

# Analyze This!



## PROVIDENCE COLLEGE

**Providence College, Department of Psychology**

**Volume 24, Issue 1, Fall 2022**

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## **Analyze This!**

**Analyze This!** is the Providence College Psychology Department's biannual newsletter. It features articles written by psychology majors, as well as faculty announcements and department news. Enjoy as you read the Volume 24: Issue 1, Fall 2022 publication of *Analyze This!*

### **2022-2023 Psi Chi Executive Board:**

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## **Event: Therapy Dogs' Impact on Mental Health**

by **Emily Mansfield, George Smerlas, and Michael Wickstrom**





At this event, Emily (Psychology Major), George (Global Studies Major), and Michael (Marketing and Sociology Double Major) hosted an event to showcase their final project for their Community Lens course. Through a presentation of photography, dialogue, and a meet & greet with a therapy dog, they were able to raise awareness about the impact of therapy animals on mental health. Their photography paired with dialogue helped show how therapy animals often play a major role in a person's mental health. Furthermore, Teddy, a therapy dog, was at the event for students. Several students came to the event and were able to interact with Teddy, see photography, and engage in dialogue about the importance of therapy animals on a person's mental health. Emily, George, and Michael's project served as a great way for the PC community to engage with a therapy dog during this stressful time of finals.

## Updates for the Providence College Psychology Conference Fall 2022

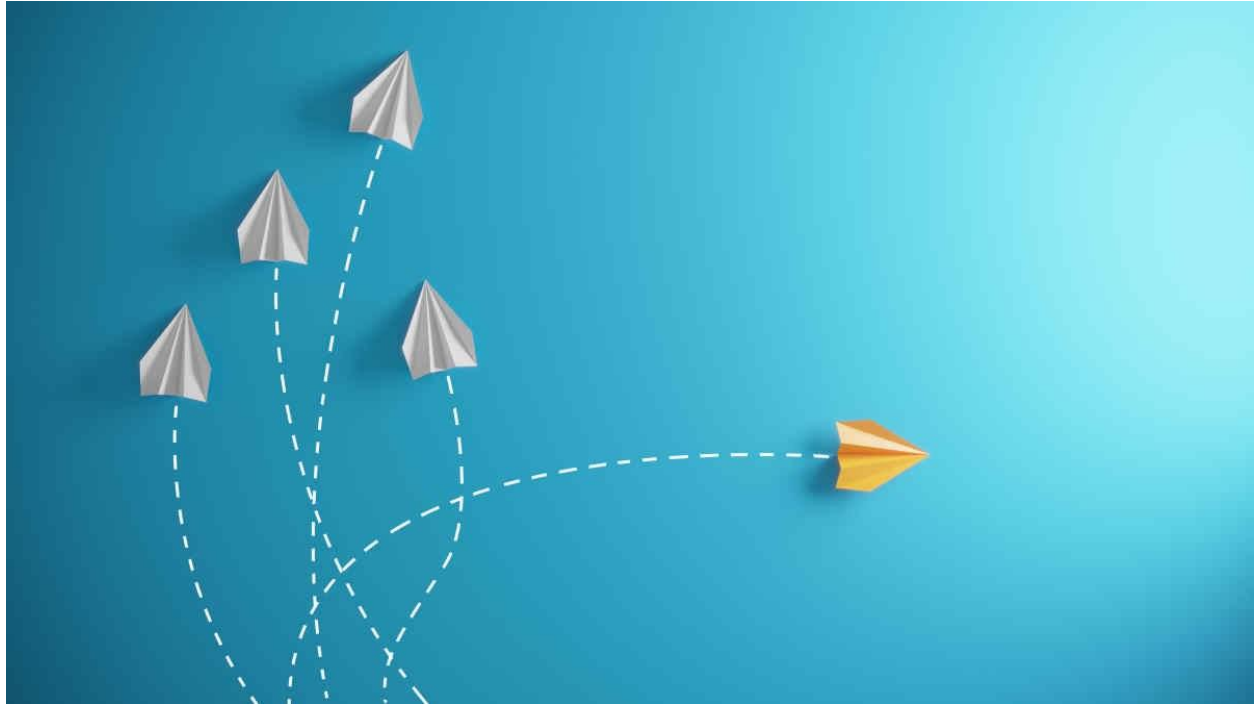




Thank you to all of those who included a poster or presented for this semester's PCPC. In addition, thank you to our keynote speaker, Maria Graziano, for her amazing research on the Scouts BSA! This semester's layout for the conference served as a trial run for future conferences. In going into the conference, the Psi Chi Executive Board had three goals in mind: 1) have the conference located in Moore Hall; 2) make the conference time shorter; 3) eliminate the paper PCPC programs. We successfully accomplished all three goals and have already noted some tweaks that can be made to streamline the process for the Spring conference. The conference was changed to Moore Hall in an effort to prevent students from having to present on multiple floor levels as they did in the past in the Science Complex. We also shortened the length of the conference to promote more engagement and motivation from guests. Finally, we posted notices around the rooms we reserved in Moore Hall with QR codes linked to the PCPC Fall 2022 program. This was done as part of an effort to limit paper usage by not printing the programs. Overall, the event went smoothly and we look forward to improving the conference in the semesters to come!

