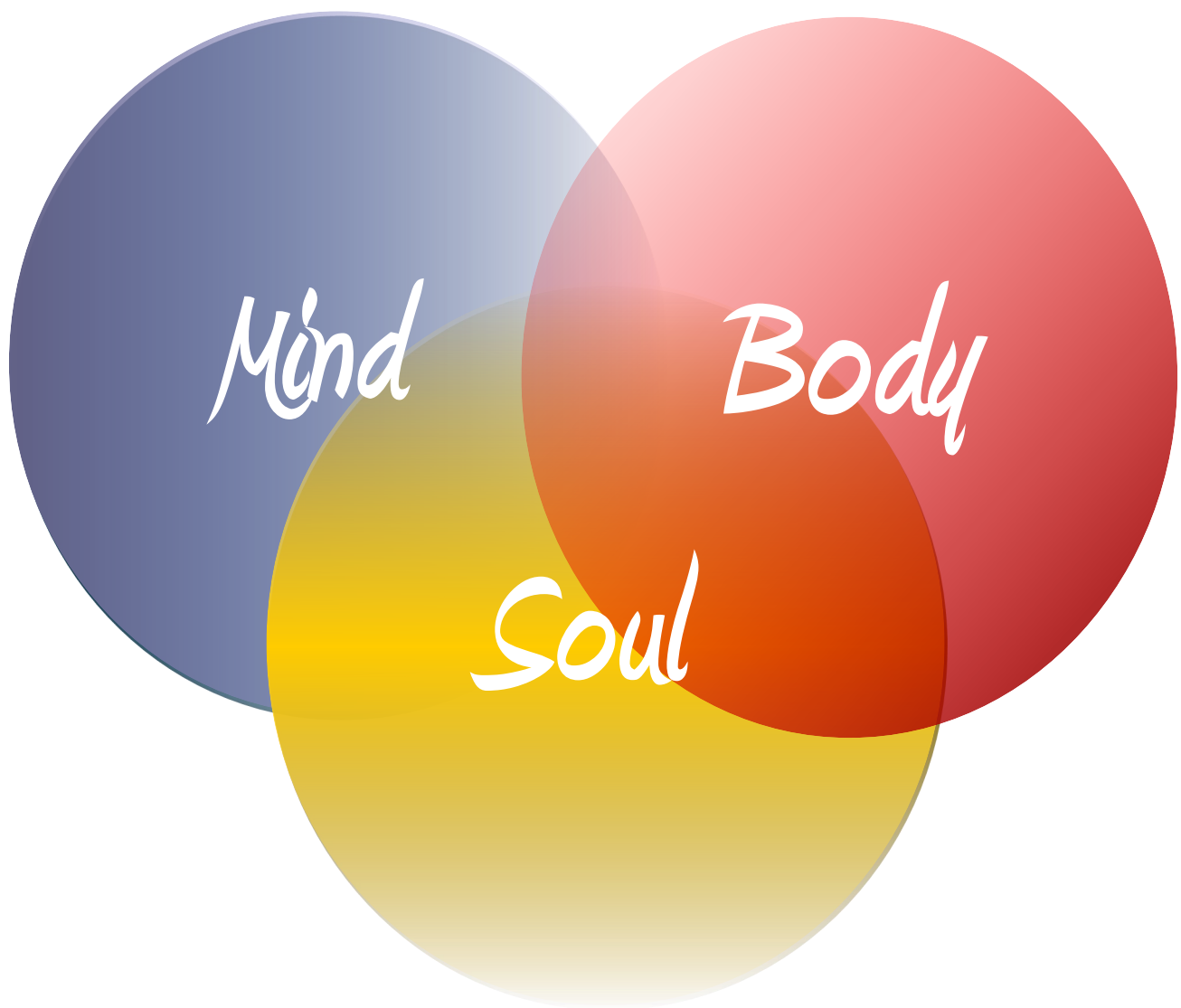


What does *Wellness* mean to you?



Turn to page 3 to read what students had to say.

