

WCU Community Mental Health Services



August is National Wellness Month!

National Wellness Month focuses on self-care, managing stress and promoting healthy routines.

We offer a variety of treatments and strategies in the form of weekly psychotherapy sessions to address various mental health concerns including:

- Trauma Informed
- Cognitive-Behavioral
 - Interpersonal
- Meditation/Mindfulness
 - Psychodynamic
 - Relaxation Training
- Motivational Interviewing
 - Person-Centered

WHAT WE OFFER:

Child Psychotherapy (6-17yo)

Adult Psychotherapy (18 & older)

Group Therapy

Testing & School Admissions Testing

TAKE CARE



OF YOURSELF



GO FOR A WALK



TALK TO SOMEONE YOU LOVE



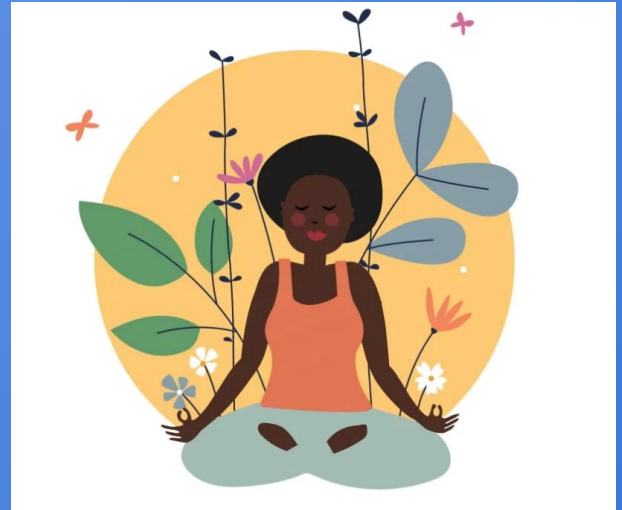
TREAT YOURSELF TO YOUR FAV FOOD

What does self-care look like for you?

Self-care means taking time to do the things that help you improve both your physical and mental health.

Self-care can help you manage stress and anxiety, it can help improve your mood, and it can increase your energy!

Even small things, such as brushing your teeth and drinking a glass of water - can have a BIG impact!!



SELF-CARE BINGO

Get
Creative
& ADD
YOUR OWN!!



<p>DID A RANDOM ACT OF KINDNESS ANONYMOUSLY</p>	<p>You GOT this!</p> <p>PUT A POST IT NOTE ON MY FRIDGE WITH A POSITIVE MESSAGE TO MYSELF.</p>	<p>WROTE DOWN FIVE GOOD THINGS ABOUT MYSELF</p>	<p>BOUGHT MYSELF FLOWERS, ICE CREAM OR A SMALL TREAT JUST BECAUSE</p>	<p>SAID NO TO SOMETHING I DON'T HAVE TIME FOR OR THAT DOESN'T SERVE MY HEALTH</p>
<p>IGNORED ALL NEWS AND POLITICAL TALK FOR _____ DAYS</p>	<p>TURNED ON MUSIC AND DANCED FOR 20 MINUTES FOR EXERCISE.</p>	<p>THOUGHT OF THREE POSITIVE THINGS ABOUT SOMEBODY I DON'T LIKE</p>	<p>TOLD THE TRUTH EVEN THOUGH IT WAS UNCOMFORTABLE</p>	<p>DD SOMETHING CREATIVE OR ARTISTIC - MADE SOMETHING JUST BECAUSE</p>
<p>SET A GOAL FOR A NEW HEALTHY HABIT (FITNESS OR NUTRITION GOAL.)</p>	<p>GOT RID OF 3 ITEMS THAT I HAVEN'T USED IN A YEAR.</p>	<p>FREE SPACE</p> <p>SURVIVED</p>	<p>CAUGHT MYSELF BEING NEGATIVE AND REMINDED MYSELF OF 3 POSITIVE THINGS</p>	<p>CLEANED OUT OR ORGANIZED A MESSY DRAWER, CLOSET OR SMALL SPACE</p>
<p>PAID ATTENTION TO MY WATER INTAKE FOR AN ENTIRE DAY TO STAY HYDRATED</p>	<p>GOOGLED "MEDITATION" AND FOUND ONE THAT I LIKE.</p>	<p>TRIED A NEW HOBBY</p>	<p>VOLUNTEERED</p>	<p>TRIED A NEW HEALTHY RECIPE OR A FRUIT I'VE NEVER TASTED.</p>
<p>SCHEDULED AN OUTING WITH SOMEONE I LOVE</p>	<p>WENT ON STRIKE FOR ONE DAY.</p>	<p>LET GO OF A GRUDGE</p>	<p>WROTE A PRIORITY LIST AND SCRATCHED OFF THREE THINGS I CAN LET GO</p>	<p>WENT OUTSIDE AND COUNTED ALL OF THE BEAUTIFUL THINGS I COULD FIND.</p>