

# Cardinal Health & Well-being

## Behavioral Health





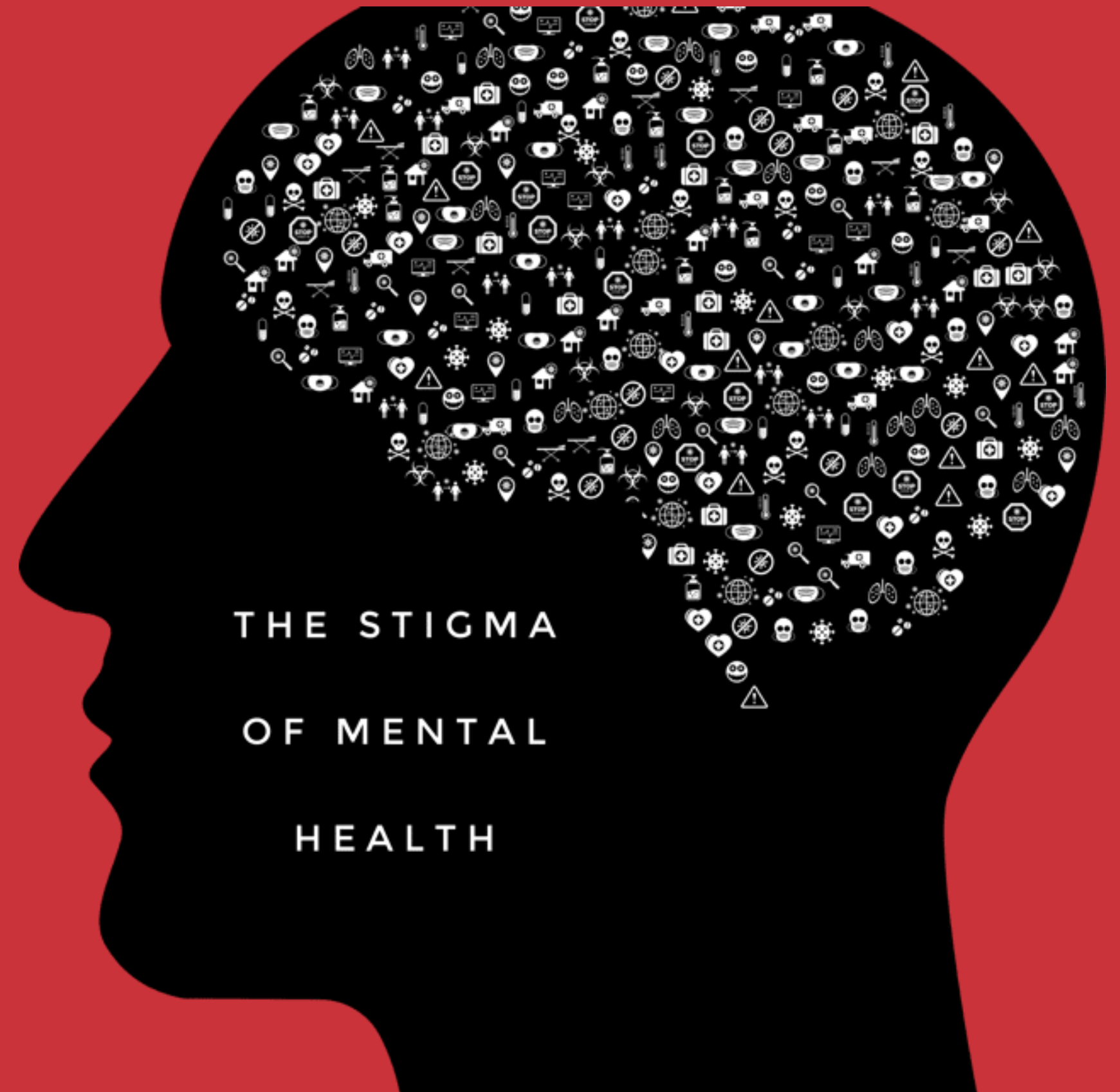
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BEHAVIORAL HEALTH  
SERVICES

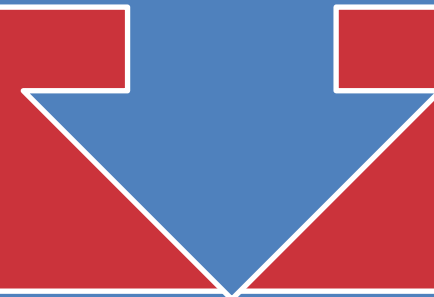
# Counseling Myths

- *People who seek therapy are weak*
  - Reaching out shows resourcefulness
- *Therapists make clients feel better right away*
  - Healing takes time
- *Therapy is just talking to someone*
  - Collaborative problem-solving approach
- *Therapists blame everything on upbringing*
  - Good therapists bring an objective view



