

analyze this!

**COMMUNITY
AND BELONGING**

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Cover Image, Anthony Tinaro & Andrew McIntyre

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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 26: Issue 1, Fall 2024 publication of *Analyze This!*

Poll Results

Favorite Course:

1. Psychopathology
2. Introduction to Psychology
3. Child and Adolescent Psychology

Favorite PC Club:

1. BOP
2. Peer Ministry
3. Special Olympics

Favorite Campus Activity:

1. Walking / Running the Track
2. Hanging out with friends
3. Intramurals

Favorite Study Snack:

1. Chips
2. Banana
3. Pretzels

Psi Chi Executive Board

President: Isabella Glennon

Vice President: Amber Haray

Secretary: Jillian Mike

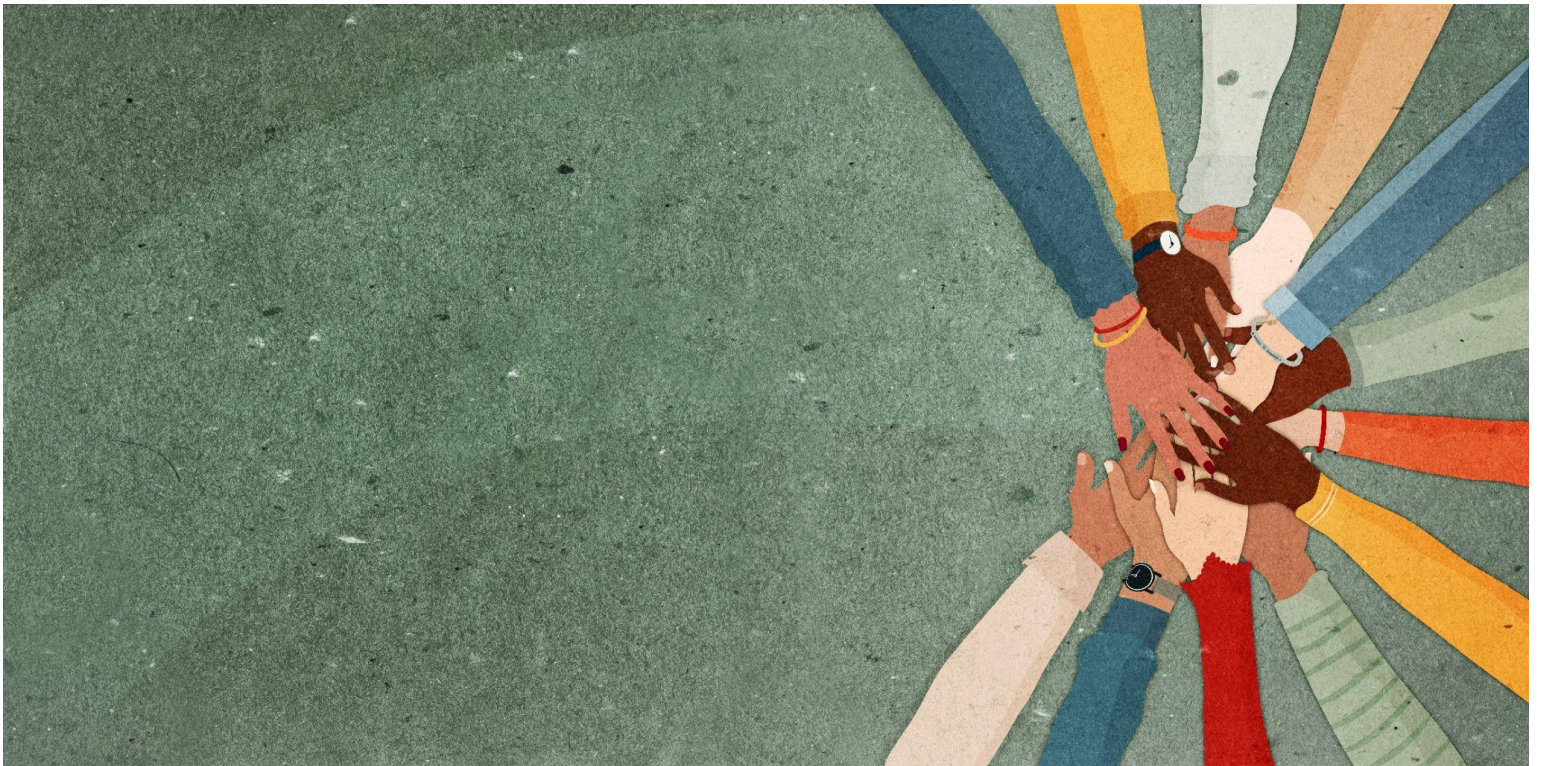
Treasurer: Margaret Matthews

Help Helped Me Officer: Audrey Raupp

An Update from the President

Isabella Glennon

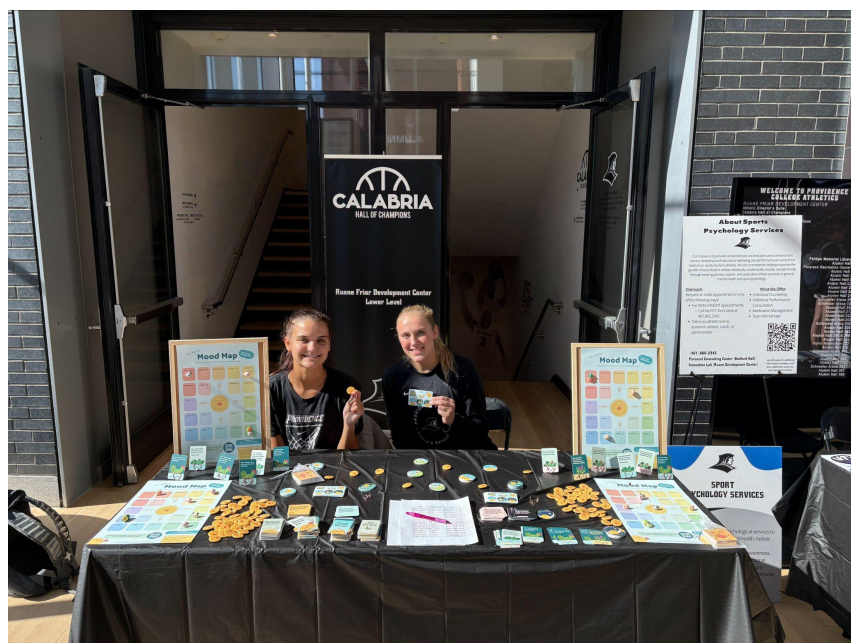
As a senior Biology and Psychology double major with a minor in Sociology and in the Neuroscience Certificate Program, I truly cannot fathom that this is my last year at PC. This year's goal for Psi Chi was to become more involved within the community, and I believe that we achieved that. Our Psychology Peer Mentoring Program had an all time high enrollment with 33 matched mentors to mentees and over 60+ sign ups. We also partnered with Flourish, a mental health aid application, and had a great turn out at our World Kindness Day Event. This served as a great reminder for students to take time for themselves and practice self care. Next semester, I hope to continue our involvement within the community by hosting events such as "Sunset Study Break" and more. I am extremely grateful for the support of my executive board, Amber, Jill, Peggy, Audrey in addition to our faculty advisors, Drs. Lawrie and Morris, and Mrs. Mullen. Happy holidays and I hope you enjoy your break!



Flourish and Student-Athletes

Audrey Koch

