

COUNSELING AND PSYCH SERVICES (CAPS)

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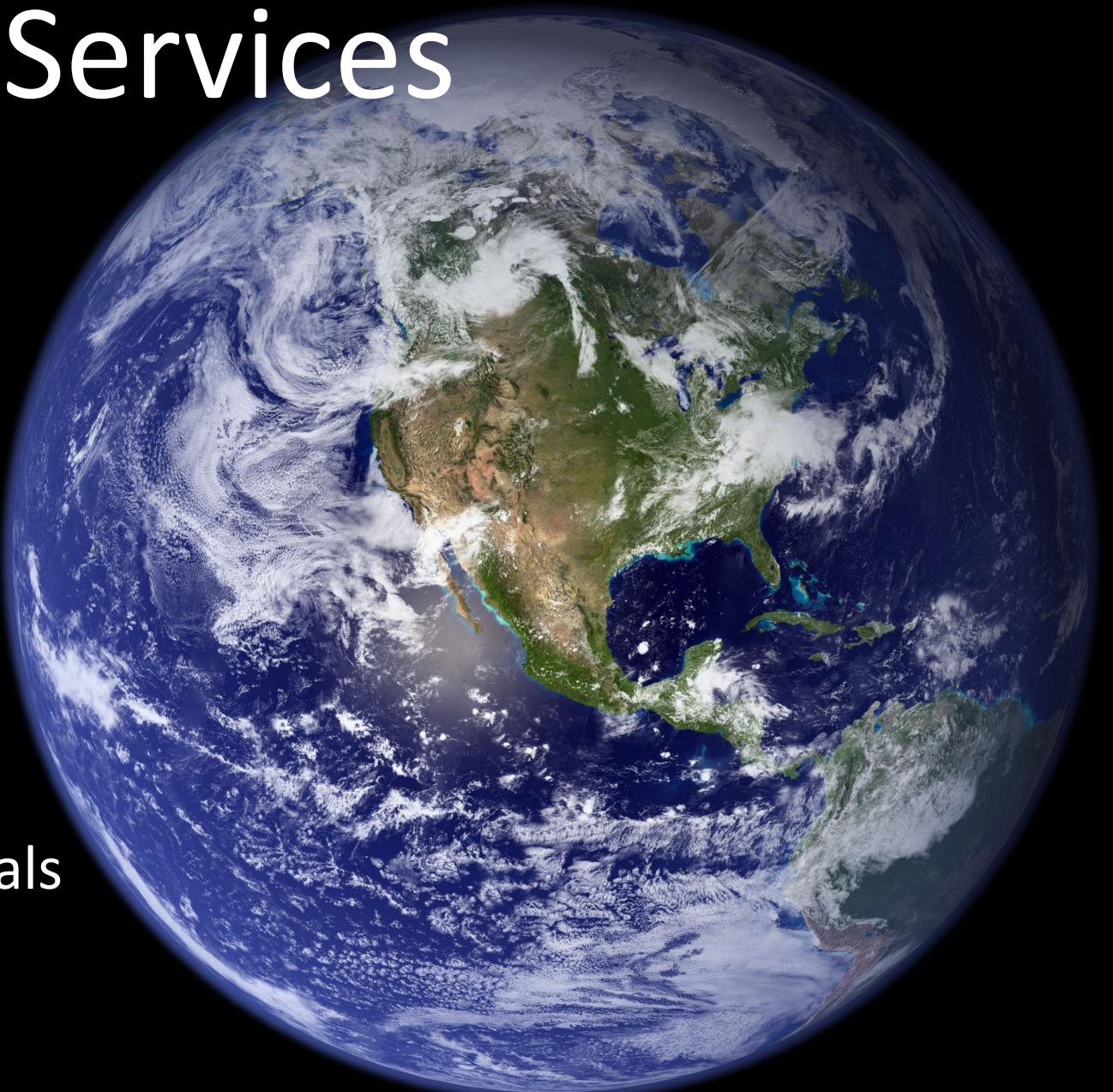
CAPS Services

- Triage
- Brief individual therapy
- Group counseling
- Couples therapy
- 24/7 Crisis support
- Psychiatric evaluation
- Medication monitoring
- Community resources and referrals

