

Analyze This!



Positive Psychology

Positivity Through Stressful Times

Background

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 25: Issue 1, Fall 2023 publication of *Analyze This!*

Poll Results

Favorite Classes:

1. Behavioral neuroscience
2. Social psych
3. Intro to psych

Favorite Professors:

1. Ryan Post
2. Thomas Guilmette
3. Smandara Lawrie

Top Spotify artists:

1. Taylor Swift
2. Noah Kahan
3. Harry Syles

Psi Chi Executive Board

President: Sydney Diorio

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Beginner's Project

By: *Kelsey Lynch*

With age comes the belief that our time is running out to develop new skills. Whether it be playing an instrument, running a mile, or braiding hair we as humans often put time stamps on our ability to expand skill sets. In college our focus remains on the stressors of assignments, maintaining social connections, and taking care of ourselves. I often wondered what would happen if I took a step back from my obligations and dove head-first into something I had never thought to begin. I have spent the last 15 weeks of the semester doing just this. The beginner's project assigned to my social psychology course provided me with the opportunity to take on a task that I was completely and truthfully a beginner at. For twenty-one years I have attempted and failed countless, and I mean countless times at braiding hair. From the simplest of braids to the most tedious ones, I have never seemed to get it right. I spent my childhood sitting on the floor while another individual threw my hair into a French braid. I have relied on others' abilities to produce an outcome that I have always desired to achieve on my own. I took this project as the chance to finally put aside significant time and practice the development of a new ability.



The theme of my social psychology course was beginning and failings and it was vital for me to acknowledge the second portion of the phrase. I couldn't expect myself to begin a new task without encountering many failures. To learn new things you must stay consistent and understand progress is not always linear. For me, I struggled deeply with this. I often wondered why it was so easy for others to pick up a French braid, and why I couldn't even produce an outcome that could withstand one class period. I reflected thoroughly on why this could be and realized I was making excuses for my inconsistent behavior and lack of mindfulness. Often we attribute our failures to situational factors and our successes to disposition. I found myself frequently making excuses such as, "I'm not progressing because the hair I am braiding is too thin" or "I can't practice because I have a homework assignment." These common excuses I made turned out to be me placing the blame on my situation rather than realizing my inconsistency could be indicative of a flaw in my work ethic. I gave myself the grace to believe that the situation could be a partial fault. This is only because I frequently find myself under mounds of work and stress that take precedence over learning a new skill. Although this remains true for me I can see how others would attribute my failure to me not caring about my progress, and not finding time to practice. I had to reassess my priorities and place the beginner project higher on my to-do list to maintain a gradual increase in success.

After months of trial and error, I finally completed and mastered a French braid. It not only withstood an entire class day, but it was something I could look at and be proud of. Although to many a braid may sound dumb, and not worth praise, to me it was more than just a hairstyle. It was an outcome of hard work I dedicated 15 weeks to. It was something I had to acknowledge dispositional flaws inside myself to achieve. This project has made me aware that I, and all humans are capable of learning anything if we drop our excuses and commit to consistency.

Beginner's Project: Power of Clean Slate

By: Olivia Phelps

If you have ever participated in the expression “new year, new me”, “I’ll just start next Monday”, or some such words, you are a victim of the fresh start effect. This semester, my social psychology course introduced me to this concept, which suggests that we tend to interpret our lives as if they are divided into episodes based on memorable and noteworthy chapters. In fact, people are more likely to seek change on days that feel like a clean slate since these occasions help us to overcome the common hurdle of instituting a goal. The fresh start effect prompted the success of my Beginner’s Project as I began pursuing my goal at the start of a fresh chapter: the beginning of a new semester. This assignment involved the exploration and practice of a new skill, ultimately adopting a growth mindset and expanding our horizons.

To provide some background, I have participated in over eight different sports during my upbringing, but long-distance running was never a strength of mine. I was always a capable short-distance sprinter but never had the stamina to run any further than a mile without rest. Thus, I chose long-distance running on the outdoor track as my objective for this Beginner’s Project. In the midst of practicing this skill, I also engaged in various sub-skills that would aid in reaching my running goal, such as nose-breathing, heart rate monitoring, and proper stretching techniques. I began by embracing a positive mindset, setting specific and measurable goals, making my progress incremental, and visualizing my success in this skill. I formulated a ten-week training program that involved a gradual beginning. Starting on September 18th, I aimed to be able to run five consecutive miles without rest by my deadline of November 26th. Each week, I progressively increased the distance by 0.5 miles in order to work my way up to five miles. My training sessions would be executed five days per week; on the eighth week when I reach four miles, I would reduce the sessions to four days per week to avoid injury and becoming overworked. My focus was on distance rather than speed; although I did hope to improve upon my pace, I did not measure it.

