

WELLNESS WEDNESDAY

A MONTHLY NEWSLETTER BROUGHT TO YOU BY D&E COUNSELING AND WELLNESS SERVICES

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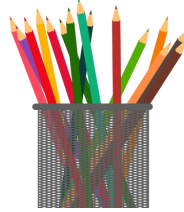
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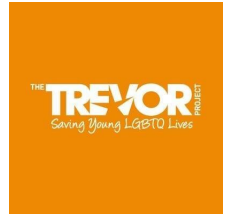
PRACTICE regulation



EXPLORE wildlife



CREATE a Zentangle



CONNECT with Trevor

PRACTICE regulating your emotions



Whether you feel sad, angry or anxious, there are a number of free mobile applications that can help you learn how to effectively regulate your emotions to feel calmer and more focused. One such application is MyLife which has many free activities including meditations and breathing exercises to support you to focus on how you are feeling in a mindful and accepting way. There are even some fun character-based activities to help teach younger children basic mindfulness techniques!

[Click here for more information about the MyLife app.](#)

EXPLORE local wildlife at Fox Forest Wildlife Management Area



Fox Forest Wildlife Management Area is located about 10 minutes from D&E and provides a great opportunity to get outdoors with various trails open to foot travel (note bikes are not allowed per the wildlife management area guidelines). In addition to the four miles of maintained trails and a pond available for fishing, this management area includes bridges, benches, and five informational kiosks along the trail system. The weather may be getting colder, but that doesn't mean you can't still enjoy some outdoor recreation before the break!

[Click here for more information and a map.](#)

CREATE a Zentangle art piece



The Zentangle method is one easy-to-learn way to relax while creating beautiful art. Using a combination of borders, "strings" and "tangles" you can create an endless number of creative patterns and designs. While you are drawing you don't have to worry about what the end product will look like, instead just enjoy the process!

[Click here for the 8 steps of the Zentangle method.](#)

CONNECT with support for LGBTQ+ students



The Trevor Project is the leading national organization providing crisis intervention and suicide prevention support for lesbian, gay, bisexual, transgender, queer and questioning youth. They offer free and confidential phone, chat, and text support 24/7 that LGBTQ+ youth can contact for help.

To reach the TrevorLifeLine 24/7 call 1-866-488-7386, text START to 678-678 or chat online at www.thetrevorproject.org/get-help-now/

[Click here for more information about The Trevor Project.](#)

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Davis & Elkins College
LEADING THE WAY

The National Suicide Prevention Lifeline is available 24/7 at 1-800-273-8255 and the National Suicide Prevention Lifeline Chat is available 24/7 at <https://suicidepreventionlifeline.org/chat/>. You can also text HOME to 741741 for the 24/7 Crisis Text Line.