

Good News

April/May 2022

@POSITIVELYPRESENT

DON'T let
the INTERNET...

... CRUSH your **OPTIMISM**

... DEFINE your **WORTH**

... STIFLE your **MAGIC**

... WRECK your **WILD**

... DULL your **SELF-LOVE**



Mercy Peer 2 Peer Mental Health Campaign Week 2022

MONDAY, MAY 2ND

Check out P2P's informative video on this day, to learn accurate mental health facts and about our 2022 campaign, Keep It Going!

TUESDAY, MAY 3RD

A Coping Skills Lounge will be available to students during off-hours!

WEDNESDAY, MAY 4TH

Free Yoga available for Staff and Students!

THURSDAY, MAY 5TH

We will be offering puppy therapy sessions for students on this day!

FRIDAY, MAY 6TH

Check out our mental health swag and promotions station

*****MORE INFO TO COME SOON!*****

WHEN TO TELL GUILT TO SHUT UP

WHEN BEING HONEST WITH SOMEONE

WHEN SAYING "NO."

WHEN ASKING FOR HELP

WHEN SETTING BOUNDARIES

WHEN HAVING HIGH STANDARDS

WHEN BEING YOURSELF

WHEN YOU MAKE A MISTAKE

WHEN EXPRESSING FEELINGS



Semester 2, 2021-2022

TAKE A MENTAL HEALTH BREAK

As we near Final Exams, The Mercy Counseling Department recommends scheduling at least one, 20 minute Mental Health Break each day.

Here are some ideas on how to use that break time!



Balance your mind and relieve some stress:

MEDITATION FOR STRESS RELIEF

[Click Here](#)

Need help with Time Management or Focus?:

LEARN ABOUT THE POMODORO METHOD

[Click Here](#)



Focus on your mind-body connection:

VIDEO: YOGA FOR STRESS & ANXIETY

[Click Here](#)



COLLEGE CORNER

What I Wish I Knew Before College

College grads share their best advice for students, from how to meet friends, to making the most of your first year. This is episode 1 of the new podcast series from SCOIR.

Scan here
to listen!



LISTEN TO YOUR FEELINGS

Our feelings often tell us what we need.

*When
feeling*

STRESSED

we likely need

**BETTER
SELF CARE**

*When
feeling*

NUMBNESS

we likely need

**SUPPORTIVE AND
LOVING
RELATIONSHIPS**

*When
feeling*

ANXIOUS

we likely need

**MORE COMFORT
AND STABILITY**

*When
feeling*

OVERWHELM

we likely need

**PEACE AND QUIET,
ALONE TIME, OR
A BREAK**

*When
feeling*

ANGER

we likely need

**HEALTHY COPING
SKILLS AND
OPPORTUNITIES FOR
FORGIVENESS**

*Try
asking
yourself:*

**HOW AM I
FEELING?**

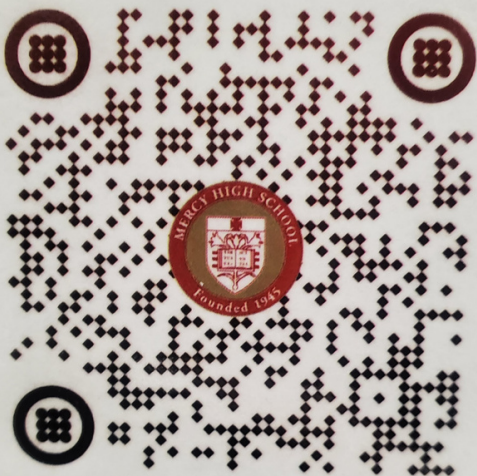
**AND
WHAT DO I
NEED?**

SPRING IS...



- THE REMINDER THAT DELICATE SHOOTS MUST PUSH THROUGH DIRT
- THE REALIZATION OF HOW MUCH DARKNESS WE'VE SURVIVE
- THE KNOWLEDGE THAT NOT EVERYTHING CAN BLOOM AT THE SAME TIME
- THE ASTONISHMENT OF REGROWTH, OF THE FORGOTTEN REAWAKENING
- THE TIME OF INDECISION, OF RESTLESS CLOUDS AND SOFT SUNSHINE
- THE SEASON OF HOPE, OF TRYING BEFORE YOU KNOW YOU'LL SUCCEED

@POSITIVELYPRESENT | #GROWTHROUGHITBOOK



Scan here to report incidences of bullying, harassment, or intimidation.