In honor of Mental Health Awareness Month, Providence College athletics hosted an event called, “Friar Mindset Day.” On October 22nd, multiple different booths and organizations were in attendance to promote mental health and well-being. This included the National Alliance on Mental Illness, Active Minds, The Hidden Opponent, Hilinski’s Hope, the PC Personal Counseling Center, and Flourish. The booth for Flourish was set up by independent study students from Dr. Lawrie’s Cultural-Positive Psychology Lab. These students have been working directly with the Flourish co-founders for their independent study. Flourish is an app created by Stanford psychologists that aims to improve well-being through science backed activities. The Flourish booth featured the company's compliment cards, conversation cards, mood maps, “Sunnie” pins and stickers. Student-athletes that attended the event were encouraged to download the app and sign up for preliminary research that involves using the app and completing a survey. This survey data will be gathered by Dr. Lawrie’s independent study students to gain insight into student-athletes' usage of the app for both Providence College officials and the Flourish creators.



On Community

Amanda Mingoelli

A community is something that has always guided me in life. No matter what stage of life I was in, I was always belonging to some sort of community. I enjoyed my life this way because when you are a part of a community, you feel like you have purpose. You feel normal, and like you belong. Growing up, I was always in catholic schools, specifically catholic schools that require a uniform. The uniform aspect of my schools made me feel even more involved within my community, but it also set a strict regime I felt I had to follow. I could not be my true self at times, because I felt that I had to follow a strict Catholic lifestyle. This was the only thing I have ever known, and I did not know any different. Even outside of school, I was always in uniform as well. My cheerleader uniform, my field hockey uniform, or my basketball uniform. I never got to fully be myself, because I always looked the exact same as the people around me. On days where I did not need to wear my uniform to school, I struggled. I stressed about it the entire week leading up to it, and had it planned extremely in advance.

