Dear Brandeis Students,

As the days are getting shorter and we begin to feel a crispness in the air, college students everywhere are moving back to their campuses, greeting old friends, making new ones, and anticipating a semester of new challenges academically and creatively. Some of you come rested and rejuvenated after a relaxing summer, while others will be coming from a summer of tremendous industry. For most students at Brandeis, downtime is a misnomer anytime of the year. After all, Brandeis is merely a microcosm of the larger society, in which balance in one’s life is not an ideal that is easily achieved or universally applauded. Mostly one is taught that if you want to be successful, you need to work as hard as you possibly can to get as far as you can as quickly as you can. We are not taught about the negative effects of stress on our productivity, our relationships, our health, and our creativity. We are not taught about the negative effects of a sedentary lifestyle on our mood, our resilience, and our outlook on life.

While earning your degree with a high GPA is an important goal of any academic experience, learning to live a healthy, balanced adult life and have the capacity to love and be loved may be an even more important goal. Luckily, these goals are not mutually exclusive and, in fact, living a healthy life of balance and good self-care will increase your productivity, decrease your experience of stress, reduce the risk of depression and anxiety, enhance your mood and outlook on life and on yourself, and improve your relationships. Did you know that meditating helps your mind recover more quickly from stress and that regular exercise decreases your body’s response to stress? College and graduate school are stressful, and that is unavoidable, and in fact one grows through the challenge of stressful experiences, but how quickly one bounces back from stress is very important and can be influenced by taking good care of yourself, surrounding yourself with good friends, learning to cope effectively with challenges and learning to manage your emotions in a stable manner.

Drink plenty of water, eat breakfast, get exercise, meditate, laugh, play with friends, and come see us at the PCC if you need help getting on the right track.

Dr. Joy Von Steiger
Director
Brandeis Psychological Counseling Center
Self Care Exercise

“Steps to Elicit the Relaxation Response”
from Herbert Benson’s Relaxation Response

1. Sit quietly in a comfortable position.
2. Close your eyes.
3. Deeply relax all your muscles, beginning at your feet and progressing up to your face. Keep them relaxed.
4. Breathe through your nose. Become aware of your breathing. As you breathe out, say the word, "one", silently to yourself. For example, breathe in ... out, "one", in .. out, "one", etc. Breathe easily and naturally.
5. Continue for 10 to 20 minutes. You may open your eyes to check the time, but do not use an alarm. When you finish, sit quietly for several minutes, at first with your eyes closed and later with your eyes opened. Do not stand up for a few minutes.
6. Do not worry about whether you are successful in achieving a deep level of relaxation. Maintain a passive attitude and permit relaxation to occur at its own pace. When distracting thoughts occur, try to ignore them by not dwelling upon them and return to repeating “one.”

With practice, the response should come with little effort. Practice the technique once or twice daily, but not within two hours after any meal, since the digestive processes seem to interfere with the elicitation of the Relaxation Response.

Did You Know: The Lines on a Solo Cup are Measurement Marks

- 12 ounces for Beer
- 5 ounces for Wine
- 1 ounce for Liquor
Why Tom Waits Quit Drinking

http://beamsandstruts.com Written by TJ Dawe

Tom Waits has been sober for fifteen years now. He told the Guardian about it in 2006, saying:

tom Waits at a picnic table"Oh, you know, it was tough. I went to AA. I’m in the program. I'm clean and sober. Hooray. But, it was a struggle."

Does he miss it?

"Nah. Not the way I was drinking. No, I'm happy to be sober. Happy to be alive. I found myself in some places I can't believe I made it out of alive."

Has sobriety affected his creative process?

"No. I don't think so. I mean, one is never completely certain when you drink and do drugs whether the spirits that are moving through you are the spirits from the bottle or your own. And, at a certain point, you become afraid of the answer. That's one of the biggest things that keeps people from getting sober, they're afraid to find out that it was the liquor talking all along.

"I was trying to prove something to myself, too. It was like, 'Am I genuinely eccentric? Or am I just wearing a funny hat? What am I made of? What's left when you drain the pool?"