-Psi Chi Executive Board

## Change and Acceptance



by **Sophie Fulghum**

In between the moments of grief, confusion, and anger, I was able to find joy. I was reminded of the love she felt and the moments leading up to her death. I recently lost my aunt to a fight with cancer. She has been in this battle for countless years and never lost sight of her values and joy. I think this is what resonates with me the most—is that even in the darkest of times, she lived with joy. There were countless factors and challenges thrown at her; she could have given up, but she didn't. Cancer came back a multitude of times, yet her attitude never shifted. She understood how life was out of her control. Acceptance is a beautiful thing.

As such, I reflected upon what was important to me. My values, pleasures, and emotions. It is easy to complain, way too easy, yet why is this our human nature? We all face a lot of challenges; there are so many tasks, assignments, and work we have to deal with. I have two jobs; I'm a double major and a double minor; I'm on the executive board of a few clubs, so it is safe to say I am pretty busy. Yet, I picked this. Why complain when I sought this path? A change in attitude and behavior helps put everything in perspective. I should not blame everything outside of my control, but I certainly do.

When I received news of Nik's death, I immediately craved a hug from my parents. Now, I can't complain much, I only live 30 minutes from home. But I couldn't satisfy that need at the time. Instead, my mom and I searched for flights to England whilst on facetime. All of my family lives across the sea, so it is times like this we feel isolated. Zoom helps with the distance, but there's nothing more natural than being together. What I realized is that I did not blame things outside of our control. Instead, I didn't blame anything (other than cancer) for taking our loved Nik away from us. Death had snuck up on me, yet I accepted it. There was nothing I could do, and you cannot prepare for it. You will react, and you will feel, but there is no normality nor consistency to these feelings. That was something I learned.



It was hard missing the funeral—it was hard not going home—and it's near impossible not seeing my family. But at times like this, I need to understand how lucky I am in other manners. My mom was able to fly out a few weeks after the funeral to visit her brother. And I am fortunate to be here, safe and healthy, surrounded by the next thing closest to my family—my friends! Accepting control over what we can and accepting the lack of control over things that we can't have helped me remain positive in difficult times.

Rest in peace, Nik.

## Importance of Incorporating Healthy Behavior in College Life



by **Joemari Pulido**

### **(The Lack of) Healthy Behavior Among College Students**

Healthy behaviors such as eating well, exercising, and getting enough sleep are demonstrated to contribute to good health (Alshammari et al., 2022). However, it is commonly known that college students exhibit unhealthy lifestyle behaviors (Whatnall et al., 2020). For instance, sleep deprivation is common among college students (Sarbazvatan et al., 2017).

### **My Struggle with Incorporating Healthy Behavior**

The literature suggests that college students exhibit unhealthy behaviors such as not getting enough sleep. I am not an exception to this, like many college students, I also exhibit unhealthy behaviors. There have been instances where I have forgotten to eat because of my busy schedule. There have been many nights where I have stayed up late completing assignments. Incorporating healthy behavior was not one of my priorities. I exhibited unhealthy behaviors because my priorities were school first, and my health second. Therefore, when I had to choose between getting 8 hours of sleep or completing an assignment, I will most likely choose to complete the assignment.

### **Courses that made me Realize the Importance of Healthy Behavior**

Courses such as Health Psychology, Positive Psychology, and Psychology of Abnormal Behavior have encouraged me to incorporate healthy behaviors in my college life. In particular, Health Psychology and Psychology of Abnormal Behavior shed light on the possible consequences of engaging in unhealthy behaviors. For instance, starving oneself may lead to obsession with food, irritability, and being unreasonable (Franklin et al., 1948). Positive Psychology provided me with strategies and techniques that I could use to help me foster healthy behaviors. For example, one of the major topics we discussed in Positive Psych was Mindfulness. Studies in the past suggest that mindfulness practices reduce the perception of stress and even promote sleep (Warnecke et al., 2011; Singh et al., 2016; Camino et al., 2022). I try to do a mindfulness practice every night before I go to bed and I find that it helps me go to bed easier.