When I went to college, I did not have to wear a uniform. One would call this an identity crisis. I quite literally had no idea what to wear. All I knew was that I wanted to fit in. Before coming to college, I asked older peers who were already in college to see what they wore, and got scattered answers mostly of athleisure or sweats. When college shopping, I bought athleisure thinking that that was what I would wear to class. However when the first day of classes arrived, I was simply insecure. I did not like what I was wearing. I did not feel comfortable. For the first time in my life, I missed the plaid kilt I was forced to wear for the first 12 years of my education. I branched out and started to wear some outfits that felt more like me, like jeans and vests. Looking back at these outfits now, they were definitely questionable. But I was happy with them. I learned my style. I learned I liked dressing up more for school, I felt a need to look presentable. I had fun putting on makeup in the morning and planning out my outfit the night before. No matter what I wore, to my surprise, I never lost the sense of community I had felt my entire life. I did not have to wear a uniform to fit in. I could actually be myself and wear what I wanted, and still fit in. My confidence grew and I changed as a person. We wear clothes to define us and what we want others to see us as. Uniforms are great, but they hinder my growth as an individual. I feel privileged to be able to find myself here at Providence College, and that I do not need to be in a polo and kilt to feel a sense of belonging.



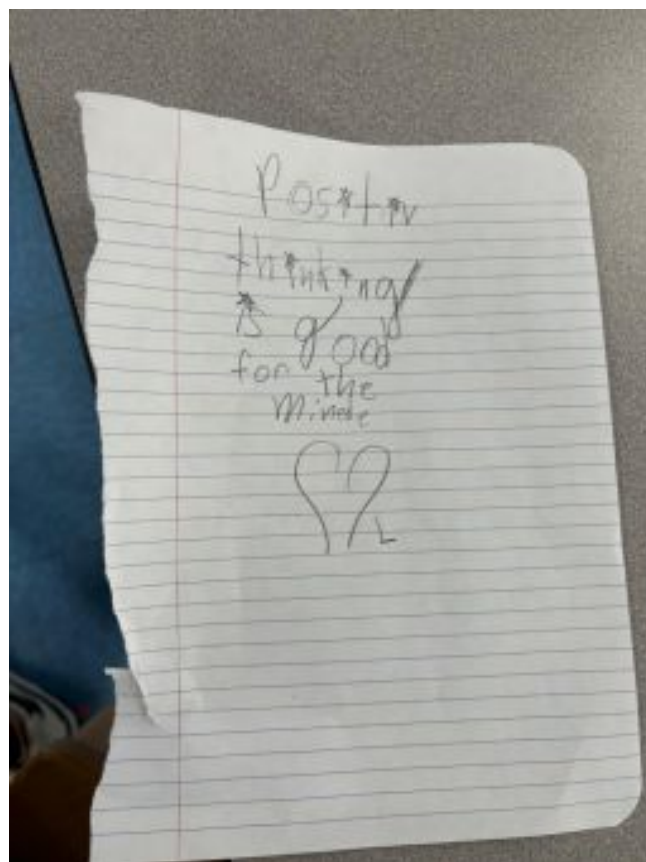
It's Never too Early to Learn Mindfulness

Emily Paratore

For the past 6 weeks, the Cultural and Positive Psychology Lab at Providence College has been holding a class at a local elementary school to teach mindfulness and mental resilience to children. Each fall and spring the PTG at Frenchtown Elementary, in Greenwich, RI, offers a few select before-school programs for children to participate in. One of those classes this fall was our lab's mindfulness class! Parents were given the opportunity to sign their children up for any of these classes offered while spots remained. The students in the lab, including myself, Emily Paratore, along with, Jillian Giordano, Emma Nevin, and Jessie Smith went to Frenchtown Elementary once a week in the morning before the school day started to teach a group of children. The class consisted of 15 children, whose ages ranged from kindergarten to second grade. Each week we focused on one theme and activity which related back to mindfulness and mental resilience. Those themes included an introduction to mindfulness, breathing, yoga, art, storybooks, and gratitude, and for the last week we allowed the children to vote on which activity was their favorite. They chose art!