Social psychologist Kurt Lewin studied nudges, which are small, harmless cues that can have significant impacts on behavior. For my Beginner’s Project, I subscribed to fitness influencers via social media; that way, every time I opened Instagram, I would feel inspired by these health posts, motivating me to proceed with my running goal. Additionally, I wore my Apple Watch on a daily basis, which contains a fitness tracker that nudges me towards my physical activity goals. It sends notifications, encouraging me to stay active on a particular day

The act of nose-breathing while running aids in maintaining one’s heart rate throughout a run, increasing oxygen consumption, and decreasing water loss. Although uncomfortable at first, I was able to successfully master this skill throughout my journey and noticed significant results in terms of my oxygen utilization and heart rate maintenance. There is a feature on my Apple Watch (the device I used to track my progress) that depicts five heart rate zones during a run. By monitoring these zones and ensuring that I remain in zone three or four throughout the workout, I was able to complete the run more efficiently and ultimately build stamina. I found that once I accidentally reached zone five, I became fatigued; however, if I stayed between zones three and four, I felt as though I could run for hours on end. Because I was starting to get pain in my hip and ankle joints as the distance continued to increase, I made it a goal to learn how to properly stretch in order to prevent injury and enhance my performance. I encountered some setbacks, mostly having to do with skipping a running session during a relaxing weekend at home or due to rainy weather; yet, I always made up for the sessions I skipped and got back on track. By November 26th, I had successfully completed all 47 running sessions, amounting to a total of 124 miles. The final assessment of my long-distance running took place on the deadline of November 26th when I was home for Thanksgiving recess. It involved a successful 5-mile run at a wildlife management area in my town called Burrage Pond Refuge, which is a singular trail around the pond that stretches for exactly five miles.

The success of my Beginner’s Project demonstrated that consistency outweighs perfection. The sense of fulfillment I received from my significant improvement served as a confidence booster and prompted a new hobby of mine. From my experience with this project, it can be concluded that the exploration of new skills helps to uncover the satisfaction and transformative power of lifelong learning and discovery.

Building Resilience to Stress

By: Amanda Mingoelli



My high school experience was not the greatest. I went to an all-girls catholic school with 66 girls in my graduating class. I've done competitive sports my entire life, but nothing compared to the competition I faced in high school. My dad described it as putting a bunch of girls in a pressure cooker and turning the heat all the way up. Everything anyone did was an extreme competition. I am a very competitive person myself, but this constant competition stressed me out. Everything I did was compared to someone else, whether it was academics, sports, or boys, I was being watched. I wanted to be the best at everything, but so did every other girl at my school. I'm not even sure what we were fighting for. It could have been who could get into the best college, or who could have the hottest boyfriend, but whatever it was it drove me crazy. On top of all of the competition, my school was incredibly academically rigorous. We were competitive about grades, but good grades were very hard to achieve. Girls would brag and flaunt their A's while others sobbed in class if they got a C. Girls would lie about their grades and study habits just to bring other girls down. No one encouraged or complimented each other because that would give someone a boost of confidence, and no one wanted that to happen. I'll admit, I fell into the competitive trap of my school. And let me tell you, I was stressed. I'm not proud of the person I was at the beginning of high school, but it did help me build a resilience to stress. I became amazing at time management and organization. I never missed a homework assignment and I always studied for tests in advance. I coordinated my homework schedule with my sports schedule, so I had specific blocks of time for me to do my work. By the time college applications came around, I was ready to tackle them. I was eager to write my supplementals and study for my SATs. I did everything well in advance, because I learned that leaving things to the last minute was not good for my stress levels. I hated high school, I really did. However, the things I learned in my pressure cooker of a school helped me in the long run. Now at college, I have much more free time to complete my work, so I can use my time for other activities, like joining clubs and hanging out with friends. I find that my time management skills have come in handy, and I do not feel as stressed as my peers. Although I do don't have a good high school experience, I am thankful for the torture I was put through. I now have built a resilience to stress, and I know that the skills I learned in high school will help me for the rest of my life.