NPR Fresh Air's Terry Gross asked him about this last comment in 2011.

Waits in the studioWAITS: You know, maybe the drugs and alcohol are more of a vacation from reality, you know? Yeah, am I just wearing a funny hat? Am I just trying to say weird stuff, or am I really peculiar, genuinely?

GROSS: Did you want to be peculiar?

WAITS: Well, I wanted - I've always wanted to be curious and provocative, I guess, and interesting, and interested in this kind of sparkling, you know, sapphire we all call home, you know. I always wanted to be mystified by it all - and rather fascinated with life itself. I think maybe when you drink, you're probably robbing yourself of that genuine experience, even though it appears what you're doing is getting more of it. You're getting less of it. And it takes a while, when you've had a rock on the hose like that for so long. It takes a while for the hose to be a hose again, you know, and for things to start flowing.
"On Resilience"

from Michael Lafarr, PsyD, Executive Director of Health and Wellness

Dr. David Reetz (2014) argues, "Student success is determined in large part by capacities for coping with frustrations, rebounding from failures, taking reasonable risks, and understanding the roles of luck, effort, talent, and strategy in their learning." For many of us learning how to fail may be as important as how to succeed. Dr. Reetz points to the area which is toughest for most of us, how to build resilience – particularly in the face of adversity.

Today's college student is pulled in many directions and bears a tremendous amount of pressure not just to succeed but to excel. Failures can sometimes seem devastating when the stakes feel so high. Developing the skills to know when a failure is a set back rather than a life altering event can be challenging.

In the APA's "Road to Resilience" brochure they offer the following advice to those who want to learn how to bounce back more quickly and become more resilient people:

- Make connections
- Avoid seeing crises as insurmountable problems
- Accept that change is a part of living
- Move toward your goals
- Take decisive actions
- Look for opportunity for self-discovery
- Nurture a positive view of yourself
- Keep things in perspective
- Maintain a hopeful outlook
- Take care of yourself

This is all good advice. Sometimes learning how to integrate advice into your life can be challenging. If you'd like help in building resilience, call the Counseling Center today and ask a therapist how he or she might be able to help.
“How do we take care of ourselves?”

Jamele Adams is the Dean of Students here at Brandeis. One way that he takes care of himself is through his poetry. He shares, “Poetry is the collage of life and experience using human nature as the color to paint the journey upon which any subject is written about. Spoken Word is so powerful and personal that multiple lives of others connect when heard or is existent in a shared reading experience. For me, it is artistically the unsolem genius and comfort of literary vulnerability. This art has often saved lives and has personally celebrated & consoled the joys and challenges of my soul. I am incomplete without it.”

FORGIVENESS

“Forgive is not an occasional act. It is a permanent attitude”
-Reverend Dr. Martin Luther King Jr.

WE who have sinned
Would like to be perfect again
Return to win heaven would let us in
And the devil couldn’t have our children
Allow us to be perfect in our imperfection
And We are less perfect than you;
So less than,.....you
The unforgiving.

Those of you who we disgrace
Somehow you find a common enemy in us
We are your let downs and heart breaks
Misgivings and mistakes.
Loves people under the stairs
The crumbled disciples that spite you

We, flawless as you
With unconditional issues
We are the sneeze
Not told “God bless you”

Have you thought about forgiving us?

Taking your pain on a walk
Dismantling disappointment
And allowing compassion to talk;

Speaking to us again
Not wishing us destruction
Our deaths won’t free you the way forgiveness can.

Yes, there is sin against thee,
Your pain belongs to me.
And I can only own it if you,

Yes, there is sin against thee,
Your pain belongs to me.
And I can only own it if you,

Unwrap your skin,
Film your nudity (film it),
Edit the scars I caused,
And slice me to the cutting room floor.

Sweep me dust pan dirt.
Like bottom of your broom.
I be your clean sweep
Walk on me like mat,
I welcome your bruise
Cover Girl; and Mac this make-up.
Revel in the Revlon of this Avon
Shed your anger and make room for the sky

(continued to the right...)

Forgiveness is the jealousy of the hopeless
So let’s Be hopeful

What if God never forgave!
What if Dr. King never forgave!
What if we never forgave each other!