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The Women's Center

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FROM THE DIRECTOR

Dear Students,

As we move quickly from season to season and from semester to semester, we are sometimes too busy to stop the momentum and think about ourselves and our wellbeing. The solution is closer than you think. You spend every week of the semester on one of the most beautiful campuses in New York that offers the most natural tools for stress reduction, good fitness and overall access to the resources that you need. From the beautiful ocean views and access to a white sandy beach, KCC welcomes you. Your campus also has great GYM facilities and a variety of helpful people and services. KCC opens doors and provides support for you to explore your horizons. Take a step and use everything that is available to you on campus to make your dreams a reality and focus on your wellbeing.

I wish you all the best in this semester and know that our door is always open for you.

Dasha Gorinshteyn
Director of Counseling & Health Services

WHAT DOES WELLNESS MEAN TO YOU?

Several Kingsborough students were randomly selected to answer this question. Here is what they had to say.

"Wellness has an important role in my life because when I have good health I can work, raise my children, and realize my dreams."

Veronika Kukusukina
Liberal Arts

"Wellness means when people set and reach their goals."

Anonymous
Liberal Arts

"Wellness means to feel well, achieve your goals, avoid stress, be positive, and see your future. Life is full of challenges and you have to fight and suffer to get good results."

Anonymous

"Wellness is the state of happiness, when one is content in all aspects of life."

Danaya Hamilton
Early Education

"Wellness is the satisfactory emotional side of a human being. Not really being at ones highest point/state, but kind of like a brush off saying "I'm well" instead of "I'm doing great." Wellness can also mean just flowing with the day."

Anonymous

"Wellness reflects the happiness part of your personality, staying healthy, and being well."

Salam Hussein

"To me wellness means being healthy, feeling good, and how a person is doing. When someone greets a person by saying "How are you?" they are asking about the person's wellness."

Orit Samouha
Liberal Arts

"Wellness means to be in a healthy place in your life, mentally as well as physically. You have to be in a very positive space in order to develop good wellness."

Latisha Brown
*Early Childhood and
Childcare*

"Wellness means being physically and emotionally healthy."

Anonymous
Hotel Management

"Wellness means being at peace, being healthy, and achieving your goals. Psychologically and physiologically rewarding both intrinsically and extrinsically. Always maintaining homeostatic balance in your spiritual, mental and physical self. To be well is to always think things will be in sync."

Anonymous
Liberal Arts

"Mainly, wellness to me is the quality of life and an overall balance of your health, but grasping the external factor of things that go on around you."

Jamal Lawrence
Liberal Arts

"Wellness is a personal feeling of being good and feeling good about yourself and the person you are inside and out. Being capable to interact with others without changing your personality and good behavior."

Tomerys Mejia
Education

"To me (wellness) means to be a strong human being, both mentally and physically. Also wellness is protecting yourself from any negativity that could effect you."

Steven Tenezara
Criminal Justice

"Wellness to me means to be humble and to be in a state of positive feelings."

Anonymous
Liberal Arts

"Wellness can mean a lot of different things, but to me it means the good. The good in anything, just the joy to be well. Also, kindheartedness. So many different meanings. It's basically about who you are and what you stand for."

Anonymous

"Wellness to me means the state which our mental, physical and emotional health is in. In our teenage years, college life, and adult life our wellness is constantly shifting due to all our responsibilities, our social life, and the choices we make. In the long run, it is a significant contributor to the way we behave and operate daily."

Roddy Santos
Liberal Arts

"Wellness to me means when you overall feel good about yourself, that everything is going on as it's suppose to and that nothing is wrong. Having a sense of wellness in life makes things so much easier. You have a clear mind, less stress and a more positive attitude towards life."

Jillian English
*Early Childhood/
Education*

To learn more about wellness and wellness services on campus, call the Student Wellness Center (SWC) at 718-368-5975 or attend the SWC events listed on page 6.

groups

Women's Support Group

Wednesdays, 11:30a-12:30p
Starting: March 16th
in The Women's Center,
Room M-382

College Transitions Group

Mondays, 1:50p-2:50p
Starting: March 21st
In Room L-118A (Library)
Open to all NEW students.