This class was entirely created and designed by the CUPPS Lab. Through researching mindfulness, and how to teach children mindfulness, we carefully selected activities and themes for each week that would be engaging for the children but also teach them the valuable skills the practice has to offer. Some of the activities we chose included watercolor painting, creating a gratitude tree, and learning yoga. Since we were working with younger children, we had to ensure that there would be lots of hands-on activities to keep them busy and engaged.

Alongside each activity we made sure to review how it relates to mindfulness and mental resilience. For instance, when we did watercolor painting with the children, we put on calming music and asked the kids to sit and think about how they felt in that moment. Once they had thought about how they were feeling physically and emotionally, we asked them to use their watercolors to express those feelings. Through this activity they not only got the chance to practice mindfulness, but they also learned how they can use these skills outside of our class. An overarching goal of our class is to not only teach children what mindfulness is but also



teach them skills that they can use outside of the classroom to practice mindfulness. We want to help them grow their mindfulness toolbox.

We want to help them grow their mindfulness toolbox. While the purpose of this class was to teach children mindfulness and mental resilience, I would say that as a lab, we have learned a decent amount about mindfulness as well! This experience has taught us how important it is to be flexible and gentle with yourself when it comes to learning and teaching. There were multiple instances through the course of this class where we had to tweak our plans, or fully change them in the moment, because what we had planned wasn't working. Even though this was certainly challenging, it helped us learn, grow, and even practice mental resilience ourselves. Hopefully all the children in this class learned just as much as we did. Teaching and designing this class were wonderful experiences and we hope to have the opportunity to teach it again in the spring!



To Be(long) or Not To Be(long)

Joshua E. Devia

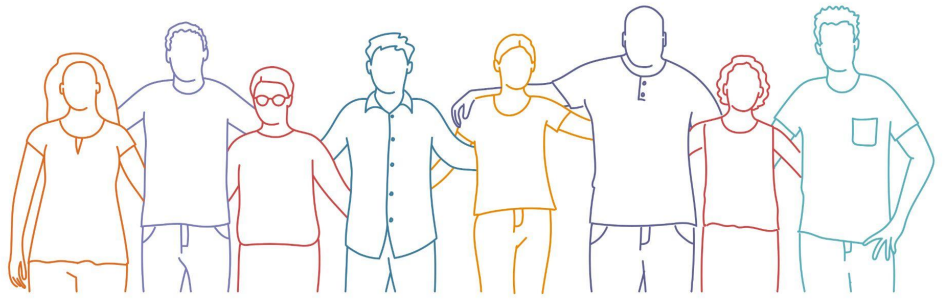
“Will you be going to the hockey game tomorrow?” The question is a simple one, the fact remains that I am not an enjoyer of sports yet the motivation to partake in the event is not based on my enjoyment of the sport; the community aspect is what appeals to me. Though this raises an important question on the functionality of community and belonging in our lives, how does a feeling of belonging benefit us, inversely, how does a lack of belonging harm the individual? A multitude of studies have theorized the potential effect of social isolation on the brain, in moderate examples and in extreme examples. All readers can recall a time in which they felt out of the group, whether the reason was part of their identity, an opinion held, or even something as menial as a fashion faux pas, the realization of ostracization is often accompanied by nervousness, anxiety, or concern by the body. Some people are more resistant to being alone, the terms “introvert Vs. extrovert” cover this idea well, though it is important to remember that the term “introvert” simply refers to people who enjoy being alone more – this does not posit that these individuals would be able to remain isolated for large periods of time! As for an extrovert, these individuals find themselves very involved in social activities, they’ll likely know all of the names of students or people around them, their interests, the “lay of the land.” One of the most popular media exploring this idea would be the movie, *Mean Girls*, which explores the complex web of social dominance groups hold in high school. Though this begs the question, what occurs to those who are on the outskirts of the group, what if the individual fails to assimilate correctly and is shunned by their peers?