Stressed? Here's My Advice

By: Meg Price

College is stressful. We all know this. Assigned reading, 5+ page papers, research projects, presentations, exams. Yes, there are plenty of fun times, but there is no escaping these stress-inducing tasks. If you're like me, you might be dealing with all these typical college stressors while also being a naturally anxious person with perfectionist tendencies. It's a recipe for disaster, right? Actually, it doesn't have to be. Not if you know how to manage your stress.

Before I begin, let me preface this by saying that stress is different for everyone. What helps me cope with my stress may not work for you. But finding the best method takes some trial and error, so if you happen to be looking to try something new, here is what works for me: write everything down.

Whenever I am feeling overwhelmed with stress, I grab a notebook and a pen and start putting words onto paper. I have found that, in times of extreme stress, I lose my ability to be productive if I have too many worried thoughts bouncing around in my head. I'll sit down to work on an assignment, get a few minutes into it, start thinking about everything else I have to do and how stressed I am, and then end up getting nothing done. It's almost like unintentional self-sabotage, and the only way I have ever been able to stop the vicious cycle is to write down my thoughts.

I know, I know. More writing on top of all the writing we do for our classes sounds unappealing. But this isn't the writing you're used to. There are no rules; it's therapeutic writing. For me, this looks different each time I do it. Sometimes I just throw words onto the page and don't stop writing until I've written down every single thought about what's making me stressed. That way, I've gotten all my worries out and I can move on with my day. It has the same relieving effect as ranting to your best friend (spilling the tea, if you will) about the latest drama in your life.

Other times, I make an organized list of the exact things stressing me out and then sort each source of stress into one of two categories: things within my control and things outside of my control. A lot of the time, I start out stressed about a few specific things and then end up spiraling and stressing over things I have absolutely no control over in the moment. Making a list like this helps me put things into perspective and be able to say "okay, this is something I can't control right now so stressing about it is a waste of time." Then I can narrow my focus to the things I do have control over, like assignments and daily tasks, and make a plan for how I will accomplish those things.

Either way, writing down my thoughts during times of overwhelming stress has never failed to help me out. Does it magically take all the stress away and leave me completely worry-free? No. But it does make the stress much more manageable by helping me sort through my thoughts, get the unhelpful ones out of my head, and put things into perspective. So next time you're feeling too stressed for your own good, try taking a few minutes to just write about it. Who knows? You just might find your new favorite coping mechanism.

Perceived Stress & Control

By: Mariana Brooks

It's 11:45 at night, your essay is due in 15 minutes. You've had two weeks to write it, but you kept putting it off and now you're 200 words short. Instead of googling more synonyms for the word 'interesting', you open your phone and begin scrolling through social media. The stress is mounting, the pressure you knew about weeks ago is suddenly a mountain on top of you, and you can't bring yourself to watch it crush you. It's too late now, everything is beyond your control.



We've all been there. There are myriad psychological studies on procrastination, why we do it, how we can avoid it. But beyond procrastination, why do we self-sabotage when we're under stress? A study published in the journal *Frontiers in Psychology* found that the more perceived control participants had over stressors, the lower their cortisol levels were (Liu, Quian, et al., 2021).

Last year, as a sophomore at the University of Navarre, I was struggling through my Spring semester with eight classes, more than half of which were not in English. There was the essay due in a week on Jorge Luis Borges's commentary on *La Eneida*, a presentation on the different genres of academic writing (*ensayo*, *reseña*, *presentación*, *resumen* and *correo*), and I had an exam the next day in a course where my professor had canceled class for the past two weeks. I didn't know what the test was on. He had not responded to my emails or my classmates. I had not been doing well in the class all semester long. I needed that grade. But I couldn't figure out what to study. It was four in the morning; I had gone to bed at midnight. When I got up, I was exhausted, my heart was racing and I was so nauseous I couldn't eat all morning.

Even after the exam, my stress grew even worse. It was compounded by my frustration at my own helplessness. There was nothing I could do to save my grade, I could show up to class only to fail. What was the point in sleeping or eating or trying? I could do nothing except stop doing anything at all. It was under those conditions of self-destruction, I gained some sense of control.