Are you new to Kingsborough?
The ESL College Transitions group will enable you to meet other students and obtain information while coming together to discuss academic, social and personal concerns.

ESL Conversation Group

Wednesdays, 11:30a-12:30p
Starting: March 23rd
In Room L-118A (Library)

This group will help you become more comfortable speaking English by giving you the opportunity to practice your skills. Games and other activities will be used and you will have the opportunity to bring your own questions and concerns.

Building Resiliency Group

Wednesdays, 3p-4p
Starting: March 23rd
In Room L-118A (Library)

The building resiliency group is designed to educate students about resiliency and how it can build a better you. Students will have the opportunity to maximize their strengths, confidence, tenacity, liveliness and their success for college and life.

To sign-up for any of these groups call
718-368-5975.

THE WOMEN'S CENTER

What is The Women's Center?

The Women's Center offers women a welcoming, supportive environment in which to explore educational, professional, and lifestyle issues. It is an ideal place to meet and network with other students who are also working towards a successful transition to college.

The Women's Center also provides women a place to gather, socialize and examine the transitioning lifestyles that will allow them to develop to their fullest potential.

Goals:

The Women's Center offers support and services to those students who are encountering life transitions. Through our on-going services we encourage retention and academic success for women and non-traditional students by providing specialized support programs and referrals to community resources for identifiable populations including re-entry, low-income and special services. We help our students identify and foster an awareness of the possibilities for academic success and positive personal development.

What activities does The Women's Center support?

The Women's Center co-sponsors (in association with departments, programs and clubs), lectures, workshops, seminars and peer support groups. Support groups are formed in response to students' needs and schedules.

Programs:

The Women's Center offers and co-sponsors lectures, workshops, seminars and support groups concerning the issues of women and non-traditional students.

Below is an abbreviated list of the topics discussed:

- Sexual Harassment
- Domestic Violence
- Stress and Time Management
- Legal issues
- Assertiveness and Leadership Training
- Health and Wellness
- Referrals for Financial Planning
- Parenting
- Career-related issues

Services:

- Speakers and discussion groups on relevant topics of concern to women and non-traditional students
- Special programs, projects, seminars and workshops

- Lending library
- Open house for all students each semester
- Women's support groups
- Current events discussions, mid-life issues and single parenting
- Individual personal and life transition counseling
- Brochures and information relating to women
- Information about women's study courses and women related topics

The Women's Center is located in:

Room M-382 (Marine & Academic Center Building)
Telephone: 718-368-4700
Hours of operation:
Monday through
Friday /9am-5pm.

Frances Robinson, LMSW
Program Manager

Joan Oliveri
Administrative Assistant

Website:
http://www.kbcc.cuny.edu/studres/Pages/womens_resource_center.aspx

HOW TO BE KINDER TO YOURSELF**BY: APOLLONIA WENTING KANG**

Do these scenarios ring a bell? Whenever you speak in class, you get anxious, as you are afraid of making a fool of yourself, and how others will judge you. Or, you have been getting some bad grades for your papers, and you think to yourself: "I'm a horrible writer. I made so many mistakes." Or, you are swallowed by a prevailing sense of loneliness when you feel that you do not have friends, partners, or family to lean on, and you say to yourself: "I'm not lovable. I may never find my soul mate."

These aforementioned examples illustrate how frequently we become the harshest critics of ourselves. Being compassionate to others is common talk, but we are rarely taught to treat ourselves kindly. Self-compassion seems like a novel concept in our competition- and results-drive culture. As college students, you may have trodden through numerous moments of self-doubt. Self-compassion means embracing who we are with kindness and acceptance, especially when we suffer, or feel inadequate. At the core of self-compassion is accepting the fact that we are all flawed and imperfect human beings. According to Leary, Tate, Adams, Allen, and Hancock (2007), relating to ourselves in a kind, friendly manner is fundamental to maintaining our emo-

tional wellbeing. At first glance, it is hard to believe that self-compassion, which guides us to experience and acknowledge difficult feelings with kindness, paradoxically helps us process and let go of them more fully (Neff, 2015). However, more and more researchers consented that self-compassion is a transformative tool to build a more resilient self, and a healing power that helps us cope with the many challenges in college.

