

WELLNESS WEDNESDAY

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

SEPTEMBER ISSUE

2020

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PRACTICE kindness



EXPLORE forests



CREATE a collage



CONNECT by text

PRACTICE kindness towards yourself and others



Practicing kindness towards yourself means accepting yourself as you are while still actively working to grow and change for the better. Feeling angry towards yourself? What would you say to your best friend if he/she felt that way? Don't forget to be your own best friend and encourage yourself in the way you would encourage others. In addition, practicing random acts of kindness towards others without particular reason or cause can be the highlight of both your day and someone else's. You can still smile with your eyes and give someone a compliment even when you are wearing a face covering!

EXPLORE forests of spruce trees at Gaudineer Scenic Area



Located about 50 minutes from Elkins, Gaudineer Scenic Area is, "managed to feature an undisturbed condition of the West Virginia highlands for study and enjoyment." This area of red spruce trees features an interpretive trail as well as a picnic area and scenic overlook on a 1/2 mile loop trail at the summit. No fees are required here and the area is open until the beginning of November. While the spruce trees at the summit will be green, you can enjoy some great fall foliage on the drive there and as part of your overlook view.

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

CREATE a collage or vision board for your room



Would you like your room to inspire you? Consider creating a collage or a vision board to add some joy to your space. Visualizing your goals on a vision board can encourage you to maintain a positive mindset throughout the day. Break out the art supplies, or you can create a digital vision board to use as your screen background.

[Click here for some thoughts from The Younique Foundation regarding vision boards.](#)

CONNECT with a crisis counselor through the Crisis Text Line



In crisis?

Text **HELLO** to 741741 and speak anonymously with a Crisis Counselor.

The Crisis Text Line can be accessed from anywhere in the United States by texting HOME or HELLO to 741741. Live, trained crisis counselors are available to provide free support 24/7. You are not alone—support is out there and how you feel now is not how you will feel forever. Reach out to talk to someone or share this resource with your friends and loved ones.

To reach the Crisis Text Line, text HOME or HELLO to 741741.

[Click here for more information about the Crisis Text Line.](#)

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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.