not fatal: it is the courage to continue that counts."

Winston Churchill

"It's not the load that breaks you down, it's the way you carry it."

Lena Horne