Now, you may wonder, if we always comfort ourselves in face of adversities, we may not garner enough motivation to improve our performance. This notion that self-compassion somehow morphs into complacency or hedonism is a common misconception about nurturing healthy relationships with ourselves. To apply self-compassion in everyday college life, walk through this scenario with me: one day you received an unsatisfactory grade, your hostile inner voices emerged quickly: "I'm so stupid. I can never have the career I want." Feelings of shame usually follow such negative self-talks. When we feel ashamed, we are more likely to lose faith in ourselves, and eventually stop trying altogether. Alternatively, we can endorse a more compassionate approach by honestly acknowledging the set-

back, empathizing with our unhappiness, and encouraging ourselves to move beyond this momentary bump in the road. If we can view our failings with kindness, rather than judgment, we are more likely to be happy, and what's more, we are better able to care for others too.

On the surface, self-compassion may begin with a simple pat on our shoulders – *there, there, you're doing great*. However – I am not going to lie – achieving a genuine state of self-compassion is a challenging endeavor. Self-compassion, per psychologist Richard Schwartz's depiction, is "a journey into the multiple parts of yourself – the good, the bad, the confused, the frightened, the abandoned – so as to make friends with those parts on the deepest level". The first thing you can do to jumpstart the life-long practice of self-compassion is trying to catch yourself criticizing yourself. When your inner critic pops up again and again, instead of blaming yourself for failing to be self-compassionate, try to give yourself a hug, and say to yourself: "Hey, what I'm going through is really tough. I am sorry this is happening. I'm here for you. Being able to recognize my self-doubt is a great achievement already!"

In the words of Eleanor Roosevelt, "no one can make you feel inferior without your consent". Yes, that's right – you have the power to change your inner dialogues!

Counseling & Health Services Programs

Counseling & Health Services oversees four programs that provide a variety of supportive services and resources to students, faculty and staff. Below is the location and telephone number for each program. If you would like more information about any of these services, please contact the individual program.

Counseling Services

Room D-102
718-368-5975

Student Wellness Center

Room A-108 (E & F)
718-368-5975

Health Services

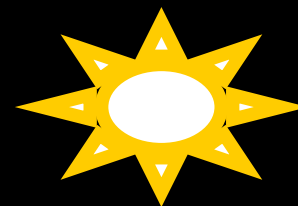
Room A-108
718-368-5684

The Women's Center

Room M-382
718-368-4700

Student Wellness Center

Spring 2016 Events



Tuesday, March 15th
Counseling Services & Student Wellness Center

Open House

10am-1:30pm in the Breezeway, in D-102 and A-108 E & F
Also 4:30-6:00pm adjacent to D-102

Wednesday, March 23rd

Nutrition: Food and Mood

10am-1:30pm in the Breezeway
Also 4:30-6:00pm adjacent to D-102

Tuesday, March 29th

Smoking: Breaking Bad (Habits)

10am-1:30pm in the Breezeway
Also 4:30-6:00pm adjacent to D-102

Tuesday, April 5th

STD/Alcohol Awareness Screening

10am-1:30pm in the Breezeway
Also 4:30-6:00pm adjacent to D-102

Tuesday, April 12th

Taking care of your world: a day of kindness

10am-1:30pm in the Breezeway
Also 4:30-6:00pm adjacent to D-102

Tuesday, May 10th

Mental Health Awareness: Minding Your Health

10am-1:30pm in the Breezeway
Also 4:30-6:00pm adjacent to D-102

Tuesday, May 17th

CUNY Wellness Festival

Details to be provided at a later time.