While it may seem counterintuitive, under circumstances of extreme stress, when everything is beyond your control, the response to control yourself can be natural and, in some cases, destructive. In my case, instead of becoming a constructive outlet for self-improvement as well as control over my life, it became a cycle of destructive behaviors fueled by spite for all the factors that were distressing me which I could not mitigate. However, constructive behaviors which lend you some sense of control in your life are good and can benefit your stress reactions, both psychologically and physically. Exercise and sports are my personal preferences for gaining some sense of control during finals week or under other stressful circumstances. Pushing myself in the gym or on the pitch reminds me of what I'm capable of and exercise can boost energy, produce endorphins, and most importantly relieve stress.

Liu, Qian et al. "The Relationship Between Perceived Control and Hypothalamic-Pituitary-Adrenal Axis Reactivity to the Trier Social Stress Test in Healthy Young Adults." *Frontiers in psychology* vol. 12 683914. 17 Aug. 2021, doi:10.3389/fpsyg.2021.683914

Coping With Stress

By: Joemari Pulido

I chose to write about how to cope with stress because I think it is the most fitting topic during finals week. As I write this article, I am thinking about the final I have to study for, the projects I have to complete, and the applications I have to turn in. I'm sure my fellow students can relate to the stress that comes with wrapping up the semester. In this article, I offer some methods to cope with stress that I find useful.

Eating and Sleep

I know it sounds very basic but make sure to eat and sleep during stressful times, especially during finals week. I've had my fair share of all nighters and not eating until finishing assignments. However, I've learned over my academic career not only is this not healthy but it can actually hinder academic performance. As students who study the brain and mind, we should know better. Sleep is very important for cognitive function. Not getting enough sleep can lead to slower reaction times, exhaustion, and trouble paying attention and concentrating. Hunger can also have a negative influence on our cognitive function such as leading us to have a harder time switching between tasks. Therefore, getting enough sleep and eating throughout the day is not only a great way to cope with stress but also a good way to ensure that we are performing to our best ability on finals.

Make time for breaks

Studying for an exam is important. However, studying for hours straight may not actually be beneficial. I recommend planning out final exams at least a week in advance, if possible. Designate segments of time throughout different days to review different topics for different classes. I find that reviewing all the concepts of an exam in one sitting is not helpful. For example, if you have an exam on Thursday and are being tested on 20 concepts and it is Sunday night, review concepts 1-5 on Sunday, review concepts 6-10 on Monday, review concepts 11-15 on Tuesday, review concepts 16 - 20 on Wednesday, and then review all of the concepts the morning before your exam. Of course, this is the best case scenario, if you do not have time to plan out studying in segments then try and segment all of the topics throughout the day with breaks in between. I also recommend making time for breaks in between studying for exams in general. For instance, 8-9 am Breakfast; 9- 11:30am Study; 11:30-12pm Lunch break; 12 - 2:30 pm Study; 2:30 - 6: 30pm Fun Time and Dinner; 6:30 - 9:30 pm Study; 10 pm - 12pm Sleep. This is what a rough schedule of mine would look like on a perfectly planned day (which sometimes doesn't work out), but I recommend trying to schedule times throughout the day dedicated to study time, breaks, eating, and sleep.

Extra tips

Some extra tips I have for coping with stress, especially during exams, are to:

1. Take a moment to breathe; before and during an exam I take a moment to take a breath just to compose myself and I find this very helpful in alleviating some stress
2. Bring something lucky; when studying and taking exams I bring my lucky blanket with me and I think sometimes it gives me an extra confidence boost
3. Wash your face; When I feel stressed out, I go to the bathroom and wash my face with cold water and imagine the stress being washed away and it does help me
4. Take some time to do what you love; I take some time to play poker or watch a movie so that my mind can have a break from the thing I'm studying