The “outcasts” are often a group of their own when referring to adolescent groups – though I am referring to individuals who have no group at all, what do we see with them? What we see is not pretty: lower self confidence, heightened cortisol levels, and a tendency to blame oneself for problems. This reaction is due to the fact that humans are social creatures, and going long periods of time without interaction (or worse, being refused to be interacted with!) is a rejection of our natural instincts. When seeing the group and being unable to fit in, the default idea would be to think that perhaps there is something wrong with the individual, since they are being shunned while everyone else is not. Now let’s look at an extreme case that transcends high school drama or catty talk, this is the case of Genie the feral child. Genie is a tragic case of extreme isolation, at just 20 months old she underwent extreme isolation due to her father locking her in a room for years. Upon discovery of the little girl, Genie exhibited intense aggression and animal-like behavior. The most difficult obstacle to overcome in the scenario was the fact Genie had never learned to speak, to this day Genie (despite assistance from medical officials) could never fully learn grammar nor how to speak. The case of Genie was huge for developmental psychologists as it explained how humans interact with each other and the importance of interactions during childhood. Genie’s case simply put forward a strict statement to psychologists: children need social interaction, they need to develop their sociability and exercise the part of their brains hardwired for communication (lest they atrophy) exercise the part of their brains hardwired for communication (lest they atrophy).

So what has been learned? We know the negative effects of social isolation from groups, and we know of the worst case scenario of extreme isolation on the mind. All of this to say, go to the sports game, go out with your friends, it can only be good for you to submerge yourself in these social events. To the introverts, I am one of you, and there of course should be designated alone time for everyone, but some social time here and there can begrudgingly be introduced occasionally! We know it is not only good for temperament, for our experiences and the world around us, but importantly it is good for the mind.

On Thriving

Kaylee Elinskas



When I first decided to apply to Providence College, I knew attending this school would be a challenge out of my comfort zone. In fact, I knew that the idea of going to college alone was something that would provoke anxiety within me as it would be a fresh new chapter of my life. I would not only be attending a new school where I would have to make all new companions, but I would also be living outside of my home for the first time in my life. However, I knew that going to college and allowing myself to adjust to a new environment was a challenge that I most definitely wanted to take.

Upon arrival at Providence College, I can vividly recall myself being a nervous wreck. I knew that I would soon have to say goodbye to my parents and not see them again for a little over a month until parents' weekend rolled around. Despite the ample number of nerves my body was flooded with, I never let myself put up a guard. Rather, I made it my goal to be as open as possible to everyone. I aimed to try and make as many connections as possible throughout the first week of college. To do so, I chose to smile at all of those whom I passed, wave to people who I knew from First Day in Friartown, orientation groups, or simply, those I recognized from social media apps. I noticed by doing so, I was able to gain a sense of self. I began to see who I would “click” with and who I knew from the second I spoke to them, would be lifelong friends.

This is when I realized that the simplest task of waving to another individual and giving a smile as you pass others has much more of an impact on your life than you can ever imagine—by waving and smiling to those I would pass on my walk to class allowed me to feel a sense of comfort and belonging. It made me feel as though I had connections and ties that prompted me to believe that Providence College is truly the place for me. The discovery of my sense of belonging to this school and my comfortability that arose from this enabled me to utilize my best abilities and attributes. From a sense of comfort and belonging, my level of self-confidence rose and when this occurs, I feel motivated, encouraged, and inspired to be the best version of myself.

Overall, I noticed myself shine in ways that I haven't before. I felt this the most in the aspect of independence. As I mentioned at the beginning of this response, I was the most nervous about making new friends and living without my parents for the first time as I was never seen as an extremely extroverted individual. That said, I chose to endeavor on a new journey and take risks out of my comfort zone. This provoked me to make the realization that going out of my comfort zone surprisingly did the unthinkable and allowed me to feel more comfortable and feel that this was an environment in which I belonged. With this, I was able to thrive in a multitude of aspects that will further continue to set me up for success in my future.

Impact of Community on Mind and Well-Being



Morgan Farrel

Imagine a life without any human interaction... desolate, lonely, and worthless. Humans are social creatures who seek companionship. Community offers a sense of belonging, support, and purpose. Sustainable human life lies in the realm of community. As social beings, we connect and develop relationships. According to social psychology, humans strive for acceptance rooted in community. With a community surrounding us, we can be sure of our acceptance to the group and have higher self-esteem. We turn to the community in times of happiness, sadness, confusion, fear, and excitement. Psychology teaches us that humans look to the community for social connectedness and mental well-being.

Our communities generally consist of people of similar age groups. In these groups, most people are in similar life stages and therefore, have similar experiences. Finding someone to relate with opens the doors to developing an intimate relationship and seeking advice. Ultimately, the community offers a sense of comfort that can optimize the well-being of others and keep them from being trapped by their mind in spiraling thoughts of loneliness and failure.

