Welcome to the official newsletter of the University Counseling Center! Here at the counseling center, we believe that fostering relationships with students and staff is essential. We created this newsletter to provide information on the services we offer, introduce you to the counseling staff, inform you of upcoming UCC events and groups, and share mental health tips and coping techniques. We hope that this newsletter is engaging and encouraging. Your mental health matters and the counseling center staff is here for you!

We know that the college experience can be exciting and understand that it can also be stressful. Our goal is to help students enhance their academic and personal well-being. The counseling center seeks to offer support through individual, group, couples, and family counseling. All services offered at the University Counseling Center are free and confidential.

The UCC Wellness Write-Up will always include contact information so that anyone can reach out to us. We are here for you, and wish you all the best in the new year and a new semester!
Self-care is the act of taking care of ourselves. Self-care consists of pouring into yourself and prioritizing your overall well-being. Self-care can include the following areas of wellness: physical, psychological, emotional, spiritual, personal, and professional.

Essentially, self-care focuses on the mind, body, and soul. Self-care looks different for everyone, so it is important to figure out what works best for you. Setting self-care goals for yourself is always beneficial. Being that it is a new year, this is the perfect time to do some self-reflection. If you continue reading, we have some questions to help you get started on your journey:

1. Have you ever been to therapy? If you have not been, are you considering it? Think about what could be holding you back.
2. Have you created a list of your dreams and goals?
3. What is your word, mantra, or theme for the year?
4. Is there anything from the past that you are holding onto that you should release?
5. Do you have healthy coping skills and strategies to use when you are not feeling like your best self?

Self-Care Tips:
- Get enough sleep
- Eat healthy and eat enough
- Drink water
- Seek counseling
- Read
- Take a mindfulness walk
- Journal
- Schedule some "you" time
- Self-reflect
- Paint
- Listen to music
- Watch a funny movie/show
- Prepare your favorite meal/snack
- Set healthy boundaries
- Talk to friends/family
Meet the UCC Staff!

Dr. Caren Cooper  
LPC-S, PMH-C,NCC  
Director

Mynika Collins, MS, LPC  
Counselor II

Sadie Gardner  
Senior Admin Assistant

Connect with us!  Upcoming Events

Website: http://www.tsu.edu/ucc  
Location: University Health Center  
Hours: Monday – Friday 8:00AM – 5:00PM  
713-313-7804

Follow us on social media:  
Instagram: https://www.instagram.com/tsu_ucc/  
YouTube: https://www.youtube.com/channel/UCKaU3FD3FGbPVnAjRautb-Q  
Twitter: https://twitter.com/tsu_ucc  
Facebook: https://www.facebook.com/tsu.ucc.1

Vision Board Party  
Tuesday, February 8, 2022  
1:00pm-4:00pm  
Student Center, Room 207B