

WHAT'S UP WITH WELLNESS!

SEPTEMBER 2019

S M T W T F S

1	2 Labor Day No School!	3	4 Wellness Wagon 10am-2pm	5	6	7
8	9 Coffee Bar @ 7am	10	11 Wellness Wagon 10am-2pm	12	13 White Coat BBQ @6pm DVTC	14 White Coat Ceremony @ 10am Tex Turner
15	16	17	18 Wellness Wagon 10am-2pm *Lincoln Lesson 4:30 CVM100	19	20	21
22	23	24	25 Wellness Wagon 10am-2pm	26	27 Fishing 101 CVM 201 @ 4pm	28 Farm & Family Day DVTC
29	30					

EMOTIONAL WELL-BEING

What is it?

Emotional well-being - Identifying and managing the full range of your emotions, and seeking help when necessary

When I am having a rough time emotionally, I tend to become over sensitive and moody. I have learned this about myself over time and when I see myself biting people's heads off over nothing I know its time to take a step back. I call my mom or sister to vent about something and hear a voice of reason - that's my way of seeking help. For you it may be talking to a therapist, listening to a podcast, pounding it out at the gym, loving on your pet. Find a way to keep your emotions in check when you feel yourself coming to a breaking point.

EMOTIONAL SUPPORT

National Suicide Prevention
Helpline: 800.273.8255

National Hopeline Network:
800.422.4673

Veterans Crisis Line:
800.273.8255, press 1

Schedule an appointment
with a campus counselor
423.869.6277