

CULTURE AND DIVERSITY NEWSLETTER

COUNSELING AND PSYCHOLOGICAL SERVICES AT APP STATE

DECEMBER 2020

December is a month full of holidays and celebration! Whether you and your loved ones observe Christmas, Kwanzaa, Hanukkah, Boxing Day, or have another special tradition, we hope you find warmth and joy this holiday season!

HOLIDAY SELF-CARE GUIDE



In the hustle and bustle of the winter season, don't neglect your self-care! Consider using the tips below to ensure you have a happy and healthy holiday!

- 1) Make time for yourself. Find moments to recharge in a way that feels safe, comfortable, and restful for you!
- 2) Make room for grief if you are missing a loved one during this time of year. It may be helpful to find a way to honor those who have passed.
- 3) Practice gratitude! Take time to reflect on the things you are thankful for.
- 4) Practice deep breathing and mindfulness.
- 5) Find a self-care buddy that can support you during the holiday season!

CAPS EVENTS & PROGRAMS FALL 2020

[Fall 2020 Update on Services](#)

Editor's Note: All of the underlined portions of the newsletter are hyperlinks. Be sure to click on them for more information!

ART MOMENT

Stopping by Woods on a Snowy Evening

By Robert Frost

Whose woods these are I think I know.
His house is in the village though;
He will not see me stopping here
To watch his woods fill up with snow.
My little horse must think it queer
To stop without a farmhouse near
Between the woods and frozen lake
The darkest evening of the year.
He gives his harness bells a shake
To ask if there is some mistake.
The only other sound's the sweep
Of easy wind and downy flake.
The woods are lovely, dark and deep,
But I have promises to keep,
And miles to go before I sleep,
And miles to go before I sleep.

SPECIAL ANNOUNCEMENT

The Counseling Center will be hosting a new webinar series in SPRING 2021:

"Making the Invisible Visible: Dialogues of Hope and Racial Healing in Brave Spaces"

More details coming soon! Stay tuned!

"In the depth of winter, I finally learned that there was in me an invincible summer."

-Albert Camus