



Dear CCNY Community,

As we embark on navigating this unfamiliar semester, the CCNY Counseling Center is bringing back our ***Letters to Home Series***. A monthly newsletter providing information on how to care for your mental health.

This week we present:

## ***Letters to Home – Adjusting Back***

Since March, there has been a whirlwind of challenges and upsetting events, prompting feelings of being out of control and a multitude of emotions. It can be difficult to process these events and emotions while adjusting to the return of school or starting of your first year at City College. Below are some tips for navigating adjustment:

- **Find a Routine:** Structure and routine play an important role in experiencing normalcy, stability, and comfort. Our previous routines may have included detailed schedules, involvement in a variety of activities, or the act of moving to different classes. Since so much has changed, start small!! Creating a flexible list of things to do throughout the day including classes, study time, mealtime, time for movement, time for breaks, and other self-care activities. Inputting these activities into your schedule creates a higher level of accountability and also ensures the prioritization of rest.
- **Re-Evaluate Self-Care Practices:** Self-care is defined as disciplined, constant habits which work together to help us be at our most optimal – emotionally, physically, and mentally. While there are many barriers and limitations to some behaviors which may have previously been a part of our self-care practices, take this time to re-assess. What is missing? What is working? What is no longer working? It is possible to introduce new practices or adjust old ones? Consider self-care ideas that you can engage in alone, or in new spaces such as your living room.
- **Preparation for Remote Learning:** Remote learning has presented us all with new challenges in how and where we learn. Getting into the groove can take time and some flexibility. If possible, create a dedicated area – if physical space is limited, get creative in separating where you sit during class time versus down time, change out of the PJs to at least mentally prepare to be in class. Spending so much time in front of computer screens can be tiring. Schedule in “recess” and movement as part of your routine and be consistent with it! Last but not least, have some fidget toys handy. Unconsciously we reach for our

phones and end up distracted from class. Having small fidget toys (i.e.: playdoh, coloring pages, snap wrist bands, rubric cubes) can come in handy to break from this habit and remain focused.

- **Affirmations for Remote Learning:** Mentally preparing ourselves is just as important as preparing our physical spaces. Our thought process entering this different type of learning can be impactful on our behaviors. Repeat after us:
  - Today I will do my best to stay engaged in class
  - I'm grateful for being able to continue towards my goals
  - Even small progress in my learning will make for big changes in my future
  - I'm doing the best I can and this won't last forever
  - I am strong, resilient, and I can do this
- **Start Each Day Fresh:** When dealing with all of the recent changes to our daily lives, and the continued adjustments that the pandemic brings, being flexible is helpful. As we figure out our new routines it's important to try and plan AND also be open to changing that plan when something isn't working. Things happen, plans may get altered, or we might struggle getting started in the first place. Each day is a new day and a setback you faced yesterday can become a learning opportunity.

The Counseling Center is open and providing remote clinical services, via online platforms and phone, to actively enrolled CCNY students. Services provided include screening and assessment, crisis intervention, individual short-term counseling, group counseling, referral and case management, and workshops.

If you are a CCNY student and would like to connect with a counselor, you can do so by:

- Emailing us at [counseling@ccny.cuny.edu](mailto:counseling@ccny.cuny.edu)
- Calling our office's main number (212) 650-8222

For more information, please visit our website: <https://www.ccny.cuny.edu/counseling>

## Virtual Support Groups Offered by the CCNY Counseling Center

**THE CCNY COUNSELING CENTER**

**VIRTUAL SAFE SPACES - FALL 2020**

***Skills Group***  
When: Wednesdays, 11:30-12:30PM, Starts 09/16  
<https://www.surveymonkey.com/r/SkillsGroupCCNY>

***Voices of the Uprising: Virtual Safe Space***  
When: Mondays, 12-1PM, Starts 09/21  
<https://www.surveymonkey.com/r/BlackStudentsCcnny>

***International Students, Virtual Safe Space***  
When: Mondays, 1-2PM, Starts 09/28  
<https://www.surveymonkey.com/r/IntlGroupCCNY>

***Adjusting to Loss During COVID-19***  
When: Thursdays, 2-3PM, Starts 10/01  
<https://www.surveymonkey.com/r/GriefLossCCNY>

