



Essentials for Self Care **@ Cooper Union**

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WHAT IS MENTAL HEALTH?

- **Mental Health is defined as:** a state of well-being in which every individual realizes their own potential, can cope with the normal stresses of life, and can work productively and fruitfully.
 - ❖ how we feel about/view ourselves.
 - ❖ how we respond to with what life throws at us.
 - ❖ what we produce, achieve, and accomplish.



THINGS THAT STRESS US OUT

Expectations/
Perfectionism

THE WORLD

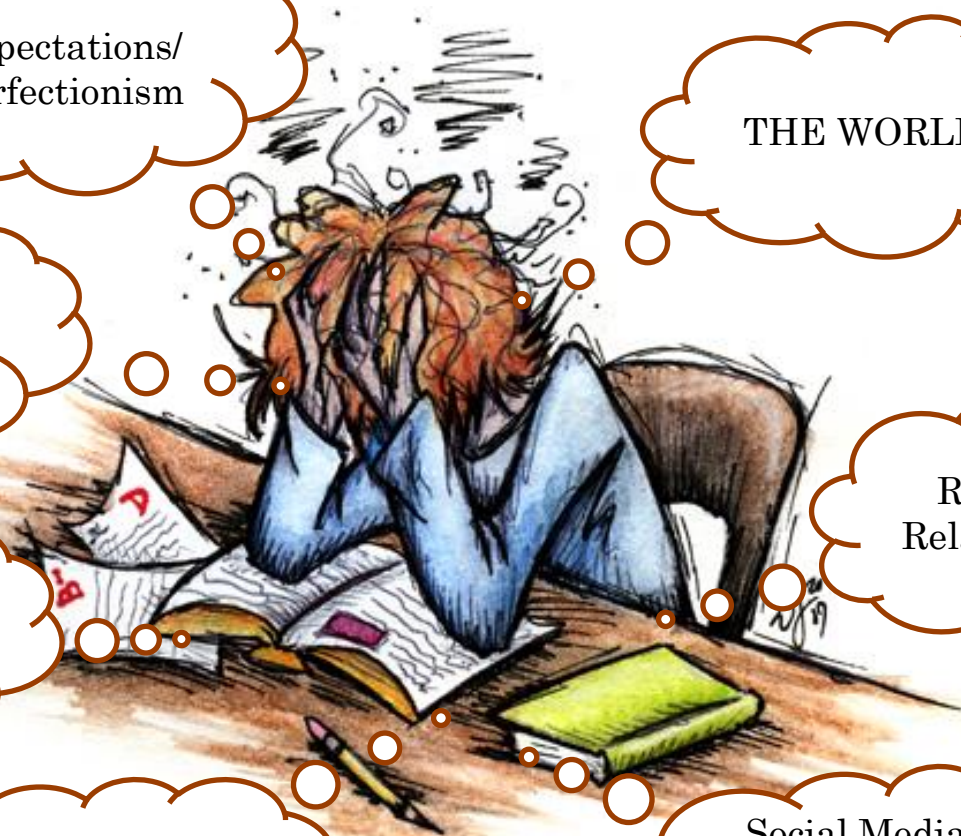
Money

Romantic
Relationships

Career/Future

Social
Life/Appearances

Social Media/
How do I compare
to how others are
doing?



**WHAT IS SELF CARE
AND WHY ARE WE TALKING ABOUT IT?**



IT'S A GOOD DAY TO
TAKE CARE OF YOURSELF
(SO IS EVERY OTHER DAY).



SELF CARE

(LET'S GO OVER SOME BASIC PRINCIPLES)



SELF CARE CONTINUED

(The Basics)

- Eat regular meals (both healthy and delicious)
- Get regular exercise (by walking, running, or taking the stairs now and then)
- Regulate your sleep cycle (7-8 hours at least a few nights a week)
- Practice personal hygiene (when you look good, you feel good)
- Relax
- The Art of “No”



MYTHS ABOUT SELF CARE

- It's always the same
- It's expensive
- It's time consuming
- It's unproductive
- It's selfish
- One size fits all

TRUTHS ABOUT SELF CARE

- It requires work and mindfulness.
- Sometimes it's fun, sometimes it's not.
- It requires intentionality and making yourself a priority.