As a college freshman, I learned first-hand how important community is for my well-being and mind. When I first arrived on campus, I only knew my twin sister and my roommate. Realizing that I actually had to build a community from ground zero was intimidating but something I knew was necessary. I'll admit, the first week was really hard, I hadn't yet built my community and felt extremely lonely. There felt like nobody I could connect with or express my feelings to. As a result, I fell down a rabbit hole where I constantly compared my miniature, fragmented community to other larger communities. I allowed my mind to have authority over me and convinced myself I would never make any friends. However, as I gave it some time and put myself out there, I connected with people and began forming my community. By opening up to others, I felt a sense of belonging and my mental health improved instantly. Now that I have been on a college campus for a few months, I have noticed the importance of community in human life. Every day, I see people studying, walking, and eating together. While some people still enjoy their alone time, human interaction occurs daily. In fact, I have noticed that most people do things in groups rather than alone. Humans seek social interaction, so being in a community as we enter situations alleviates us from anxious thoughts because community promotes the mentality that "we are in this together." It is important to constantly build connections with others because if we spend too much time away from interacting with a community, we begin to get stuck in our heads and begin distorting our ideas and belittling ourselves.

Psychology suggests that community optimizes our well-being and keeps our minds clean by rejecting negative thoughts. Friends and family help keep us connected with society and find comfort in knowing everyone encounters similar obstacles and achievements. Throughout life, we learn from one another and find purpose in developing relationships.

Finding My Place:

How Belonging Transformed My College Experience

Mouhamed Thiam

Starting college was supposed to be an exciting new chapter in my life, but for me, it began as an experience riddled with discomfort and self-doubt. Moving to campus, I was eager to begin my journey, but I quickly realized that I didn't feel like I belonged. Coming from a small, close-knit high school, the sheer size and pace of college life felt overwhelming. As someone whose family immigrated from Senegal, I often felt out of place—as if my background and experiences didn't align with those of my peers.

This sense of discomfort wasn't just an emotional barrier; it had a tangible impact on my ability to thrive. I found myself withdrawing from social situations and hesitating to ask questions in class, fearing that I'd stand out for the wrong reasons. Academically, I did what I needed to get by, but I wasn't truly engaging with the material or forming the kinds of connections with professors and classmates. Outside the classroom, I avoided joining clubs or organizations, convinced that I didn't have a place in those spaces. I was stuck in a cycle of isolation, where my discomfort kept me from taking risks, and my lack of belonging reinforced my feelings of inadequacy.

It wasn't until the end of my second year of college that things began to shift. I became an Orientation Leader and joined the Board of Programmers. These two experiences were fundamental for my college experience. I was able to find the sense of belonging and community that I had been yearning for up to that point. With this newfound sense of belonging, I began to thrive. Academically, I started engaging more actively in my classes. I felt comfortable asking questions, participating in discussions, and even visiting professors during office hours. The confidence I gained from feeling like I belonged in my student organization spilled over into other areas of my life. I began stepping out of my comfort zone, taking on leadership roles and challenging myself to explore new opportunities.

Belonging didn't just improve my academic and extracurricular performance; it changed how I saw myself. I went from feeling like an outsider to recognizing that my unique background and experiences were assets. I began to take pride in my identity and saw the value in sharing my perspective with others. The connections I formed during this time became a source of strength and motivation, pushing me to aim higher and do more. Reflecting on this journey, I've come to realize just how critical feelings of comfortability and belonging are to one's ability to thrive. It's not just about fitting in; it's about finding spaces and people that affirm your worth and encourage you to grow. For me, it was about recognizing that I didn't need to change who I was to belong—I just needed to find the right environments where I could be my authentic self. This experience has shaped not only how I approach challenges but also how I support others. I've become deeply committed to creating inclusive spaces where everyone feels they belong, whether through my academic work, extracurricular involvement, or future career aspirations.

