

March 23, 2020

GV Students,

GV Counseling Services are still available to you even though we have switched to online class delivery at this time. We will not be providing face to face meetings, but can provide counseling support through tele-health services on-line.

The secure tele-health platform we are using is called doxy.me. To video conference you need to have a computer that has a webcam and audio capabilities. If you do not have a computer with these capabilities we will make other arrangements to provide you support.

To request counseling services please click on the following link

<https://www.grandview.edu/student-life/services/counseling>

Check out the list Kenlyn put together below to help take care of your mental health and well-being!

If you have any questions please let us know and we'd be happy to respond to you.

Kent Schornack

kschornack@grandview.edu

515-263-2986

Kenlyn Gordon

kgordon@grandview.edu

515-263-2881

Mental Health and Well-Being

- Try to switch your mindset from 'taking a break from life', 'I cannot do anything', and isolation to doing activities you enjoy that can be outdoors, solitary, or with a few other people.
- Spend time in nature in spaces where there are no crowds.
- So much of our lives are spent on the go—going from one thing to the next. Take this time to do more reflective behaviors such as journaling, hiking, walking, meditation, calling a friend or family member to catch up, etc.
- If you have a pet, teach them a new trick and spend extra time developing a new skill.
- Learn something new. Use YouTube tutorials to try out something you have always wanted to learn but did not have the time.
- Move your body! Do not neglect your body's natural needs for movement. Go on a walk outside on a trail or space with no crowds. Do an at home workout. Turn on your favorite music and dance around your house/apartment/dorm room.
- Practice gratitude for what you have and notice the good in your life.
- Write letters to people in your life you love to express gratitude.
- Do some decluttering of your space and get organized!

- Use a block schedule to optimize your time and mental focus as you do online classes. Plan out your days in blocks of time to ensure you have space to complete your academic work. Also schedule self-care/rest/body movement/nutrition into the block schedule.
- If you have been receiving therapeutic services, check with your provider to make a plan for your therapy. Many therapists are utilizing Telehealth (online) services or have made arrangements to continue meeting in person.
- Stay positive. Stay connected with people in your life. Check in with loved ones, especially those that may be in vulnerable populations or have been greatly impacted by a quarantine (ie. Elderly folks in assisted living facilities, those who are immunocompromised, folks disappointed by cancelled travel, those with loved ones in high risk states or countries, etc.)