In sum, these courses have encouraged me to prioritize my health. I no longer skip meals, I make an extra effort to get enough sleep every night, and I try to engage in mindfulness practice every night before bed.

### **Please consider incorporating Healthy Behavior into College life**

Incorporating healthy behavior into my schedule was definitely not easy to do. I had to manage my time in a way where I could still successfully complete all the things I needed to do while also finding the time to sleep, eat and exercise. It took a lot of time management, however, I definitely feel a lot better physically and mentally. Once I started incorporating healthy behaviors, such as eating well and getting enough sleep, into my college schedule, I felt much more energized throughout the day and have actually accomplished more than I did when I did not prioritize my health.

I know that for many college students it may seem difficult to incorporate healthy behaviors among all the other things we must juggle with college life. However, I urge college students to consider incorporating healthy behavior into their schedule because it may promote their physical and mental well-being. Although you have classes to go to, and club meetings to attend, among other things, find the time to eat a meal. Assignments and projects are important to complete, however, getting enough sleep is too! When scheduling your time throughout the day, make sure to include a time to sleep and eat, they are just as important.

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## Positive Psychology



by **Elaina Ventre**

I took Positive Psychology here at PC with Dr. Lawrie last fall which worked to incorporate mental health and well-being tactics that added insight into my life that I had previously not been aware of. Positive Psychology is an entirely new take on psychology in comparison to other psychology classes we take here at PC. Oftentimes in psychology, we tend to focus on what is *wrong* with people. However, positive psychology does the exact opposite. Positive psychology calls for as much focus on strengths as on weakness, as much interest in building the best things in life as repairing the worst, and as much

attention on fulfilling the lives of healthy people as healing the wounds. Throughout the course of the class, we discussed subjects such as gratitude, optimism, positive interventions, and how we can improve our overall well-being. For instance, to begin each class we wrote down three positive things that have occurred in our lives over the past 24 hours while reflecting on why these things made us feel good. This exercise is called the “Three Good Things”, which Dr. Lawrie also implements in her other classes as well. We also practiced and learned about other positive psychology exercises as well, such as the silver linings exercise. The silver linings exercise can be practiced by writing down five things that make you feel as though your life is enriching, worthwhile, and enjoyable. Next, think about a recent time where you were frustrated, angry, or upset. Finally, list three things that can help you see the good side to this situation. For instance, even though you may have missed the bus this morning you got some good exercise when you were running to catch it, you’re fortunate to live in a city where there was another bus just 10 minutes later, and ten years from now you likely won’t remember what happened this morning. Although you may not always grab a pen and paper and physically write out this exercise, it provides people with the idea that you can always find the bright side in a negative situation. Positive psychology has been my favorite course here at PC because it was a refreshing subject to discuss and to learn about in comparison to the topics of my other courses. I often recommend taking positive psychology to those who are psychology majors, but to those who are not psychology majors as well. Positive psychology gave me the opportunity to think deeper about how I can use these interventions and skills throughout my personal life. The course revolved around how we can improve our mental health and well-being, which is extremely important to be educated on in our society today.

## Three Ways to Prioritize Yourself This Holiday Season



by **Debra Nichols**

Despite the stresses of our work, academics, and other responsibilities, there emerges a warm feeling within us as December rolls around. Snow begins to fall, hot chocolate becomes the drink of choice, and holiday classics are watched for the 1000th time. This, however, is an experience shared by only certain individuals. While most of us are fortunate enough to partake in Christmas activities that bring us comfort and joy, there remains a significant handful of us who become disheartened during the holiday season.

Whether we reminisce about those we've lost, are unable to see our families due to financial barriers, or feel lonely when surrounded by many, we are allowed to feel untouched by the Christmas spirit. If this applies to you, not only do I want to say that I am thinking of you this holiday season, but I would also like to suggest a few practices which may help you approach Christmas in a better, healthier frame of mind.

As simple as it sounds, one of the best things you can do to feel merry this Christmas is to do what you love. This could be anything from partying with friends, to participating in a sport, traveling, or even staying at home. Even though it is assumed that Christmas time is for partaking in designated festivities with family and friends, it does not have to be. Christmas is about a love of life – of self and of others – and if that looks different to you than it does to those you know, so be it!

A second idea is one which I've found most important to me personally. It is to consider Christmas from a realistic perspective. As families change and grow, so too may traditions change with them. What once worked for you and your family may now feel lackluster, disingenuous, or unfeasible. This is okay! Every holiday tradition you've become accustomed to was once a new proposal itself! Thus, as seemingly difficult as it may be to spend Christmas in a new way, it is critical you view the holiday with an open mind and a welcoming heart. The new experiences of today can easily become the treasured traditions of tomorrow.

