



Barstow Community College

Counseling & Student Success Newsletter 2020- volume 3

“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

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.



Active Minds

For most of us, having to unexpectedly leave or disengage with our community – even if just for a short time – can be stressful. **If you're feeling that stress**, remember that is a natural response. Beyond that, others of us who live with anxiety or other mental illnesses can experience exacerbated symptoms from the added stress

Take breaks to ease your mind and distract yourself when you start to worry. Play a game. Watch a movie. Take a yoga class. Try a meditation app. For more coping skills to consider, head to activeminds.org/selfcare.

Productive Self Care Tips:

- Exercise
- Practice deep breathing
- Read
- Clean
- Take a (Timed) Nap

Distraction Activities:

- Call a friend
- Go out to eat
- Got out to an event

Examine whether what you're doing is helping or hurting the situation. If it's making things worse, do the opposite of whatever it is you feel like doing. Commit to it

Click in the link below, to watch “Self Care: What it really is by Susannah Winters

<https://www.youtube.com/watch?v=dBn0ETS6XDk>



Contact a BCC Counselor
http://barstow.edu/BCC/Counselor_Update.html



Contact:
760-252-2411



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

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.

ActiveMinds:

<https://www.activeminds.org/blog/coping-and-staying-emotionally-well-during-covid-19-related-school-closures/>