# Behavioral Health aka Mental Health

According to the World Health Organization (2012), mental health is “*related to the promotion of **well-being**, the prevention of mental disorders, and the treatment and rehabilitation of people affected by mental disorders.*”



## Treatment of:

Mental Disorders

Social-Emotional  
Problems

Substance Abuse

Trauma/Abuse/Neglect

(Melonson, 2015)



# Common Issues in Counseling

Stress Management/Anxiety

Depressive Symptoms/Loss of energy or concentration

Feeling Overwhelmed

Relationships/Family Issues

Career Concerns

Learning Issues

Eating Disorders

Alcohol/Substance Use Issues/Addiction

Sleep Issues

Treatment and Screening for Disorders

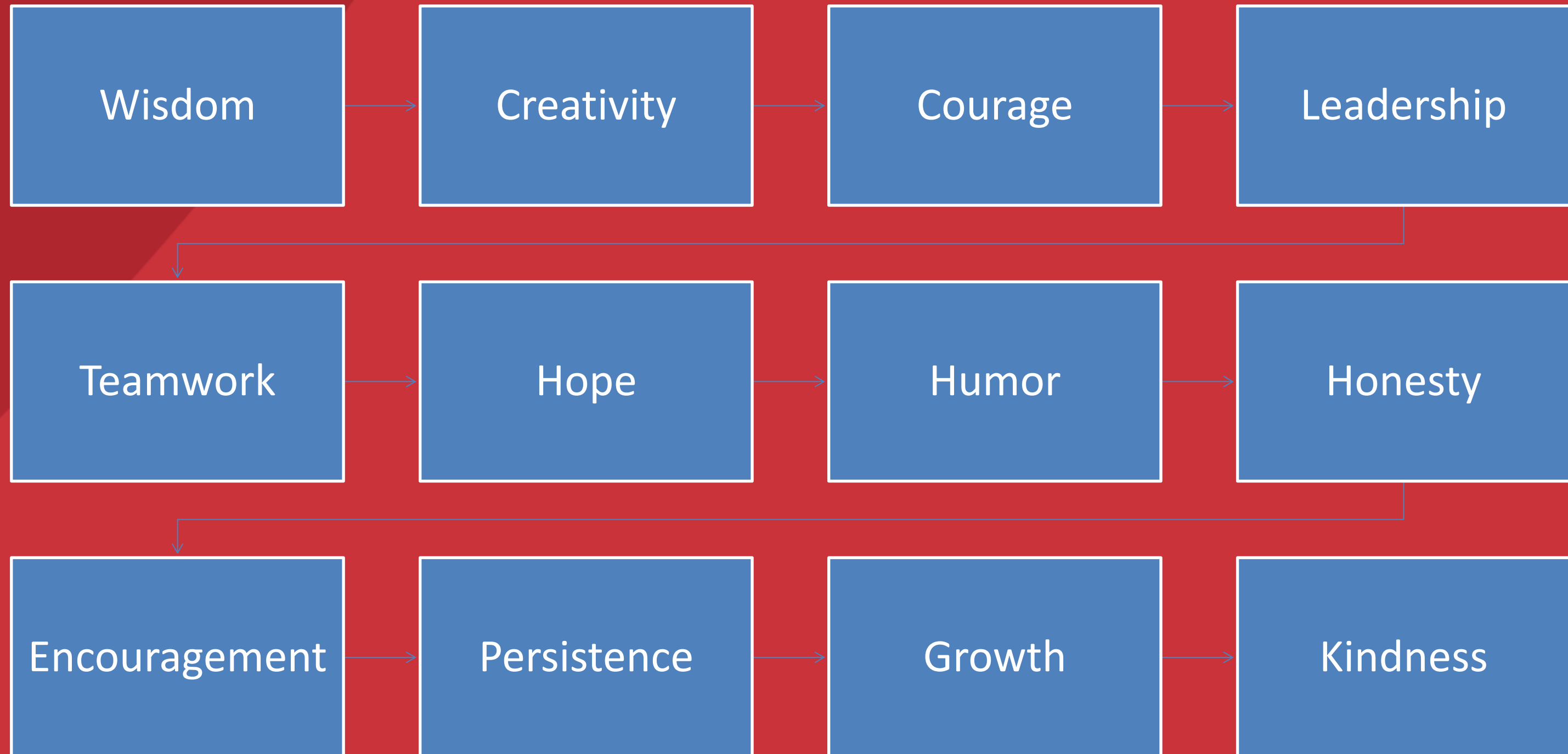
Provide Resources

# How We Help

- Assess
- Crisis Intervention
- Counseling
- Goal Setting
- Skills Building
  - Emotion Regulation
  - Effective Communication Strategies
  - Distress Tolerance
  - Mindfulness/Relaxation
  - Cognitive Restructuring
- Empowerment



