



# Barstow Community College

Counseling & Student Success Newsletter 2020- volume 8

## “Your Mental Health Matters”

**BARSTOW COMMUNITY COLLEGE IS KEEPING UP TO DATE ON THE COVID-19 PROTOCOLS. MAINTAINING IN COMPLIANCE, BARSTOW COMMUNITY COLLEGE CAMPUSES ARE PHYSICALLY CLOSED TO THE PUBLIC AND STUDENTS. COLLEGE OPERATIONS AND SERVICES WILL CONTINUE REMOTELY. IF YOU NEED ASSISTANCE, PLEASE EMAIL [WELCOME@BARSTOW.EDU](mailto:WELCOME@BARSTOW.EDU)**

Click on the Icons Below



Life Threatening Dial 911

National Suicide Prevention Lifeline

1-800-273-8255



Sign Up- VIKING Alert

Feeling overwhelmed?

Text: "courage" To: 741741  
FREE 24/7. CONFIDENTIAL  
Many of us will experience a mental health challenge in



Contact a BCC Counselor  
[http://barstow.edu/BCC/Counselor\\_Update.html](http://barstow.edu/BCC/Counselor_Update.html)



Contact:  
760-252-2411



Website:  
<http://www.barstow.edu/>

## How to Practice Mindfulness

- **Breathe!** Take deep belly breaths, relaxing your jaw on the exhale.
- **Slow Down!** Stay in the present moment. Let go of “if only” (past), “what if” (future). Have the experience you are having RIGHT NOW.
- **Sense!** Pay attention to your sensory experience. Touch, taste, texture, color. **Notice!** Ask: “What is happening?”...”What am I feeling?”.
- **Name your experience!** Use Kind "Self Talk" rather the self-critical words when you are struggling.
- **Be kind to yourself!** Develop self-care and self-compassion

If you fall asleep, it means you are tired! Check out the [Sleep module](#) to help you get more and better sleep. And try this when you are not sleepy.

Click on the Image below to Join:



Join in Mindful Mondays!  
Join us every Monday, during the month of May, for a Mindfulness and Meditation practice:  
Dates & Times:  
Monday, May 4th @ 12:00pm—1:00pm  
Monday, May 11th @ 12:00pm—1:00pm  
Monday, May 18th @ 12:00pm—1:00pm

Join via ConferZoom every Monday!  
There's three ways to join:  
• URL: <https://cccconfer.zoom.us/j/92834707199>  
• ConferZoom app:  
click JOIN A MEETING and enter the Meeting ID: [928 3470 7199](https://cccconfer.zoom.us/j/92834707199)

Click the link below to watch a video on “ The Essence and Practice of Mindfulness”  
<https://vimeo.com/293231104>

Disclaimer: This newsletter includes health information copied from online articles. You should always consult your physician or health care provider for any questions or concerns you have regarding your health.

<https://ccconlineed.instructure.com/courses/1895/pages/how-to-practice-mindfulness>