A third and final tactic which you may employ is one each of us wrestles with both during and after the holidays. It is the acceptance, and even importance, of saying "no." Is there a Christmas dinner you'd rather not attend? Don't go! Is there a faculty party you believe you'd feel uncomfortable at? Skip it or give yourself permission to leave early! Even though Christmas provides us with the opportunity to partake in various activities with a host of people, you are not mandated to attend that which makes you feel weary or uncomfortable. During this season and all year round, it is essential you maintain your boundaries and do what makes you feel the most content.

Whether you celebrate Christmas or not, I hope these few tips are of use to you. If not, perhaps you may pass them along to those you feel they will help. Whatever the case, putting yourself first is a critical step towards living the happy, self-fulfilling life each and every one of you deserves. Here's to wishing you a wonderful holiday – however **you** choose to celebrate!

## Becoming Your Own Person



by **Katherine Woodworth**

When I was younger, I would be afraid to go places with my family or scared to go to my sports games sometimes. My mental health has not always been the best because I think too much about what others think of me. I used to think I was putting myself first by deciding not to go to something that I would feel anxious about when in reality I was just hurting myself. I believe that it is important to think of others in terms of caring for them, however, I would think too much about what others thought of me, especially people I didn't even know. I wasn't thinking about myself and the activities I could have been a part of because of this constant state of worry and others judging me. Now that I am in college, surprisingly this

anxiety has subsided. Anxious feelings will always pop up here and there but I just need to remind myself about how much I have grown as a person compared to my 13-year-old self.

Providence College has become a community in which I get to be myself and I am grateful for that. I have made amazing friends and my roommate situation has always been best case scenario. Being a part of this type of environment can be a large factor in how one deals with their mental health. It genuinely makes a difference who you surround yourself with, and even if those friends do not come right away, give it time and everything will work itself out. If you are not being yourself or making time to do things you enjoy, your mental health will slowly begin to deteriorate. It is also important to find time for yourself. At the start of my freshman year, I felt as though I was with a lot of people all day long, yet alone at the same time. However, even though I may have considered myself alone a lot, I probably wasn't. This is simply the way a college freshman feels no matter what because you are in this unfamiliar place with unfamiliar people trying to gain independence and learn. Something that also ties into the lonely factor is your roommate. My roommate and I got along very well and we did everything with our friends. There were times in which I wished to be alone to relax though. These moments can be hard to find in college, especially in the beginning since you are told to not be alone and be around people to make friends. However, finding those moments to take for yourself is a part of staying sane in that first semester in my opinion. For this to happen, it is important to communicate with your roommate and your friends. No matter how close of friends you may be, setting boundaries can be beneficial to both parties involved.

Ever since I started doing things for myself and not others, I have found my anxiety to decrease. I am working on myself and that has helped me gain confidence as well. Something I have done to make this happen is find different outlets to go to when I may need an escape. These outlets include listening to music, going to the gym, or reading a good book. Hobbies are also great outlets for people and it allows you to participate in something you enjoy doing, so next time you wish to learn to play the guitar or learn Pickleball, put your interests first and do it!

## Adapting to Change



by **Caleigh Applegate**

Mental Health encompasses our emotional, psychological, and social well-being. Mental health problems are common in college students, especially first year students. As much as high school had

prepared us cognitively for college, I have never felt so out of sorts in my life socially, emotionally, and psychologically, until coming to PC. In addition to adjusting to the more rigorous learning, I had to adapt to life at college. This entails many factors like; friends, roommates, time management, physical wellbeing, going out, eating and so much more. Previously, these factors were ones I never had to think about as establishing my quality of life. Quality of life on campus is dependent on many things. And even though PC provides many resources to manage life on campus, I did not even know where to begin. Previously spending the last 18 years in my parent's care, I now had to tailor my living conditions. From being the only girl of my family, to sharing a room with several other girls was off-putting. I tried to establish balance within my new room, but felt deprived of respect. This increased my discomfort in my own room and feeling uncomfortable led me to spend time elsewhere on campus. Meeting new people, joining new clubs, and studying in new places, was an outlet for the displeasure I found in my room. The sorrowness in my room was entrapping, but the resources PC provides relieved me from it. In addition to being under the bubble of my parent's care, I had also sustained the same friends for many years. Coming to a school where I barely knew anybody was hard for my introverted self. I felt reliant on my new roommates as friends, and as I slowly discovered our differences, I felt lonely. It required the ultimate strength within me to go out of my comfort zone and meet people. But PC has so many diverse groups of people, that I found my new friends quickly. The people at PC make the place, and my new friends are incredible. College can feel so sociable yet so lonely at the same time and finding someone to communicate your problems with can be difficult. I had to sustain my help from the Counseling Center. I felt so shameful when I first sought out the counseling center for help. I wasn't aware of how many other students on campus sought help, so I was embarrassed to receive it myself. But the PC counseling center provided me with support and solutions, as it does many other students. As I gained heavy support from my new friends and the PC faculty, adjusting to life at campus became easier. Establishing a balance between my social and academic life gave me a routine, and having a routine permitted me to feel less stressed and anxious at school. My routine consisted of class, schoolwork, time with friends, physical activity and eating. Though the order always differed, having this set of staples in my day was necessary. The original adjustment wasn't an easy one. But by exploring all the resources Providence College community has to offer, my transition at PC has been successful.