# Strengths-Based Approach





A silhouette of a person in a yoga pose, sitting on a rock with arms raised, against a sunset background. The person is wearing a tank top and leggings. The background shows a sunset with orange and yellow clouds over a mountain range.

# Well-Being Indicators

- **Emotional Well-being**
  - Perceived life satisfaction, happiness, cheerfulness, peacefulness
- **Psychological Well-being**
  - Self-acceptance, personal growth including openness to new experiences, optimism, hopefulness, purpose in life, control of one's environment, spirituality, self-direction, and positive relationships
- **Social Well-being**
  - Social acceptance, beliefs in the potential of people and society as a whole, personal self-worth and usefulness to society, sense of community  
(CDC, 2013)



# Essentials of Well-Being



SLEEP



EXERCISE



EATING WELL



RELAXATION



CONNECTION



# Red Flags & Warning Signs

- Loss of pleasure/enjoyment at work or in personal life
- Depression
- Concentration problems
- Anxiety
- Increased mistakes or errors
- Loss of objectivity
- Isolation
- Emotional reactivity
- Relationship issues
- Insomnia or disturbed sleep
- Fatigue

# 5 Pillars of Resilience

1. Self Awareness
2. Mindfulness
3. Self-Care
4. Positive Relationships
5. Purpose







Between stimulus and response,  
there is a space. In that space is  
our power to choose our response.

In our response lies our  
growth and our freedom.

**VIKTOR FRANKL**

# Mindfulness

## What is Mindfulness?

- Intentionally paying attention to the present moment with kindness

## 3 Qualities of Mindfulness

- Attitude: Open Curiosity
- Attention: Present Focused
- Intention: Purposeful Choice

## Deep Breathing Techniques

- One to One Breath
  - Inhale for 4 seconds
  - Pause for 4 seconds
  - Exhale out for 4 seconds
- Counting your breaths
  - Breathe in 1 and out 1 until you get to 10
- Extend your exhalation

# Self Care Myths



Self-care is an indulgence

Meaningful self-care means making intentional changes in unhealthy thought and behavior patterns



Self-care is selfish

Taking time to recharge gives you more energy to do more for yourself and those you care about



Self-care is time consuming

Prioritizing self-care can take a small amount of time out of your busy day but it allows you to be more present during the day



# Self Care

Create individualized self-care strategies

Meet basic needs (sleep, hydration, nutrition, and exercise)

Finding a hobby

Developing self compassion

Finding balance

Scheduling “me” time

Reaching out for support



# Counseling Services

## Location & Hours

- **Phone Number:** (210) 832-5656
- **Website:** <https://my.uiw.edu/counseling/our-services/index.html>
- **Making an Appointment:** Call for an appointment in-person, Zoom, or phone sessions (if you are currently in Texas)
- **Hours:** M-F 8:00 a.m. - 5:00 p.m.
- **Location:** Broadway Campus, Administration Building, Suite 438

# Cardinal Health & Well-being

## Student Disability Services





# Connecting with SDS

## SDS Connection Process

1. Gather your medical/professional documentation: **Documentation Guidelines**
2. Submit a request(s) for accommodations to Student Disability Services for review:

**Request for Letters of Accommodations** (Classroom)

**Request for Housing Accommodations**

Documentation can be uploaded within the online request for letters of accommodation form above. Otherwise, it can be faxed or delivered to Student Disability Services. Please set up an appointment time if you wish to deliver your documentation.

3. Submit a summary of what barriers you are encountering in the learning environment. Likewise, please include what accommodations you may have utilized in the past that have helped you and any specific requests that you may have. Part of this step includes scheduling a brief meeting (approx. 30 min) to discuss your summary

Once this information is submitted, you will receive communication from an SDS representative to finalize the process. However, if you have further questions about the process, contact us as soon as possible. Questions can be sent to Michelle Beasley, Manager of Student Disability Services, via email at **beasley@uiwtx.edu** or call (210) 829-3997.

[www.uiw.edu/sds](http://www.uiw.edu/sds)

# Connecting with SDS

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