Click the links to RSVP!  
Questions? Email us at:  
[counseling@ccny.cuny.edu](mailto:counseling@ccny.cuny.edu)  
**If a virtual safe space you are interested in already started, please email us about joining.**



HEALTH AND WELLNESS SERVICES  
DIVISION OF STUDENT AFFAIRS

The City College  
of New York

Voices of the Uprising RSVP Link: <https://www.surveymonkey.com/r/BlackStudentsCcnny>

International Students RSVP Link: <https://www.surveymonkey.com/r/IntlGroupCCNY>

Adjusting to Loss during COVID-19: <https://www.surveymonkey.com/r/GriefLossCCNY>

## Workshops for Faculty and Staff

### Workshops for Faculty and Staff Counseling Center



#### Identifying and Responding to Students in Distress

Wednesday September 30, 2020  
4:00pm – 5:00pm

Tuesday October 20, 2020  
12:30pm – 1:30pm

Thursday November 19, 2020  
12:30pm – 1:30pm

Thursday December 1, 2020  
12:30pm – 1:30pm

To register:

<https://www.surveymonkey.com/r/distressccny>



Please email [counseling@ccny.cuny.edu](mailto:counseling@ccny.cuny.edu) or call (212) 650-8222 for more information on workshops.



## Workshops for Students

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## Counseling Center

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### Student Success

Thursday October 1, 2020

1:00 pm - 2:00 pm

<https://www.surveymonkey.com/r/successccny>



### Grief and Loss during the Pandemic

Tuesday October 6, 2020

12:30 pm - 1:30 pm

<https://www.surveymonkey.com/r/GriefLossCCNY>



### Conflict Resolution and Assertiveness Training

Thursday October 15, 2020

12:30 pm - 1:30 pm

<https://www.surveymonkey.com/r/conflictccny>



### Time Management

Monday October 19, 2020

3:00 pm - 4:00 pm

<https://www.surveymonkey.com/r/timemancny>



### Stress Management

Wednesday October 28, 2020

3:00 pm - 4:00 pm

<https://www.surveymonkey.com/r/stressmancny>



### Test Anxiety

Tuesday November 3, 2020

12:30 pm - 1:30 pm

<https://www.surveymonkey.com/r/testccny>



### Grief and Loss during the Pandemic

Thursday November 12, 2020

1:00 pm - 2:00 pm

<https://www.surveymonkey.com/r/GriefLossCCNY2>



### Stress Management

Wednesday November 18, 2020

3:00 pm - 4:00 pm

<https://www.surveymonkey.com/r/stressmancny2>



### Insomnia

Monday November 23, 2020

10:00 am - 11:00 am

<https://www.surveymonkey.com/r/insomniacny>



### Self-Care

Monday November 30, 2020

3:00 pm - 4:00 pm

<https://www.surveymonkey.com/r/selfcareccny>



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Please register to the workshops by clicking on the RSVP links above or scanning the QR Codes.  
Please email [counseling@ccny.cuny.edu](mailto:counseling@ccny.cuny.edu) or call (212) 650-8222 for more information on workshops.

## **Additional Resources:**

[Self-Care Assessment](#)

[Online Learning Tips](#)

In honor of September being National Suicide Prevention Month, below please find additional information about suicide prevention, resources, and helpful information.

[NIMH Suicide Prevention Information](#)

[Get Involved](#)

[National Suicide Prevention Lifeline \(Lifeline\)](#) -- **1-800-273-TALK (8255)**, or text the Crisis Text Line (**text HELLO to 741741**). Both services are free and available 24 hours a day, seven days a week. The deaf and hard of hearing can contact the Lifeline via TTY at 1-800-799-4889. All calls are confidential.

Trevor Lifeline, the only national 24/7 lifeline for LGBTQ youth is 1-866-488-7386.

Veterans Crisis Line, for U.S. Military Veterans, call 1-800-273-8255, press 1.

For immediate mental health support please call NYC Well 1-888-NYC-WELL (888-692-9355). NYC Well provides free, confidential services to support mental health concerns. NYC WELL is available 24/7 and can provide assistance in over 200 languages.

You can also text WELL to 65173 or access the NYC WELL website at <https://nycwell.cityofnewyork.us/en/> to chat with a counselor.

Stay safe and take care of each other.  
The Counseling Center