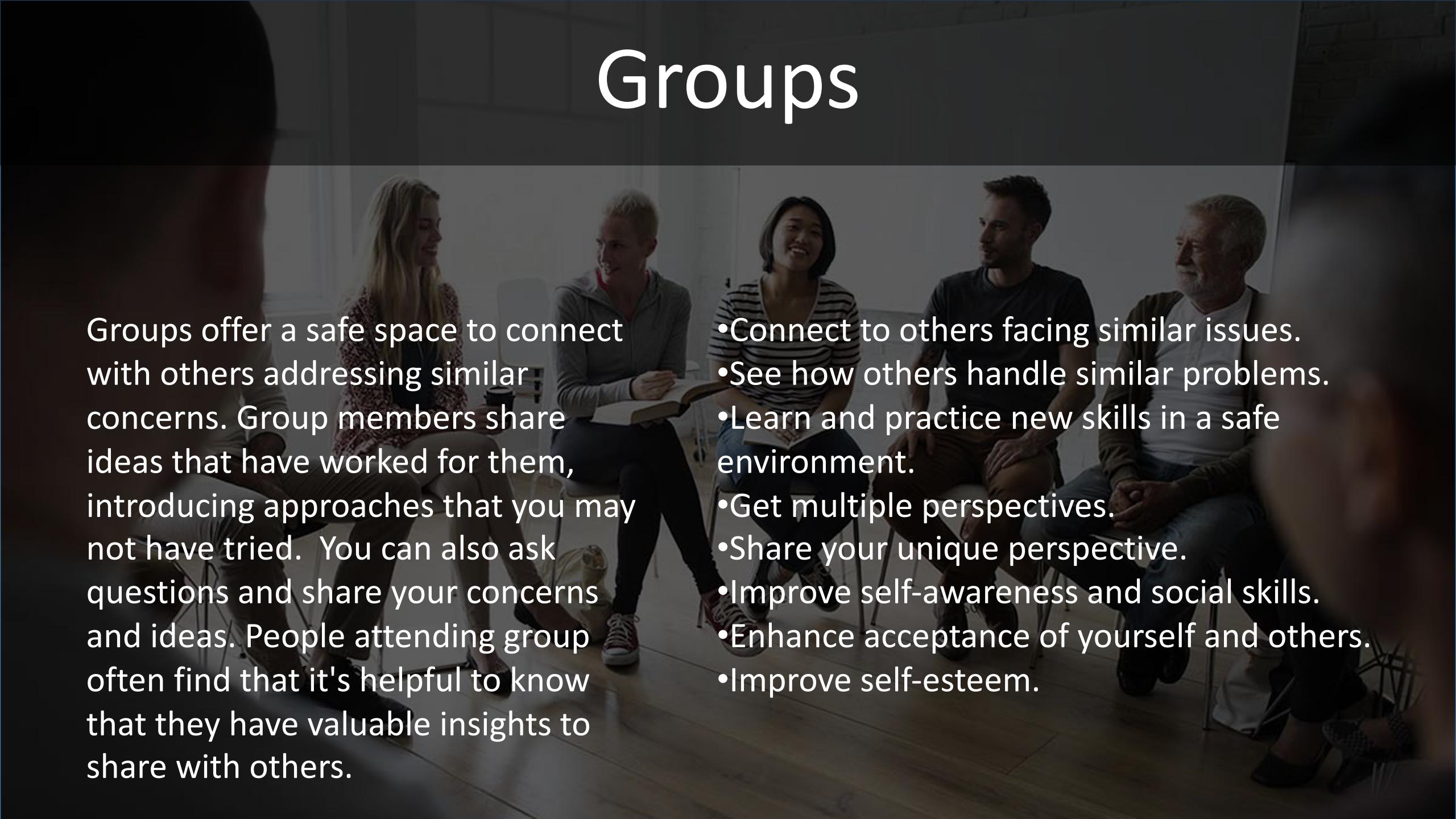


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Groups

A photograph showing a group of five people (three women and two men) sitting in a circle on a wooden floor. They are all smiling and appear to be engaged in a group discussion or therapy session. The background is a plain, light-colored wall.

Groups offer a safe space to connect with others addressing similar concerns. Group members share ideas that have worked for them, introducing approaches that you may not have tried. You can also ask questions and share your concerns and ideas. People attending group often find that it's helpful to know that they have valuable insights to share with others.