INDIVIDUAL SELF CARE

- ?
- ?
- ?
- ?
- ?
- ?
- ?



Treat yo' self



THE REALITY OF STRESS



HELPFUL COPING SKILLS

- Keep Breathing
- Be Mindful
- Take a Break
- Manage your Time
- Go Experience
- Log Off
- Reach Out
- Say “No”
- Talk to an Expert



KEEP BREATHING



BE MINDFUL



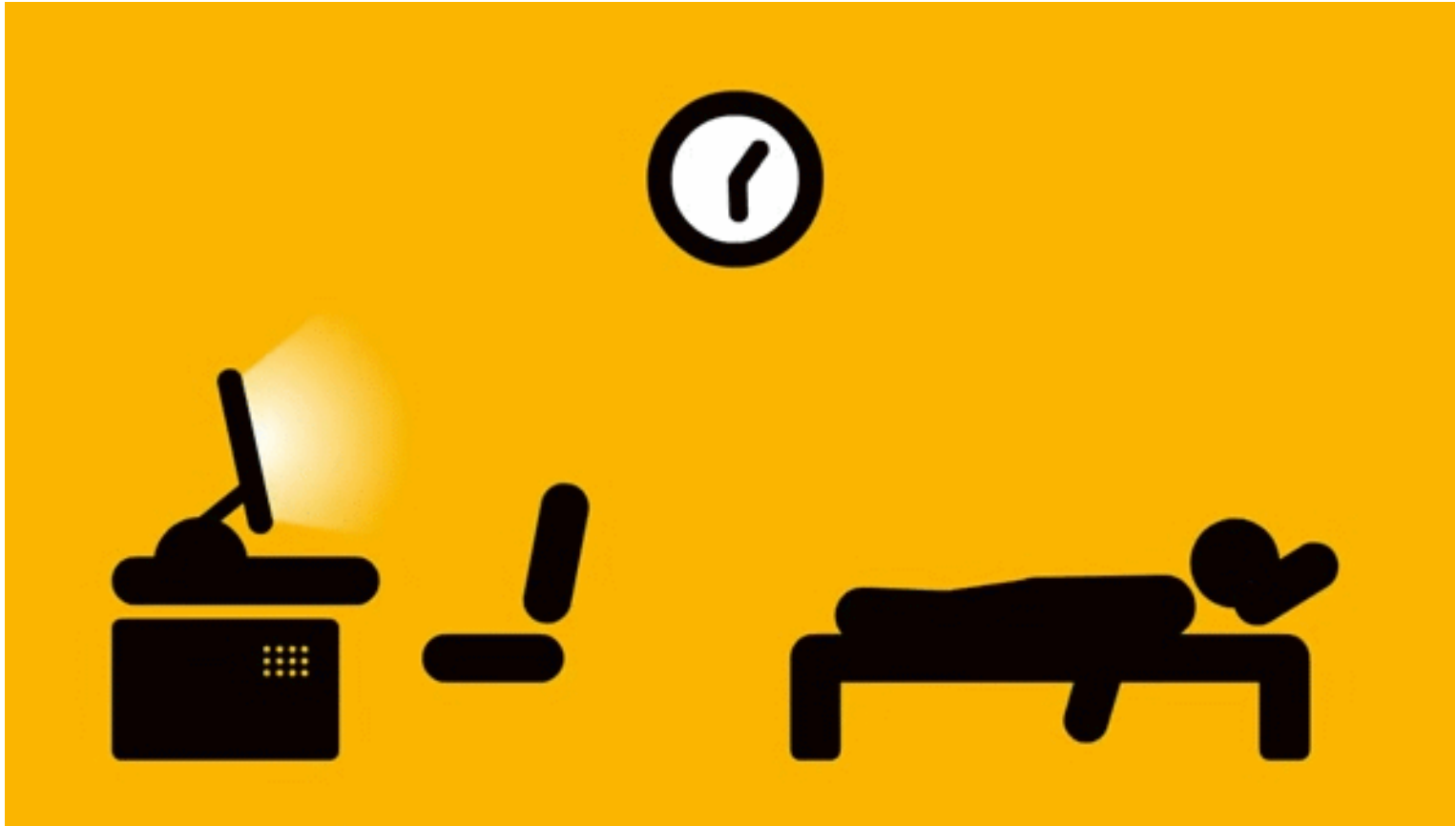
TAKE A BREAK



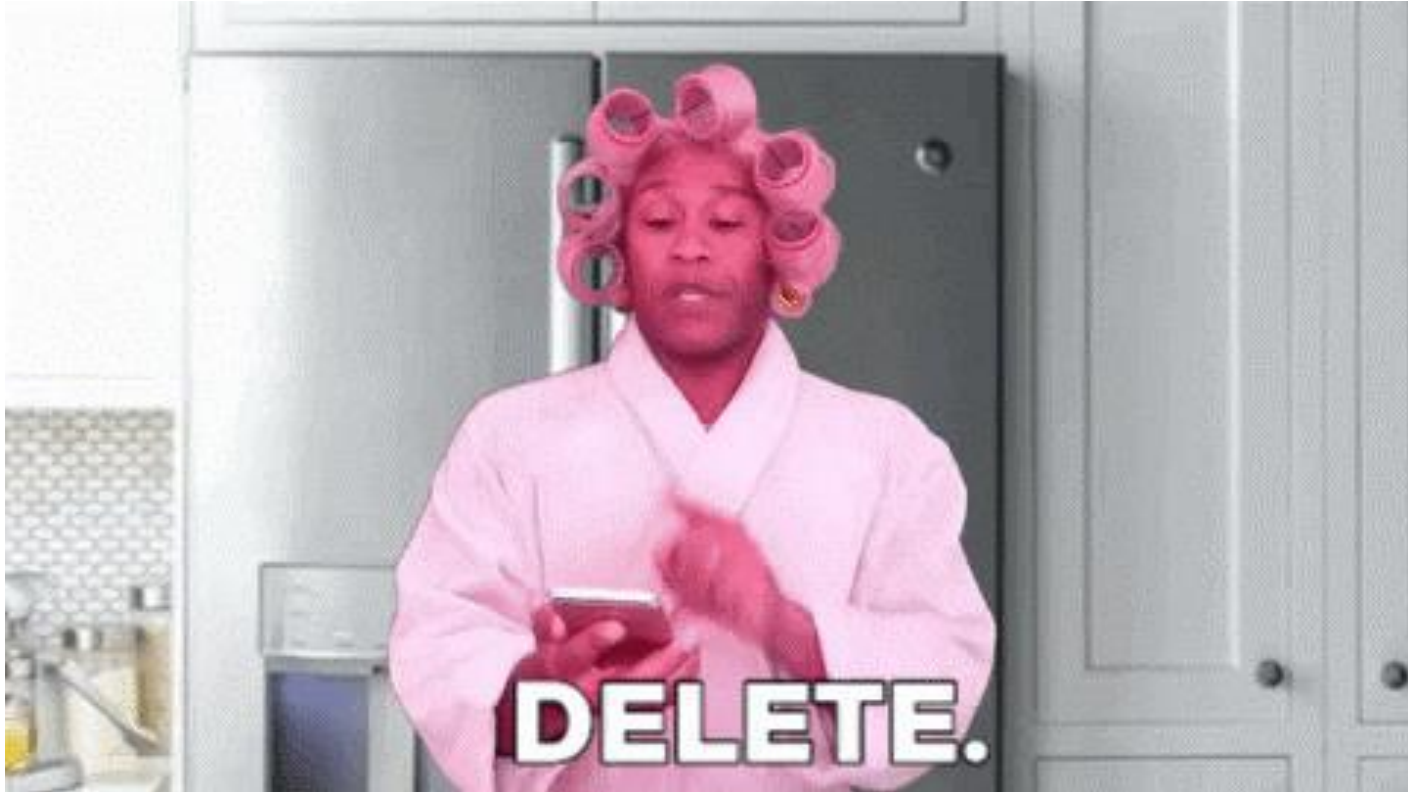
MANAGE YOUR TIME



GO EXPERIENCE



LOG OFF



REACH OUT



SAY NO



TALK TO AN EXPERT





STUDENTCARE AT COOPER UNION

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RESOURCES

Counseling Program at Cooper Union

- Free Short-Term Therapy
- Available for Private Long-Term Therapy
- 25+ Vetted Providers
- Familiar with Cooper Culture
- Variety of Identities and Specialties







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Accepted Insurance: Wellfleet, Cigna, Out of Network

I have been working in the mental health profession for 13 years and I aim to help my clients move toward their fullest potential. I live by the phrase "Nothing changes if nothing changes," so if you desire to break unhealthy dysfunctional roles in your life and want to understand how to communicate and live authentically, then you will find our work to be healing and restorative.