Forgive......like;
Like last name GIVE, firsts name FOR
And you’re calling me.
Like a womb forgives an abortion
And aborted babies forgive their parents.
Like great wives forgive great husbands that fuck-up
Like enslaved black backs forgive leather whips
Like mothers forgive their imprisoned Suns
Like dogs forgive Michael VYck
Like love forgives lust
Like Jesus forgave Judas
Like trees forgive nooses
Like the devil forgives prayer
And prayers that forgive god
Like the opposite of “four take”
Forgive.

And it’s hard sometimes
Like how does a survivor forgive their rapist
Or a priest that molests children
Sometimes there just aren’t the words

But.....it still can be done
For the sun lives in everyone

What happens if we forgive that cop that shot that boy?
What happens if we forgive the lunatic
The misguided
The thoughtless
The criminal
The judgmental
And those whom intentionally hurt!

If we forgive them,
perhaps they can’t hurt us the same way again
But forgiveness doesn’t forgo discipline
We should reap what we sow
Above ground and below
For the blessed word tells me so

Yo!

For every person that wronged you,
And every time denied honesty and truth
Standing before you.
Find it
Beneath the soot of your breath
And singe of candled hearts burning
This freedom is real
If you
..... forgive.
Minding Your Medications While On Campus

Jonathan Moran, MD/MBA, M Pia Rogines Velo, MD, PhD
Staff Psychiatrists

The non-medical use of prescription medications is a growing concern across many colleges and universities. Many college students abuse prescription medications to get high. However, many turn to medications as a study aid or to help reduce stress, anxiety or other difficult feelings that can occur with the rigors of college life.

Most students who misuse medications obtain them from a friend or relative. They believe that these medications are safe because they are prescribed by a physician. This is a misconception. Taking someone else's prescription is dangerous given risk of side effects, addiction, and even death. In addition, you will be jeopardizing your own treatment since you will run out of medication sooner and you won’t be able to fill a new prescription when it is due. Hence, you will underachieve academically.

If your doctor has prescribed a medication to you, especially if it is a stimulant (Adderall, Ritalin, Concerta), benzodiazepine (Ativan, Klonopin, Xanax), opioid (Percocet, Vicodin, Oxycontin), you should take steps to safeguard these medications. It is illegal to share prescription medications of any type.

Learn how to safeguard medications:
• Store medications in a secure, dry place
• People visiting you may be interested in stealing your prescription
• Consider using a lock box, especially if prescribed a controlled substance such as a benzodiazepine or stimulant, or hide them in your room
• Keep track of your medication. Count your pills. Consider using a weekly pill container. Periodically check for missing medication
• Do not share your medications under any circumstances. Direct your friends to a health care provider if struggling with pain or mood and anxiety symptoms
• Keep a low profile. Your medications are your personal business. There is no reason to discuss medications with your friends.
• Properly dispose of old or unused medications. Most prescriptions can be placed in a plastic bag mixed with garbage (coffee grinds, compost) and thrown into the garbage. Do not flush medications down the toilet. For more information visit: www.fda.gov/forconsumers/consumerupdates/ucm101653.htm
• For more information about the dangers of misusing medications, please visit: www.talkaboutrx.org
Everything Is Awful and I'm Not Okay: questions to ask before giving up

Are you hydrated?
If not, have a glass of water.

Have you eaten in the past three hours?
If not, get some food — something with protein, not just simple carbs. Perhaps some nuts or hummus?

Have you showered in the past day?
If not, take a shower right now.

Have you stretched your legs in the past day?
If not, do so right now. If you don’t have the energy for a run or trip to the gym, just walk around the block, then keep walking as long as you please. If the weather’s crap, drive to a big box store (e.g. Target) and go on a brisk walk through the aisles you normally skip.

Have you said something nice to someone in the past day?
Do so, whether online or in person. Make it genuine; wait until you see something really wonderful about someone, and tell them about it.

Have you moved your body to music in the past day?
If not, jog for the length of an EDM song at your favorite tempo, or just dance around the room for the length of an upbeat song.