## How To Prioritize Yourself During Finals



by **Taylor Rogers**

With finals just around the corner, mental health is more important than ever. Students' stress increases greatly in the final month of school, as essays, exams, and extra credit prospects become priorities over their love of sleep and relaxation. The added chaos of the holiday season only increases these negative emotions in students, as they wander down to the Providence College bookstore to find a decent gift for their family members to celebrate Christmas, Hanukkah, Kwanza, or other special occasions marked by the winter months. With people claiming that December and the counting days to holiday break are the "best time of the year", many students find themselves naturally disagreeing, as the pressure to end their semester successfully gradually grows.

It is with this heightened state of anxiety that putting yourself first is *most* important, as states of heightened stress are not fun for anyone. When a person neglects their health in favor of getting a good grade, they harm their mental and physical health in return. Not taking a break while studying can lead you to mix up concepts you are studying or cause you to be less focused when attempting to cram fifty formulas into your brain the day before a Calculus test. Forcing yourself to write a CIV paper when you just want to go to bed or take a nap is also not beneficial, as the work you are doing might not be your best, most high-quality work if you are tired. Naturally, your assignments need to get done, but you want to do them *well*, and having a successful performance in school happens best when you put yourself first!

Making yourself and your physical, emotional, and social health the *first* priority in your life is important! A person's mental health is most important, and it is key to remember that during the most stressful time of the year, it is essential for you to put yourself first. While the idea of putting your finals on the backend may sound terrible, doing well on your finals necessitates being well mentally, as too much stress or anxiety can lead to a worse performance. Sometimes, taking a twenty-minute study break to call your family and check in with them is needed. Deciding to walk the slightly longer route to the library before cramming a ten-page essay can temporarily alleviate some of your stress. Giving yourself time to enjoy the last moments of the semester and getting dinner with friends instead of missing a meal to do homework is *key*, because food is important and gives you the energy to power through your assignments!

To elevate your mental health, you don't have to run a marathon or go on a wilderness retreat. Adding small things into your daily routine that focuses on improving your health is simple, as these do not have to involve any extreme, laborious activities. When you are feeling a little down, you can watch Tiktok videos of cute animals to make you giggle a little bit rather than focusing your brain on stress! Ordering your favorite drink from Dunkin' or Starbucks can motivate you to get out of bed and start your day since your beverage can be like a mini-reward for waking up! Socializing is another effortless way to boost your morale, as texting your high school friends from your hometown or grabbing a quick meal with someone are two ways to make sure that you talk to people about things *besides* academics! By giving yourself small breaks throughout your day, you can spend time focusing on your mental health, dedicating portions of your time to the body's most important organ: the brain.

Of course, you cannot completely avoid your finals (unfortunately). Finals *are* necessary for you to complete one class and move on to the next one, but they don't have to take up your entire life! When planning your next study session, make sure to allot breaks for yourself, so that you don't get too overwhelmed while studying the material! Break up the work you have to do into smaller, more manageable sections so that you gain a sense of accomplishment faster and have breaks in between each section of work. Give yourself time during the day to watch an episode of that new show you like, get a quick workout in at the gym, or create a new Spotify playlist! Studying for your exams is important, but this activity shouldn't take up the entirety of your day. Make sure to put yourself first, and take breaks for the sake of your mental health!