As a drama therapist, I offer psychotherapy through a creative and embodied approach, and also traditional talk therapy. I believe in a collaborative process with my clients. You are vital to your individualized treatment plan as we move towards obtaining your goals. My specializations include trauma, culture, identity, anxiety and depression. I am currently working on developing specific groups including a men's process group and a mixed gender consultation group.





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I'm a psychotherapist with a license in creative arts therapy and certifications in psychodynamic psychotherapy, mindfulness, family therapy and drama therapy. I work with clients who are seeking help and support around past and current relationships, life transitions, creative blocks and traumatic experiences. I have a warm, playful and intellectually curious approach. I have extensive experience with issues that designers and visual artists currently face, both personally and professionally, having worked at the School of Visual Arts Counseling Center for the past 9 years. My office is in Nomad and close to all major subway lines. You can learn more about my practice here: navahsteinerlcat.com. Other languages spoken: Hebrew.



RESOURCES

[TimelyCare.com/Cooper](https://www.timelycare.com/Cooper)

- 24/7 MH Support – Talk Now
- 24/7 Medical Support

- Scheduled Counseling
- Scheduled Medical
- Scheduled Psychiatry (limited sessions with a referral code)

- Health Coaching



FREE 24/7 VIRTUAL HEALTHCARE!

(Seriously, we really mean free.)

First-year student tip #1:
Download the [TimelyCare](#) app!

TimelyCare offers **FREE** medical and mental health services to students 24/7 from anywhere in the U.S. You read that right! **FREE**. No insurance needed. No catch.

timelycare.com/cooper


timelycare

SCAN TO
DOWNLOAD



GENERAL MENTAL HEALTH RESOURCES

Dial **911** to initiate emergency services.

- **NYC Well:** Students seeking non-emergency support may contact [NYC Well](#). NYC Well is a connection to free, confidential mental health support. Through this service, you can speak to a counselor via phone, text or chat and get access to mental health and substance misuse services, in more than 200 languages, 24/7/365. To connect with NYC Well, you can call 1.888.692.9355 (1.888.NYC.WELL), text "Well" to 65173, or [chat](#) with someone online.
- **BlackLine:** [BlackLine](#) is a 24/7 hotline that prioritizes Black, Indigenous, and People of Color. BlackLine provides a space for peer support and counseling, reporting of mistreatment, and affirming the lived experiences of folks who are most impacted by systematic oppression with an LGBTQ+ Black Lens. You can reach BlackLine by calling 1-800-604-5841.
- **National Crisis Text Line:** Another resource is the [National Crisis Text Line](#). To use this free service, text HOME to 741741 from anywhere in the United States, anytime, about any type of crisis. [Crisis Text Line](#) serves anyone, in any type of crisis, providing access to free, 24/7 support and information via a medium people already use and trust: text.
- **The Trevor Project:** The Trevor Project operates the [Trevor Lifeline](#) 24/7 which provides support for LGBTQ+ young people in crisis, feeling suicidal, or in need of a safe and judgement-free place to talk. You can connect with the [Trevor Lifeline](#) by calling 1-866-488-7386.
- **National Suicide Prevention Lifeline:** [The National Suicide Prevention Lifeline](#) is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. The Lifeline provides 24/7 free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals. Their [Lifeline Crisis Chat](#) can be reached at 1-800-273-8255.
- **Trans Lifeline:** [The Trans Lifeline](#) is a peer support service run by trans people, for trans and questioning callers. Operators are located all over the U.S. and Canada and are all trans-identified. If you are in crisis or just need someone to talk to, even if it's just about whether or not you're trans, please call. The Lifeline is available 10am-4am EST. Volunteers may be available during off hours. You can connect with the [Trans Lifeline](#) by calling 1-877-565-8860.

WELCOME!