- Connect to others facing similar issues.
- See how others handle similar problems.
- Learn and practice new skills in a safe environment.
- Get multiple perspectives.
- Share your unique perspective.
- Improve self-awareness and social skills.
- Enhance acceptance of yourself and others.
- Improve self-esteem.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2:30-4 pm Navigating the Return to Campus Life	9-9:15 am Guided Meditations Drop-In Group	2:00 pm Tips & Tricks For Better Sleep One-Time Workshop on September 22	9-9:15 am Guided Meditations Drop-In Group	10:00 am Tips & Tricks For Better Sleep One-Time Workshop on November 5
3:15-4:15 pm Finding Your Center	2-3 pm Students of Color Drop-In Support Group Start Date TBA	3:30-5 pm Making Sense of It All Starts September 22	9-10:30 am Women, Transgender, and Gender Non-Conforming Graduate Students	
4-5 pm Gender Spectrum	3-4 pm Attention Management Program	4-5 pm Mental Health Mastermind - All Students Starts September 22	11 am-12 pm Students of Color Drop-In Support Group	
	3-4:30 pm All Grad Students Closed Group	5:30-6:30 pm The Art of Thriving as a Grad Student	2-3:30 pm Open Grad Group	
	3:30-4:30 pm Campus Eating Disorder Awareness and Recovery Group (CEDAR)		3-4:15 pm Yoga for Healing Starts September 16	
	3:30 pm Tips & Tricks For Better Sleep One-Time Workshop on October 12		3:00 pm Tips & Tricks For Better Sleep One-Time Workshop on December 2	
	4:00 to 5:00 pm Connecting with Pride LGBTQ+ Support Group			
	4:30-5:45 pm Living with Loss Start Date TBD			
	5-6 pm Mental Health Mastermind for Grad Students Starts September 21			

How do you talk to yourself all day?

Do these sound familiar:

- What if... ?
- What are they thinking?
- What does this mean about me?
- Am I good enough?
- Am I doing enough?
- Am I behind?

How's your relationship with yourself going?

Self-Compassion: Treating yourself with kindness, support, and encouragement.

3 components:

- Mindfulness of the pain you're feeling.
- Recognize that this is part of our shared human experience.
- Self-kindness and heartfelt wish for all of us to feel peace and contentment.

Compassionate self-talk sounds like:

- “This hurts.” or “This is a moment of suffering.”
- “I am not alone. We all struggle in life.”
- “I can choose to be kind to myself.”
- “I’m learning to accept myself as I am.”
- “I believe I am strong.”
- “I can forgive myself.”

The old conversation:

- Comparison.
- Perfectionism.
- Imposter syndrome.
- What you want to avoid or stop experiencing.

The new conversation:

- Optimism.
- Affirmation.
- Speaking to yourself as you would speak to a dear friend.
- What you enjoy, want to create, and are excited about.
- Give attention to life outside of work.

Work/Life Balance

You'll never get everything lined up just so and then keep it that way.
Focus instead on finding a sustainable approach. Meaning...

- Know what is most important to you.
- Know what you need for your own health and happiness.
- Know what fills you up.
- Know your personal burnout warning signs.
- Make sustainability your intention rather than productivity.

Meaning

- Feeling connected to something bigger in the world.
- Sense of worth and purpose in your actions.
- Acting with intention.
- Finding meaning during both the good and bad times.

Questions to ask yourself to bring the meaning back:

- Why am I here?
- Do my actions feel meaningful?
- Do I say yes to the meaningful things in my life?
- What do I hope to get out of this action or decision? And is that meaningful to me?

Accomplishment

Here, we're talking about *your* big picture **personal sense of accomplishment**.

Feeling accomplished self-assessment. Do you...

- Recognize your accomplishments?
- Minimize your accomplishments?
- Take the time to celebrate your accomplishments – big and small?
- Pursue goals that are just for you?

Stress Warning Signals

Physical

headache, low energy, muscular tension, insomnia, rapid heartbeat, upset stomach

Behavioral

incomplete tasks, procrastination, changes in appetite, increased use of drugs/alcohol, critical of others, bossiness, nervous behavior, displacement, avoiding responsibilities

Emotional

overwhelmed, crying, easily upset, low self-esteem, difficulty relaxing, lonely, depressed, avoiding others

Cognitive

constant worrying, racing thoughts, lack of focus, indecisiveness, forgetfulness, disorganization, pessimism

Relational

resentment, lashing out, isolation

Spiritual

loss of meaning, apathy



Connect with CAPS

Triage

- Monday – Friday, 9am - 4pm
- Schedule triage appointment
- Estimated duration: 60 minutes (if no wait)
 - Paperwork (30 mins)
 - Meet counselor (30 mins)
 - Review options and resources
 - May schedule appointment

CAPS Call & Consult

- 24/7 by phone: (743 consults last FY)
 - (520) 621-3334 - Main
 - (520) 626-3100 - North
- Receive same-day support
- Discuss your concerns about a student
- Receive resources & options for action
- May keep student identity anonymous
 - Though having a CAPS note on file can be helpful

CAPS Main

1224 E. Lowell St
Highland Commons (3rd floor)
(520) 621-3334



CAPS North



1051 E. Mabel St.
NorthREC (2nd floor)
(520) 626-3100

- Bring CatCard/ID



Questions