Between Thanksgiving & Winter Break

By: *Augustine Miller*



Navigating the three weeks between Thanksgiving and winter break can be a demanding experience, especially because they somehow manage to simultaneously feel like the longest and shortest three weeks of the academic year. Wracked by high levels of stress, overwhelming workloads, and the added benefit of about 9 hours of light, it's no surprise that tensions are high during this time. How exactly is one supposed to manage this chaos? It is easy to say: make time for yourself, make sure to exercise, and indulge in things that calm you down; but the hard thing is trying to find time on a schedule where that time doesn't exist! The least you can do is look on the bright side, assure yourself that everything is going to work out and you're going to be A-ok! Right? Contrary to the theme of this edition, maybe not. Recently, I stumbled across the unique process of "Negative Visualization" and it deeply resonated with the way my brain functions. Perhaps it's because I find constant optimism a bit absurd, but if you too find it hard to always "look on the bright side" I encourage you to keep reading. Now, what exactly is negative visualization and how does one practice it? This method is originally rooted in the Greek philosophical school of thought known as stoicism. In a very simplified definition, stoicism involves focusing on the things that one can control while accepting those that one cannot. Negative visualization is essentially a meditation on the worst-case scenario. How can both of these things work together to address our overarching issue of stress during finals week? Allow me to walk you through my thought process. First, what are the things I cannot change during these weeks, what can I change? Well, I cannot change the fact that I have four finals, a presentation, and two projects to get done. What I can change are my thoughts, emotions, and actions related to these matters. Undoubtedly, I feel very stressed out and nervous at the prospect of so much work. Instead of thinking positively, since as author Oliver Burkeman says, "happiness reached via positive thinking can be fleeting and brittle, [but] negative visualization generates a vastly more dependable calm", I instead think of the worst possible outcomes. I could fail every single final, not turn in any of my projects, and forget to show up for my presentation. Now what would this result in? Likely my grades taking a massive hit. And what if they did? I would probably have bad grades, but still be ok enough to pass my classes. I may experience negative feelings of failure, embarrassment, or disappointment but ultimately my life would go on. There are a lot more things I could mention about what could potentially go awry, but that would be exhausting and unhelpful to read. The point I am ultimately trying to get across is that sometimes it is better to look on the negative side rather than the positive. When you think positively and then things really do go askew, you find that your high expectations lead to profound disappointment. In contrast, through the process of negative visualization, you prepare your mind for potential challenges, and if things were to go wrong, you typically feel less distraught because they rarely end up *actually* being the worst-case scenario. Next time you feel stressed (which will inevitably occur), take a moment to write down all the things that could go wrong. Then dwell on how that would change your current life trajectory, and the potential steps you could take to repair the damage. While this may not work for everyone, it is certainly worth a shot. Who knows, you may find that thinking negatively leaves you feeling positive!

A Semester of Beginnings & Failings

By: Colleen Durkin

Throughout this semester my Social Psychology class was assigned a Beginnings and Failings project based off Tom Vanderbilt's book, *Beginners: The Joy and Transformative Power of Lifelong Learning*. Vanderbilt highlights the benefits of finding new skills and having the determination to master them. As we age, we tend to lose our child-like interest in trying out new hobbies and skills. Meanwhile, our fear of failure grows. Additionally, a semester long project is a daunting task that can add to the stress of a busy schedule. Our professor, Dr. Lawrie, encouraged us past these fears to find a new skill that we would enjoy dedicating our time to and that would have measurable goals to highlight our failings and successes.

The first big challenge was finding a skill to conquer. Dr. Lawrie had us discuss ideas in small groups and share with the class to gain insight about a good direction for the project. I wanted to combine an interest that I already had with a new challenge. I decided to work on digital art, in hopes of expanding my creativity into a more technical skill. I found a page of helpful tutorials on Canva, a free online graphic design website. In order to outline my project, as instructed by Dr. Lawrie, I decided to dedicate at least 2 hours every week to completing these online tutorials and complete at least 1 piece of digital art every week to accompany the lessons. I wanted to improve my skills with each new piece of art and end up with specialized insight about digital art and many pretty pieces of work.

My biggest failure throughout this project was neglecting the weekly goals I had set for myself. Sometimes the task of trying a new skill felt too overwhelming, and I would completely avoid attempting any progress. Other times I would let the stress of my other classes and daily life take priority and I would neglect the project.

Dr. Lawrie provided different tools within her social psychology lectures to help us remain determined on our path towards mastering our new skills. We learned about nudges, which are small unconscious prompts that can have large effects on behavior. I used the mobile application of Canva as a nudge to remind me each time I was on my phone that my Beginnings project was important and needed my attention. Another helpful lesson was on the Fresh Start Effect which also helped me channel motivation to continue my project. This theory highlights that since people perceive the passage of time as chapters in our life, motivation is higher when shifting from one chapter to the next. These chapters can be as small as the beginning of a new week or as large as getting married or moving. I used each new week as motivation to forget about my potential past failings and get back on track towards conquering my goal.

