

# COUNSELOR CORNER

APRIL 2024

ACCORDING TO AN INTERNET SEARCH ABOUT APRIL, THIS IS A MONTH THAT DRAWS ATTENTION TO MANY IMPORTANT TOPICS, SOME OF WHICH ARE OUR EARTH, ALCOHOL AWARENESS, ARAB AMERICAN HERITAGE, AUTISM ACCEPTANCE AND NATIONAL STRESS AWARENESS. APRIL IS ALSO NATIONAL VOLUNTEER MONTH, SO HOPEFULLY YOU ALL CAN FIND THE TIME AND ENERGY TO GIVE BACK TO YOUR FAMILY, FRIENDS, SCHOOL OR COMMUNITY DURING THIS MONTH.

EACH OF THESE TOPICS, IN ADDITION TO THOSE YOU MAY IDENTIFY BASED UPON YOUR INDIVIDUAL INTERESTS, CAN ENHANCE OR DIMINISH YOUR MENTAL HEALTH OR STATE OF WELL-BEING. WHILE MEMBERS OF THE COUNSELING DEPARTMENT WOULD WELCOME THE CHANCE TO TALK WITH YOU AND SHARE RESOURCES ABOUT YOUR PARTICULAR AREAS OF INTEREST, IN THIS EDITION OF COUNSELOR'S CORNER WE ARE CHOOSING TO FOCUS ON STRESS AWARENESS. OUR CONTINUED GOAL REMAINS RAISING AWARENESS AND SHARING TOOLS THAT YOU CAN USE TO PROMOTE AND SUPPORT HEALTH DURING THIS TIME OF YEAR.

THE NATIONAL INSTITUTE OF HEALTH (NIH) IDENTIFIES APRIL AS NATIONAL STRESS AWARENESS MONTH AND DEFINES STRESS AS PHYSICAL, MENTAL, OR EMOTIONAL STRAIN OR TENSION. AS WE TAKE A CLOSER LOOK AT STRESS IN TERMS OF OUR WHOLE HEALTH, THE BEGINNING OF ANY CONVERSATION RELATED TO HEALTH TYPICALLY BEGINS WITH SCREENING QUESTIONS OR ASSESSMENT TOOLS DESIGNED TO HELP YOU IDENTIFY "WHAT IS" (HELPING TO INCREASE YOUR AWARENESS). IT IS IN THAT SPIRIT THAT WE ENCOURAGE YOU TO COMPLETE THE 16 QUESTION SCREENER VIA THE LINK BELOW, AS PUT FORTH BY MENTAL HEALTH AMERICA:  
[HTTPS://MHANATIONAL.ORG/GET-INVOLVED/STRESS-SCREENER](https://mhanational.org/get-involved/stress-screener)

WHEN YOU'RE DONE WITH THE SCREENER, YOU MIGHT WANT TO REFLECT FOR A MOMENT ABOUT YOUR SELF-CARE STRATEGIES: ARE YOU GETTING ENOUGH SLEEP, ENGAGING IN HEALTH PROMOTING ACTIVITIES SUCH AS EXERCISE, HEALTHY EATING, SOCIAL CONNECTEDNESS, HAVING FUN, EXPERIENCING JOY? OR ARE THE SCALES TIPPING TOWARDS UNHEALTHY BEHAVIORS?

TO STRENGTHEN YOUR PERSONAL RESILIENCY AND BUILD YOUR MENTAL CAPACITY TO DEAL WITH LIFE AND ITS' STRESSORS, ARE ANY OF THE TOOLS IDENTIFIED VIA THE LINK BELOW WORTH TRYING: 10 TOOLS: [HTTPS://MHANATIONAL.ORG/TEN-TOOLS](https://mhanational.org/ten-tools)

