**NEW EMAIL FOR LOVE (PURPLE)**

Dear Students,

We’d like to thank our student body for harboring a loving atmosphere here and around Wentworth. As an institution, we aim to create a united group of students who encourage each other to strive forward and prosper as we continue our college education and graduate. This atmosphere around campus benefits in the collaborative process of learning that is so heavily apart of each major’s curriculum.

If you feel otherwise and do not feel that Wentworth has been nurturing a caring and compassionate community, let it be known! Tell us your experiences. The Center for Wellness offers counseling for any student who needs it. Call us at 617-989-4390 or walk into the Center on the ground floor of Watson Hall and tell us your feelings about your living experience as apart of the Wentworth community.

**NEW EMAIL FOR HAPPINESS (GREEN)**

Dear Students,

We’d like to reach out and commend our students for the cheerful campus environment that has been fostered throughout the past week. Creating and maintaining the positive well-being of each student is a top priority for us as a campus. With this as a focal point, it serves as a foundation for students to build the successes the envision achieving during their time at Wentworth.

If you’re a student who feels this email is out of place and is not happy on campus, please tell us. The Center for Wellness offers counseling for any student who needs it. Call us at 617-989-4390 or walk into the Center on the ground floor of Watson Hall and tell us your feelings about your living experience as apart of the Wentworth community.

**NEW EMAIL FOR SADNESS (BLUE)**

Dear Students,

We’d like to take the time to reach out to any student who is suffering from depression. Depression can impact every aspect of your life, academics included, and is no way to go through higher education. Wentworth as a whole wants to encourage students to realize they are not alone and begin the dialogue of mental health awareness before these issues arise.

If you, or someone you know is struggling, tell someone, ask for help, reach out for support.

**On Campus Resources:**

Center for Wellness                                     617-989-4390 M-F 8am-4:45pm

ProtoCall (telephonic counselors)         617-989-4390 (#2) Overnights and Weekends

Public Safety/Counselor On-Call                617-989-4444 24 Hours a Day

Online mental health screenings               [www.wit.edu/wellness-disability-services](http://www.wit.edu/wellness-disability-services)

**Off Campus Resources:**

National Suicide Prevention Hotline        1-800-273-8255 24 Hours a Day

Samaritans Suicide Hotline                        1-877-870-4673 24 Hours a Day (call or text)

Samariteens                                                  1-800-252-8336 24 Hours a Day

Trevor Lifeline (LGBTQ Specific)                 1-866-488-7386 24 Hours a Day

Also text “Trevor”                                        1-202-304-1200 M-F 3pm-10pm EST

**NEW EMAIL FOR ANGER (RED)**

Dear Students,

We’d like to extend some useful pointers when dealing with the stress and anger that may sometimes arise throughout the long and at times, daunting semester. Repressing this anger can actually lead to health complications including a weakened immune system, increase the risk of heart disease as well as increasing the likelihood for anxiety attacks and depression.

Next time, consider the following when you feel your anger start to rise:

1. Personal well-being is the number one combatant of anger outbursts. Diet, exercise and a full night's sleep is the best medicine. You hear it all the time because it's the truth!
2. Watch Yourself - the Federer Cure. Next you can feel yourself losing your temper, look from an outside lens to understand how you are coming off to the others around you. While that is easier said than done, if you cannot do that the first time around and experience an outburst of anger, try to recreate it afterwards. Whether that be in your own head, or in a mirror, understanding how you come off in those situations can help awaken to what you need to change. Roger Federer said that he only learned to control his anger after he watched himself throw a tantrum on television.
3. Keep a log of your feelings throughout the day. It can be a simple word or two for each entry, but making a habit of checking your mood multiple times a day can help address a pattern in your lifestyle and make the changes necessary.

If none of these prove helpful, come talk to us. Call us at 617-989-4390 or walk into the Center on the ground floor of Watson Hall and tell us your feelings about your living experience as apart of the Wentworth community.

**NEW EMAIL FOR SURPRISE (ORANGE)**

Dear Students,

With recent events creating a sense of shock in and around our campus community, we’d like to extend some pointers on how to relieve anxiety that may be arising for students.

Anxiety can come as a surprise and seemingly out of nowhere, next time try the following:

1. Three deep inhales and exhales as slowly and as fully as possible is proven to slow down one's heart rate and bring you down to a more relaxed state. If this interests you further, meditation in general is an excellent way to stay even-keeled throughout the day.
2. Yoga poses and other forms of stretching allows oxygen to travel throughout your body and loosen those tight muscles that can cause aches and stress that leads to your anxiety in the first place! Wentworth offers yoga sessions throughout each week. Check Schumann Fitness Center for more info.
3. Hydration is a great way to help calm down over a surprising turn of events. Take a glass of water and allow yourself to supply your body what it needs to operate the way it needs to.

If none of these prove helpful, come talk to us. Call us at 617-989-4390 or walk into the Center on the ground floor of Watson Hall and tell us your feelings about your living experience as apart of the Wentworth community.