Importance of Community

Reaghan Scavone

Community is a vital part of the wellbeing of the mind and body. Without a sense of community in one's life, it's easy to be tricked into believing false narratives. Absence of community can lead to self-doubt, loss of motivation and feelings of isolation. Even when it feels like there is nobody you identify with, feel comfortable with, or relate to, there is. The best part about a community is that it can come from anything. By diving into your interests, you are bound to meet those with the same idea! Stepping out of your comfort zone is vital to make new connections and be involved in the community. New environments can cause anxiety and stress for many which is expected. The mind can be difficult to comprehend, and our subconscious likes to make us believe that we are a completely different person than we are. Feelings of loneliness can stem from not having a sense of belonging and community, which can ultimately lead to further mental health problems. Our physical well-being truly depends on our mental wellbeing. Therefore, if someone is isolated mentally it could very well reflect on their physical wellbeing. Feelings of isolation can mislead the mind into thinking that we are not worthy of real connection, which is very damaging to the development of the brain. Entering a new environment is incredibly weary for everybody. Especially college where you are living in an entirely new place with faces you've never seen before. Whether you know fellow peers from home, or nobody at all it is the same awkward and fearful transition. It is extremely important to find a sense of community in your college, because you are attending classes with peers and residing here for most of the year. Without feeling a sense of belonging at your school, it can shift your attitude to become negative towards schoolwork and involvement. Being comfortable in your place of living just as if you were at home with your family, is as important as succeeding academically and reaching towards graduation. To maintain a successful college career, involvement in student and faculty led activities is crucial and finding a sense of belonging is key to that. Performing well academically is incredibly challenging when you feel as if you don't belong. In the future when you are working a job earned with your college degree, being able to find a sense of community within it will lead to success throughout your career. When feelings of loneliness occur, taking advantage of your school's mental health services are crucial and will aid. Community is a collection of people who are there for each other throughout differences and are constantly there to lift one another up. A group of people going to the same school does not define community. Community is found within that group when it is understood that we are all here to succeed and form vital social connections. Continuing to lift one another up and indulging in your personal interests will assist in the further formation of a community within your life. Reflecting on the importance of community showcases exactly how important it is to find extracurriculars, peers and a path that makes you feel like you belong, because you do.

Belonging as an Individual

R.J. McLaughlin



I would like to begin by proposing a hypothetical question: What does a world where everyone “belongs” look like? Some may say it would be a utopia: all people as one community spanning around the world. However, is this realistic? Or, is it optimal if we all were to belong to a single hive mind where everyone fits in and agrees with one another? Belonging is not so easy. I believe that for better or worse, the ability to feel belonging is as much the condition of humanity as the tendency to feel isolated. Humans may be one species, but we are also billions of individuals with so many unique skills, interests, and personalities. Belonging looks different for everyone, because, like individuals, there is a limitless variety of communities that provide structure to humanity.

I am not the most extroverted person, and I am very self-aware. I never have large friend groups, and I rarely find comfort identifying myself to large communities or networks. However, for me, the relationships I have and communities I belong to are close-knit. This is what I prefer, and it is how I feel like I belong. But I have not always known these things about myself; at times I have felt lonely and out of place. It took a lot of time for me to realize who I was and where I belonged, and I am still not exactly sure. Part of learning my place was accepting that I may not belong in any given circumstance or community. Rather than feeling dejected by it, I have learned to appreciate it. No person should have to become someone that they are not or change themselves in order to belong. Not everything I wish to be a part of will suit me or be rewarding to me. This mindset made me realize it is not always easy to find belonging, and finding the right community may not be as simple as going to college and becoming a member of that broad net of people. I feel it must be deeper than that. In order to fit into the communities around us introspection is important, knowing yourself enough that you can understand those with whom you may wish to enter relationships or a community.

After spending K-8 in public school, I was accepted to an all-boys Catholic school for high school. I went on a whim, listening to my parents, who told me it was an opportunity I could not pass up. I went in optimistically, but as time went on, I doubted that it was the place for me, and leaving was never an option in my mind. I began to resent my decision to go to the school. I preferred almost everything about public school life, particularly my friends and environment. I felt as though my new high school was uniform and blindly bound together out of “brotherhood”. There was nothing that could convince me that my classmates were my brothers simply because they went to school with me. I felt alone with this notion, as if I were the only one who felt this way. Not feeling able to belong, when everyone around me seemed so good at fitting in. To this day I partially regret my decision to go to this high school, but at the time I still felt I had to make the most of my situation considering I would not leave. I remembered what I enjoyed; even though I played basketball, I did not get fulfillment from being a part of this community. I joined clubs and activities that resonated with me; through this, I was able to connect with people who I felt thought like me and understood me. It made me feel a part of the greater community, having a small section that I could call my own.

This is all my experience and opinion. What I hope to have communicated is that belonging to a community does not mean changing oneself to fit the community standard. The beauty of belonging is that there is not one method that allows you to belong. The human individual, with complex values, interests, and identities, can be a part of anything they see fit. It is about personal application; there is a place for everyone, and if there is not, it can be constructed. This is belonging; knowing who you are enough to allow yourself into a productive community with others.