Tuesday, May 24th

Sun-sational!

10am-1:30pm in the Breezeway
Also 4:30-6:00pm adjacent to D-102

Tuesday, June 7th

Conquer Your Finals

10am-1:30pm in the Breezeway
Also 4:30-6:00pm adjacent to D-102

INTERNSHIP OPPORTUNITY PEER WELLNESS EDUCATOR

Peer Wellness Educator responsibilities include:

tabling events, wellness campaigns, class visits and presentations, aid in developing and implementing psycho-educational workshops, and participate in all outreach events hosted by the Student Wellness Center.

Qualifications:

- All candidates must currently be enrolled at KBCC and display a strong interest in the field of psychology, mental health, community health, holistic wellness, recreational therapy, nursing, and other health related careers.
- Candidates should have a GPA close to or above a 3.0 with plans of advancing their education.
- Personal qualities: empathic, good listener, friendly, self-starter, responsible, flexible, open-minded, and eager to learn.

Duration:

- At least six months or more.

Academic Credit:

- Academic credit can be claimed but is not necessary.

To apply, contact Ilona Fridson, Program Manager, Student Wellness Center at 718-368-5975.

Additional incentives available for successful candidates after completing training.

Free vaccines and other services
offered by

HEALTH SERVICES

Room A-108 718-368-5684

MMR Vaccine (Measles, Mumps,
and Rubella)
Fridays 9am-11am

TB Vaccine (Tuberculosis)
Appointment required

Hepatitis B Vaccine
Appointment required

Tdap Vaccine (Tetanus, Diphtheria,
and Pertussis)
Appointment required

Pregnancy Testing available
No appointment required

Call or visit the Health Services office
between the hours of 8-4 to make an
appointment.

ON CAMPUS RESOURCES

Public Safety

Room L-202
718-368-5069 & 718-368-7777

Office of the VP of Student Affairs

Room A-216
718-368-5563

KCC Assessment & Care Team (ACT)

www.kbcc.cuny.edu/act

Student Wellness Center

Room A-108 E & F
718-368-5975

Access-Ability Services

Room D-205
718-368-5175

Health Services-Room A-108

718-368-5684

The Women's Center

Room M-382
718-368-4700

Men's Resource Center

Room U-218
718-368-5864

OFF CAMPUS RESOURCES

Healthy CUNY (www.cuny.edu)

LifeNet-crisis hotline (www.800lifenet.org)

Safe Horizons - domestic violence resource
(www.safehorizone.org)

New York State Smokers' Quitline (www.nysmokefree.com)

Suicide Prevention Resource Center (www.ulifeline.org)

Go Ask Alice (www.goaskalice.com)

Anxiety Disorders Association of America (www.adaa.org)

American Psychological Association (www.apa.org)

American Psychiatric Association (www.psych.org)

National Institute of Mental Health (www.nimh.nih.gov)

National Mental Health Association (www.nmha.org)

S.A.F.E. Alternatives (www.selfinjury.com)

**Substance Abuse & Mental Health
Services** (www.mentalhealth.samhsa.gov)

**NYS Office of Alcohol and
Substance Abuse**

Services (www.oasas.ny.gov)

National Eating Disorder Association

(www.nationaleatingdisorders.org)

The Jed Foundation (www.jedfoundation.org)

Students, subscribe to Student Health 101 and enter a raffle to win \$2500!

Student Health 101 is a free, online magazine that includes articles, videos and surveys on a variety of health related issues including drugs & alcohol use, nutrition, bullying, relationships, fitness, time management, financial aid, and much more.

To subscribe, go to: <http://readsh101.com/kbcc.html>

COUNSELING & HEALTH SERVICES

Room D.102

Tel: 718.368.5975

Fax: 718.368.5057

www.kbcc.cuny.edu/Counseling_Services/

Visit our website to access past issues of the newsletter.

OFFICE HOURS

Monday 9-7 / Tuesday 9-7 / Wednesday 9-5 / Thursday 9-6 / Friday 9-5