Have you cuddled a living being in the past two days?
If not, do so. Don’t be afraid to ask for hugs from friends or friends’ pets. Most of them will enjoy the cuddles too; you’re not imposing on them.

Have you seen a therapist in the past few days?
If not, hang on until your next therapy visit and talk through things then.

Have you over-exerted yourself lately — physically, emotionally, socially, or intellectually?
That may be screwing with your head. Give things a few days, then talk to your doctor if it doesn’t settle down.

If daytime: are you dressed?
If not, put on clean clothes that aren’t pajamas. Give yourself permission to wear something special, whether it’s a funny t-shirt or a pretty dress.

If nighttime: are you sleepy and fatigued but resisting going to sleep?
Put on pajamas, make yourself cozy in bed with a teddy bear and the sound of falling rain, and close your eyes for fifteen minutes — no electronic screens allowed. If you’re still awake after that, you can get up again; no pressure.

Do you feel ineffective?
Pause right now and get something small completed, whether it’s responding to an e-mail, loading up the dishwasher, or packing your gym bag for your next trip. Good job!

Do you feel unattractive?
Take a goddamn selfie. Your friends will remind you how great you look, and you’ll help fight society’s restrictions on what beauty can look like.

Do you feel paralyzed by indecision?
Give yourself ten minutes to sit back and figure out a game plan for the day. If a particular decision or problem is still being a roadblock, simply set it aside for now, and pick something else that seems doable. Right now, the important part is to break through that stasis, even if it means doing something trivial.

Have you seen a therapist in the past few days?
If not, hang on until your next therapy visit and talk through things then.

Have you waited a week?
Sometimes our perception of life is skewed, and we can’t even tell that we’re not thinking clearly, and there’s no obvious external cause. It happens. Keep yourself going for a full week, whatever it takes, and see if you still feel the same way then.

You’ve made it this far, and you will make it through. You are stronger than you think.
Spotlight on Wellness: Intramural Sports

Overview

Intramural Sports at Brandeis University continues to promote its rich tradition of friendly, competitive activities for everyone within the university community. Since its inception in 2001, the Intramural Sports Program has served as a rally point for socialization, exercise, and competition. The Intramural Sports Program offers over 25 sporting events or leagues each year. If you want to play, register online at imleagues.com/brandeis.

How do I sign up for an intramural team?

Intramural sports registration takes a few easy steps. First you must create an account at IMLeagues.com/brandeis. When registration is open, you will be able to click on your desired sport and create a team.

When will registration take place?

Intramural sports will hold several registration periods throughout the semester. On average, a registration period will open for two weeks prior to the start of the season.

Can the captain of a team still sign up the entire team or does each individual person have to sign up?

The captain creates the team. However, each team member must then create an IMLeagues.com account and join that team. The captain then invites friends to join their team through the system. Players may be added at the field as long as they have created an IM Leagues profile.

For a current schedule and registration, please visit: imleagues.com/brandeis

Julie Mizraji - IM Sports Coordinator
(781) 736-3665
jmizraji@brandeis.edu

Be Well Brandeis
Be Well Brandeis

Meet the Staff

August/September 2015

What is your full name and how do you ask people to refer to you?
RC: Roberta Caplan, Ph.D., whatever clients feel comfortable with

What is the most important thing you would like people to know about how you approach your work?
RC: "I want clients to feel that we are on the same page, working toward goals in a safe, relaxed setting."

How would you describe your approach? (style, theoretic orientation, etc)
RC: "Warm and collaborative."

Is there anything you would like to share about your background (training, experiences, non-professional aspects of life)
RC: "Advanced training in College Mental Health, and in Couple Therapy. Have worked in other universities, hospitals and my own practice. I direct the PCC Training Program."

What sorts of things do you practice in your life to maintain wellness?
RC: "Jogging/racewalking, swimming in the summer, puttering with indoor and outdoor plants, making time for family and friends, remembering to breathe deep and find the humor in daily life."