World Kindness Day

Jillian Mike

On November 13, 2024 the Psi Chi Executive Board hosted a World Kindness Day tabling event. The goal of this event was to spread kindness and gratitude among the Providence College student body, faculty, and staff. With the help of Flourish, we were able to accomplish this goal and spread happiness and thankfulness among the Providence College community. We distributed stickers, conversation cards, and “Sunnies” pins. We also asked passersby to place a pin on the Flourish “Mood Map.” By asking people to engage with our “Mood Map,” we were able to create a visual representation of community; especially considering how people can have vastly different things going on in their lives, but can identify with the same mood.

This event was particularly fulfilling for me, Bells, Peggy, Amber, and Audrey because we were able to connect with all populations at PC, not just the psychology majors. Everyone who came to our table loved engaging with the Flourish material and seemed excited to employ the conversation cards into their friendships. This is just one way that we employed to expose our peers to positive psychology and how it can be implemented into our daily lives. This event was held with about one month left in the semester, so it was very important to us that we spread tools of stress relief and positive psychology interventions as the stress of the semester was



beginning to peak. To share positive psychology with our peers was the most fulfilling part of holding the World Kindness Day event. Positive psychology interventions can really shape how someone thinks about self-care and mindfulness.

To share a tool to begin integrating positive psychology interventions into our lives, such as Flourish, was also very important to us. There are so many positive psychology interventions, so to have them all in one place can be very helpful for beginners.



The Power of Community

Isabella Glennon

To build a community, it is quintessential to understand what a community is. A community is more than just a group of individuals; it represents people who share standard links, such as familial or shared interests. It is important to note that the community is what one makes of it, as it does not have to be the people a person was born into, but it can also be the people that one chooses to spend time with, one's friends that have ultimately become family. These connections foster belonging and purpose in each person's life, ideally enhancing it. Time after time, literature has proven how crucial and significant these relationships are, more so in one's formative years, where development is most crucial. While every person depicts community a little differently, its core remains the same, as it provides meaningful, supportive connections.

Building a sense of belonging within a community is extremely important for stability in one's social life. Physical health is widely recognized as the most substantial aspect of life; however, mental health is equally, if not more, vital to an individual's success on all levels. Social connections within these communities create the foundation of mental stability, and without them, isolation and loneliness have a tremendous impact on someone's well-being. A person is not able to be healthy if they are mentally unstable and not functioning at their peak capacity and feeling their best. The community helps to improve one's perception of self, as it is when a person surrounds themselves with people who help bring out the best in them. It helps people feel valued throughout life's highs and lows, ultimately improving their quality of life. I can attest to that as my friends and family are my biggest supporters; they are all excellent, genuinely good people, and I know that they care about me in both my successes and failures.

The challenges created by the COVID-19 pandemic established the importance of the community. With federal and state mandates limiting social congregations and requiring masks, the lack of socialization took a toll on the mental health of thousands at an unprecedented scale. Social distancing was necessary for everyone's safety; however, it deprived people of in-person, face-to-face interactions. Individuals adapted to these mandates by video calling loved ones and partaking in various virtual events in and around the community, such as nature walks. Building community isn't just about physical location but prioritizing the relationships during difficult circumstances.

All in all, building a community requires intentional effort, such as remaining in the moment. In a world where technology is prevalent, it would be beneficial for people meeting up to not be on their phones as a way to cherish the moment. Acts of kindness, creating inclusive spaces, and supporting others all play a vital role in the community because a community is far more than a collection of people; it is a network of relationships built on shared values and support that can uplift others during challenging times. The power of community resides in fostering belonging and supporting others.

Mental Health Resources

A Letter from the Editors

Thank you so much for taking the time to read the Fall 2024 *Analyze This!* I am so proud of and grateful to all of the psychology students who shared their perspectives and experiences in this issue. One of my favorite things about studying psychology is that it can be applied to any and every aspect of our lives, and this issue of *Analyze This!* really captures that sentiment. Thank you to our faculty advisors, Dr. Lawrie and Dr. Morris, Mrs. Mullen, the entire Psi Chi Exec Board, and all of our student authors, without whom this publication would not be possible. And a special thank you to Anthony Tinaro and Andrew McIntyre for designing a beautiful cover! Enjoy your break, we look forward to seeing you in the Spring!

Jillian Mike &
Isabella Glennon

Fun Things to do with your Community!

1. Movie marathon
2. Exercise class
3. Self-care night
4. Karaoke
5. Junk journaling / Scrapbooking
6. Potluck meal
7. Go to a museum
8. Volunteering



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 Complex Director On-Call (Emergencies only)

401-639-9110

Hall Chaplain On-Call

401-865-2219

Off-Campus Resources:

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