



Barstow Community College

Counseling & Student Success Newsletter 2020- volume 2

“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.W.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 at some point in our lives.



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



Contact:
760-252-2411



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

Retain Mentally and Physically active while practicing social distancing

Meditate or practice yoga. Be mindful of your body and your environment. There is no better time to invite peace and calmness into your life than this moment.

Reach out and stay connected. Write a letter to a loved one. Call a friend. Plan for regular video chats with someone you know. Join or start an online group based around one of your interests.

Engage your mind. Listen to a Ted Talk and other online talks covering topics you have been wanting to learn more about.

Take a nap. Indulge in the beauty of a “power nap” and go to sleep for 20-30 minutes. Allow yourself to rest when you are worn out. However, try to limit the amount of time sleeping to 30 minutes or less to decrease the chance for interrupting your nighttime sleeping routine.

Stretch your mental muscles. Do a jigsaw puzzle, a crossword puzzle, play an online board game, or engage in some other mentally stimulating activity.

Exercise (in moderation). Get the heart pumping and the endorphins flowing. Exercise can make us feel more energetic, more focused, stronger (physically and mentally), and it can improve our mood.

Click the link below to watch a video on 5 tips to improve your critical thinking:

<https://www.youtube.com/watch?v=dItUGF8GdTw>

Relaxation/Meditation: Click on the underlined titles

Progressive Muscle Relaxation: a guided relaxation that asks you to tense up certain muscles and then let go, which creates a relaxing sensation. There's no right or wrong way doing it. This can be helpful to do before going to bed or when feeling stressed.

Breathing exercise: to help you slow down and feel calmer.

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.

Mount Holyoke College

<https://www.mtholyoke.edu/counseling/mental-health-coronavirus>