What is your full name and how do you ask people to refer to you?
A S-C: Amy Scobie-Carroll, LICSW, call me Amy

What is the most important thing you would like people to know about how you approach your work?
A S-C: "I approach my work with each person or group as a new experience. I believe in a person's capacity to learn about themselves, make changes, and feel greater happiness in life."

How would you describe your approach? (style, theoretic orientation, etc)
A S-C: "My style has been described as warm, compassionate, funny, and practical. Depending on what a student's goals are, we will tailor the therapy to meet those goals. I have training in psychodynamic therapy, and I truly value the relationship with each of my clients. I also draw often from Cognitive Behavioral Therapy, Dialectical Behavioral Therapy, Mindfulness based therapies, and holistic approaches."

Is there anything you would like to share about your background (training, experiences, non-professional aspects of life)?
A S-C: "I grew up on the east coast, then went to Portland State University in Oregon for my Masters degree in social work. Since returning to Boston I have worked with young adults in many settings, and I have specialized in the treatment of eating disorders. I thoroughly enjoy my work with Brandeis students!"

What sorts of things do you practice in your life to maintain wellness?
A S-C: "Nothing is better than spending time outdoors and cooking dinner over a camp fire. I like to be creative, find new music, and spend time with family and friends. I stay physically active and practice yoga and mindfulness."

What is your full name and how do you ask people to refer to you?
TN: Tal Nir, Ph.D. / Dr. Nir

What is the most important thing you would like people to know about how you approach your work?
TN: "I truly love what I do as a therapist and enjoy working with the Brandeis students. It is a privilege to be able to provide a short intervention that can improve people's quality of life as well as their level of functioning."

How would you describe your approach? (style, theoretic orientation, etc)
TN: "I am a Cognitive Behavioral Therapist (CBT) at heart. Over the years I've cultivated additional tools that belong to other orientations such as Internal Family System, Relational theories and more Dynamic approaches. CBT is a short term, symptoms focused intervention with concrete goals. Much of the work is done by the client outside of the meetings. A successful intervention is when clients continue to use the skills they learned and continue to see progress long after treatment has ended."

Is there anything you would like to share about your background (training, experiences, non-professional aspects of life)?
TN: "I was born and raised in Israel and moved to the Boston area in 1999 to pursue a Ph.D. in psychology. I received my doctorate degree from Boston University, which is also where I started my training at the Center for Anxiety and Related Disorders. I did my internship at the Klarman Eating Disorders Center at McLean Hospital and my postdoc at Tufts University Counseling Center. I have been working at the Brandeis PCC since 2009 and in addition have a small private practice in Newton Center."

What is your full name and how do you ask people to refer to you?
TN: "I try to practice what I preach for: Sleeping between seven to nine hours a night; Eating regularly throughout the day; Choosing something I enjoy to do for exercise, and try to maintain a balance by making time for fun and social activities."

What sorts of things do you practice in your life to maintain wellness?
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## Wellness Events Calendar

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-3 Aug</td>
<td><strong>Fall Registration Begins</strong></td>
</tr>
<tr>
<td>5</td>
<td><strong>Wellness Events Calendar</strong></td>
</tr>
<tr>
<td>7</td>
<td><strong>Labor Day</strong></td>
</tr>
<tr>
<td>8-10 Aug</td>
<td><strong>Anti-Bullying Awareness Series</strong></td>
</tr>
<tr>
<td>12-14 Aug</td>
<td><strong>Grief Recovery Group</strong></td>
</tr>
<tr>
<td>16-18 Aug</td>
<td><strong>Mental Health Awareness Series</strong></td>
</tr>
<tr>
<td>20-22 Aug</td>
<td><strong>Sports Carnival</strong></td>
</tr>
<tr>
<td>24-26 Aug</td>
<td><strong>Be Well Beach Bash</strong></td>
</tr>
<tr>
<td>27-29 Aug</td>
<td><strong>Health &amp; Wellness Event Series</strong></td>
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</tbody>
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**BRANDEIS PSYCHOLOGICAL COUNSELING CENTER**

415 South Street, MS 061 Waltham, MA 02453
T: 781-736-3730 or x63730 from on campus
W: brandeis.edu/counseling/index.html

Be Well Brandeis