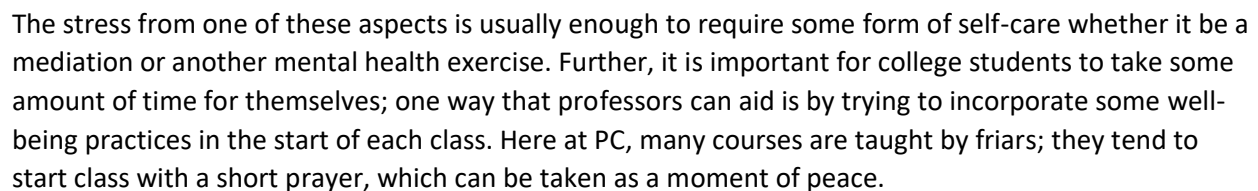
## Adjusting to Life in College



by **Nicole Stolfi**

As a new freshman here at Providence College adjusting to college life has been part of my life the past three months. For a few years when I was younger, I attended a sleep away camp called Camp Bernadette in New Hampshire for a month every summer. Although this environment was very different then college life it prepared me in some ways. Going to a sleepaway camp helped somewhat expose me to what living away from home without my family would be like. It helped me learn how to be independent and take care of myself. Now returning to the college aspect adjusting here was different. Instead of living in a cabin with 12 other girls I live with three roommates. These past three months I had to learn how to get used to being on the top bunk. I certainly miss my bed at home and being able to just jump into my bed when I'm feeling tired. But I did put myself first when choosing where I slept during move in day. I choose the top bunk because I believe being on the top bunk would give me more privacy than the bottom bunk. Other ways I put myself first in my living situation while living at college is asking to shut the light off when I feel that I'm ready to go to sleep. Living at home is definitely an easier thing because I have my own room and I can choose when I go to bed, how cold I want the room, and how hot. Through being at college I learned how everyone is different and prefer different things. Having my own room at home means I'm used to having my alone time and privacy. On the other hand, living with three other people means being alone is usually not an option. If there is ever a time where I want to spend some time to myself, I will put myself first by choosing to go the gym, dining hall, and go on a walk. In

## How Mental Health Practices in Class Impact My Daily Life



Aside from classes being taught by friars, one specific course that has helped me to begin regularly practicing mental health tactics is social psychology with Dr. Lawrie. In this lecture-based course that meets three times a week for fifty minutes, many of the days we begin by doing the three good things exercise. This practice has just a few simple steps:

First, reflect upon your recent past; try to focus on the positive aspects.

Then, write down three good things that have happened to you in the past 24 hours. These “good things” could range from enjoying your walk to class to winning the lottery.

Finally, be sure to think about why these good things may have happened. For example, you might be happy that you did well on an exam; it is important that you also understand this is likely because you put in hard work studying for it.

I have noticed that regularly completing this practice leaves me in a more mindful state. I have grown to appreciate the little things that happen to me each day. Being selective in thinking about the good things that have happened to us may help us cope with the not-so-good things. Aside from the three good things exercise, also called the three blessings practice, social psychology was a place in which students also completed short voice-guided meditations on stressful days and experimented with practices meant to connect us to people who we may feel we are distanced from.

Outside of this class, taking care of your mental health is something that you cannot push aside. Just taking 5 minutes a day to yourself can make all the difference! If you don’t think of yourself as someone who enjoys journaling or mediating, you could even take a little bit of time outside to sit and take in the natural environment; try to distance yourself from the technology-driven world we live in.

I have come to be very grateful that Doctor Lawrie has encouraged us to take care of our mental health by incorporating mindful practices into class. After I leave a social psychology lecture, I feel optimistic and excited about the rest of my day; I wonder what other fun the day could bring. I have noticed such a significant impact from these small activities that I wish to learn more about positive psychology and how the mind can become a healthier place full of self-care.



## The Under Appreciated Importance of Rest



by **Ryan McKenna**

I was recently reading a book titled *Crazy Like Us: The Globalization of the American Psyche* by Ethan Watters. I expected it to be another boring read for class that I would just skim through to capture the highlights, but I was wrong. The book explored the cultural difference between various countries views of mental illnesses and how they treat them in comparison to the United States. In Chapter 3, Ethan Watter specifically talks about schizophrenia in the country of Zanzibar. He goes in great depth as to their beliefs about the mental illness and how they treat those who suffer from it. However, I'd like to focus on the broader take aways of the chapter. My main take away relates to the notion as to whether mental illness is even an illness at all. The word illness suggests negative connotations and the idea that one needs to be fixed if they had this illness. For example, when one gets a physical illness, they will go to the doctor and get medicine to help their body return back to a healthy state. The notion in American treatment is to apply the same approach to mental illness. If you treat the illness, the patient will eventually recover. Ethan Watters points out that non-western cultures do significantly better in terms of recovery from mental illness than western cultures. This is because they don't view it as an illness and do not treat it the same as physical ailments. They view mental illness simply as a state someone is in, with neither a negative or positive stigmas associated with it. In terms of treatment, the Zanzibari's believe that rest is the best option and will help recovery. There is no pressure to get better quickly or

stigmas that the person suffering is not normal. Overall, there is nothing necessarily abnormal about mental illnesses and there's no pressure to cure them as they have the ability to cure themselves over time.