The art of graphic design is very tedious. I would spend hours making small adjustments to font size and placement, color scheme, and digital doodles or image placement. There is great focus and attention needed to create a worthwhile piece of art. Many of my classmates shared a similar experience when practicing their skills such as sewing, building action figure sets, and playing the piano. The dedication and focus that a new skill requires feels like a type of meditation. There is a calmness to being completely dedicated to a task with your mind completely present in the moment. Mindfulness is this practice of an overwhelming presence of one's mind without any interruption or judgement. Mindfulness has a plethora of benefits including decreasing anxiety and stress, improving memory, and improving mood. The unintended growth of mindfulness skills throughout this project was one of my favorite parts. Engaging in tedious and new hobbies can help to be fully present in your surroundings. In addition to progressing with my digital art skills, I felt more relaxed after completing long sessions of work on it.

Throughout this semester I have learned a lot about positive ways to overcome failings, challenges, and stress. Many psychological concepts including nudges, the Fresh Start Effect, and mindfulness can help us reach our goals. My digital art skills have grown extensively, and I feel accomplished with my Beginnings and Failings project. I encourage you to also take up a new hobby and work through the struggles to see what successes you gain.

Positively Affect Stress

By: Savannah Lyons



Stress is an important part of everyday life. Every person goes through stress and experiences it in different ways. However, it is important to recognize ways to handle stress during difficult times. Some helpful ways in reducing stress whether good or bad is to find a hobby that you truly enjoy doing. This can be running, painting, exercising, crafting etc. Work on this hobby everyday, it can be for a couple minutes or hours however long you desire. When stress comes on, turn to that hobby and let out all your energy on this one hobby. This will give your brain some time to relax and not hyperfocus on the one stressor apparent in your life. When someone becomes stressed, at times it is the only thing they can think of and this can become “unhealthy”. Turning to this hobby you have picked up gives you time to distract yourself from stress and rewind after a busy day. It gives yourself some “me” time and something to look forward to. Working on a hobby each and everyday provides an outlet for great success. It can create a sense of resilience and can become a strong indicator of positive mental health. Working on something you love everyday, gives you a great way to use your imagination and push yourself to be the best you can in every aspect of life whether physically or mentally. Stress is an important factor of our everyday lives, but knowing how to handle stress ultimately helps individuals experience less frustration and be able to focus on tasks at hand. Having an outlet to turn to and reset will help your mind and body adapt to given stressful situations, and will help to positively nourish your body. Having a hobby to engage in during difficult times will bring joy and enrichment to our lives.

Once you work at this hobby each day, you will find yourself improving and ultimately enjoying what you are doing. So, when stressful times do come around, going to this hobby will turn your brain to focus on this one thing and will push you to get better at it each and every day. We are fortunate to have so many different hobbies to choose from, all being unique in its own way. Once we find this hobby to pursue it can captivate our lives in a personal way, not just helping you in stressful times but also under any mental health issues whether it be anxiety, depression or burnout.

Overall, turning to a hobby you have already loved or just started under stress or any situation that is negatively affecting you, can set you up for great success. Hobbies can enrich your days and are an amazing outlet for growth. It is a great escape from everyday stressors, whether it be school work, relationship problems or financial issues. Take some time to work on your hobby during these difficult times and when you are ready return back to the stressor if needed but in a different mindset. Hobbies are a great tool for any individual, and can ultimately change your life in a positive manner. Keep working on something you love, but most importantly do it for yourself, and from this you will see how much it can impact your life and how you handle situations under stress!

Letter From the Editor

We hope you enjoyed reading the creative articles and psychology department updates in this semester 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. Take some time for yourself over the winter break & we will see you back in the Spring!

Y

our Editor,
Isabella Glennon

Self-care Ideas:

1. Movement
2. Getting outside
3. Listening to your favorite music
4. Long showers
5. Face masks
6. Meditation
7. Eating comfort food
8. Practicing gratitude

Ways to Stay Positive:

1. Sticky notes with positive quotes
2. Seeking out the good
3. Volunteering
4. Self care

Mental Health Resources



On-Campus Resources:

Personal Counseling Center

Lower Bedford Hall

401-865-2343

Hours: M-F 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 (24/7 Emergency)

401-865-2222

Residence Life Hall Director On Call (Emergencies only)

401-639-9110

For 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)

Trevor Lifeline: 1-866-488-7386

Trevor Text: Text START to
678-678