So how does this all apply to me? I was one of the people that believed that mental illnesses needed to be cured in a timely manner. The notion that mental illness is an actual illness that needed to be cured weighed heavily on me when I felt any anxieties in life. If something felt wrong mentally, my first thought was always to fix it quickly and continue with life as usual. It never occurred to me that these feelings are not necessarily abnormal and do not signify that anything is wrong with me. Instead of trying to cure my anxieties by exercising, socializing, or meditating, I should consider the idea that rest and time are also part of the process. While it may feel difficult at the time to live with these anxieties, it may be the best thing to do. This is not to say that these different relief exercises are bad for you, you absolutely should try them as they can reduce anxiety in the future. But rest has never hurt anyone and often is much needed in today's busy world. Learning to take a step back and relax is the key to getting in a healthy mental state for me. There is no easy medicine to fix mental issues. It is important to recognize that everyone is unique and will respond differently to different methods. However, time and rest are not often considered and may just be one of the most effective methods for treatment. I appreciate the perspective I gained from reading *Crazy Like Us: The Globalization of the American Psyche* by Ethan Watters.

## Psychology Senior Poll: Favorite Psych Class Taken at PC

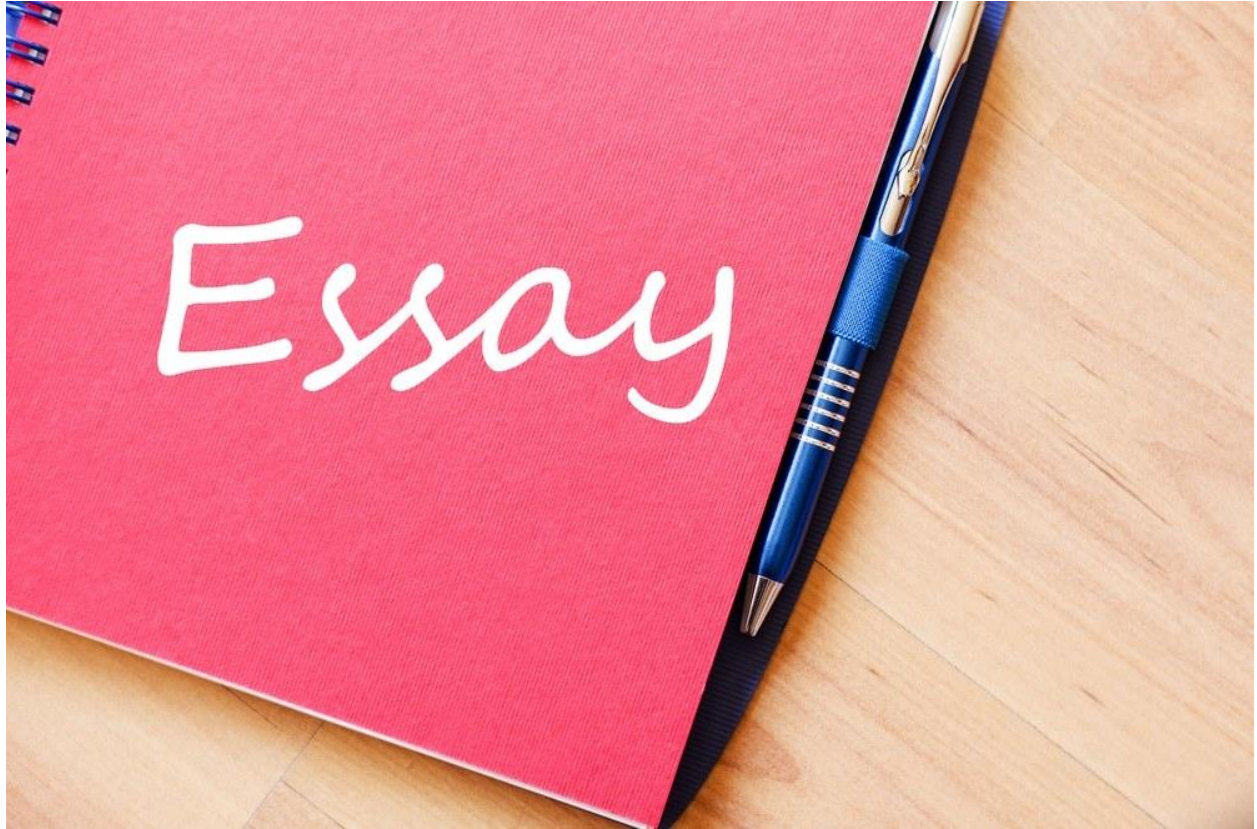
We asked psychology seniors here at PC their favorite psych class they have taken across all four years. Here is a list of the top five most favorite psychology courses:

1. Abnormal Psychology
2. Psychology Disorders of Children
3. Educational Psychology
4. Biopsychology
5. Introduction to Psychology

Congrats to Abnormal Psychology for being voted the favorite psychology class for two semesters in a row!



## Psychology Poll: Which do you prefer?



We asked psychology students here at PC which of the following they preferred: papers, projects, or exams? Here is a list of the results:

1. Papers
2. Projects
3. Exams

## Psychology Poll: Celebrity Therapist



We asked psychology students here at PC "If you could have one celebrity as a therapist, who would it be and why?" Below are the results:

1. I would want **Adam Sandler** as a therapist because I believe him to be very funny so I think he would be able to cheer me up. Also, he is in the spotlight as an actor, yet he is still humble and genuine to other people from what I can tell.

2. **Adam Sandler** because he seems he can make light of every situation
3. **Post Malone** because I think he is very sweet and down to earth and would be a good listener when it comes to mental health.
4. **Taylor Swift** because she's experienced everything and would just get it
5. **John Legend**
6. **Jhenè Aiko**
7. **Andrew Lincoln** from The Walking Dead because I love a British accent and he knows how to survive
8. **Harry Styles**
9. **Saint John Paul II**
10. **Hailey Bieber**, she would be very comforting and she has been through a lot as well.
11. **Emma Chamberlain** because she is around my age and it seems like she has a good perspective on life. She is funny, relatable and I enjoy listening to her podcast "Anything Goes".

## Update From the President

**Sam Lewis** writes: I am a senior psychology and health policy & management double major with a minor in business & innovation, and cannot believe this is my last year at PC. This year for Psi Chi, we were not happy about the ways in which its presence on campus was so limited. In response, the Exec Board and I created four new committees that work to uphold the mission of Psi Chi while getting more students involved in psychology on campus. The first committee is the Research Committee (headed by Rachael Layden), which is dedicated to doing research and eventually publishing a paper regarding social psychological concepts on college campuses. In addition, we started an Outreach Committee (headed by Sophie Fulghum) that plans to offer psychology tutoring and educational opportunities to underserved high schools in the surrounding neighborhood. This is instrumental in the inspiration of these children in hopes that they become future psychologists or scientists. We developed a Publication Committee (headed by Sydney Diorio and Mykala Green) that works to construct, edit, and publish *Analyze This!* and runs the new Psi Chi Instagram @psichiprovcollge. Finally, we created an Event Planning Committee (headed by me) that puts on events such as Inside Scoop, PCPC, and the Psi Chi induction! Shoutout to my committee members, Hannah Jojo, Brenna Woods, and Liberty Woods for helping me out this semester! I am grateful to my Psi Chi Exec Board, Rachael, Mykala, Sydney, and Sophie, our faculty advisors, Drs. Lawrie and Morris, and Mrs. Mullen.

## Letter From the Editors

We hope you enjoyed reading the creative articles and psychology department updates in this semester's issue of *Analyze This!*. We would like to thank all of the student writers who took the time to create such compelling, one-of-a-kind articles and our faculty advisors, Drs. Lawrie and Morris, for their

advice and assistance. We hope finals went well for everyone and that you all continue your love for psychology outside of the classroom this upcoming winter break!

Have a great break!

From your editors: Sydney Diorio, Mykala Green, & Sam Lewis

## Helpful Mental Health Resources



### **On-Campus Resources:**

#### **Personal Counseling Center**

Lower Bedford Hall

401-865-2343

Hours: Monday-Friday, 8:30am-4:30pm

#### **After-Hours Mental Health Support** (through Personal Counseling Center)

401-865-2343

Dial "2" for a Crisis Counselor

#### **Public Safety/On-Campus Emergency**

401-865-2222

**Off-Campus Resources:**

**Off-Campus Emergency**

911 or local emergency contact

**National Suicide Hotline**

1-800-273-8255

Free and available 24/7

**Day One Helpline** (Sexual Assault and Trauma Resource)

1-800-494-8100

Free and available 24/7

**Crisis Textline**

Text "Hello" to 741-741

Free and available 24/7

**Trevor Project Helplines** (for LGBTQ+ mental health concerns)

TrevorLifeline: Call 1-866-488-7386

TrevorText: Text START to 678-678

Please contact Sophie Fulghum, the Psi Chi "Help Helped Me" Officer for Mental Health Outreach, at [sfulghum@friars.providence.edu](mailto:sfulghum@friars.providence.edu) with any questions or to learn more about any of the above resources, as well as to learn about potential alternative resources.