

A stylized landscape illustration. On the left, dark blue mountains with three black evergreen trees. In the center, a yellow sun is partially obscured by a dark silhouette of a forest. On the right, reddish-brown mountains with white outlines. The sky is a light beige color with soft, wavy purple and blue clouds.

SUPPORTING YOUR WELL-BEING: STRESS, COPING, AND HOW THE PURDUE CONSULTANTS CAN HELP

SPECIAL THANKS TO:



WHO WE ARE



Brenda
(she/her)



Jess
(she/her)



Chunyu
(she/her)



Vanessa
(she/her)



Viviana
(she/her)



Amanda
(she/her)

GOALS FOR TRAINING

01

Know who the consultants are, why we're here, and how/when you can connect with us.

02

Understand what stress is, what causes it, and how to recognize and respond to it.

03

Know what contributes to your well-being and how you can track and manage it.



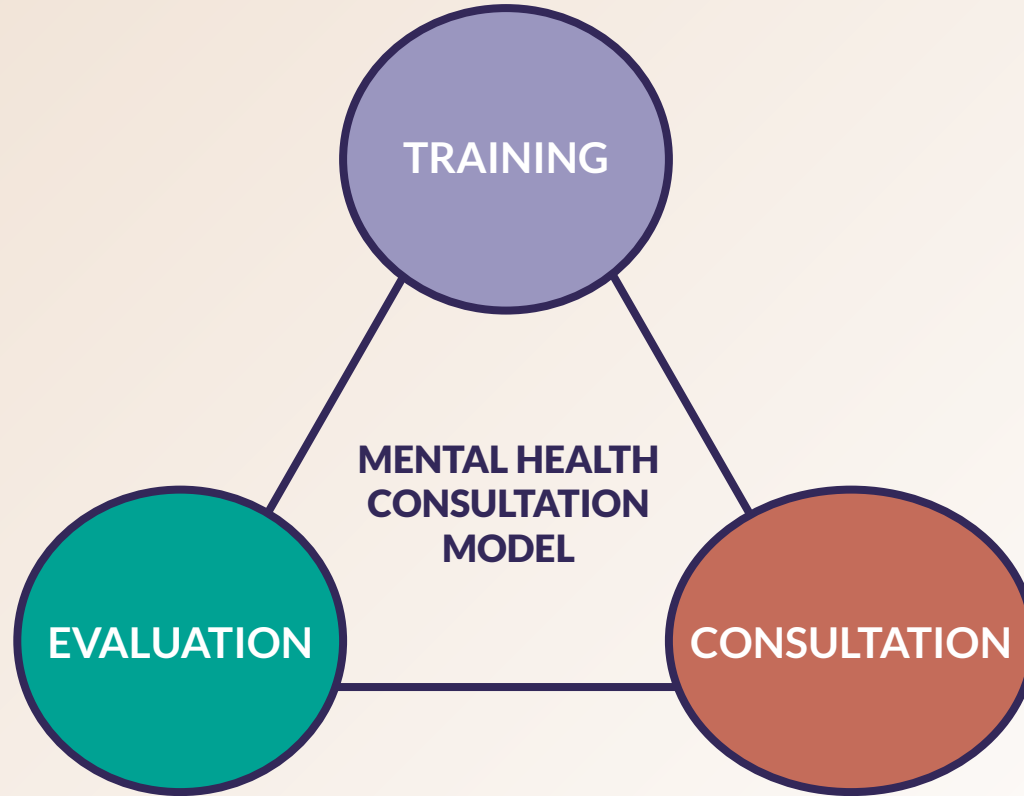
01

PURDUE CONSULTANTS

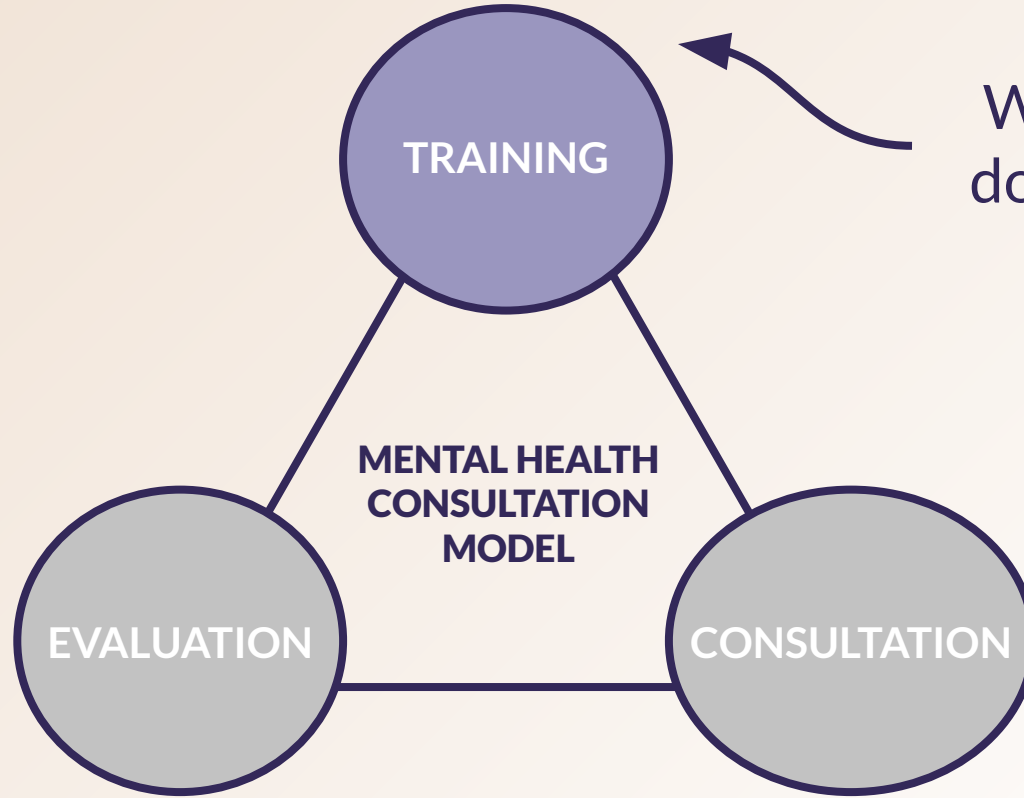
Who we are, why we're here, and what we do



WHY WE ARE HERE

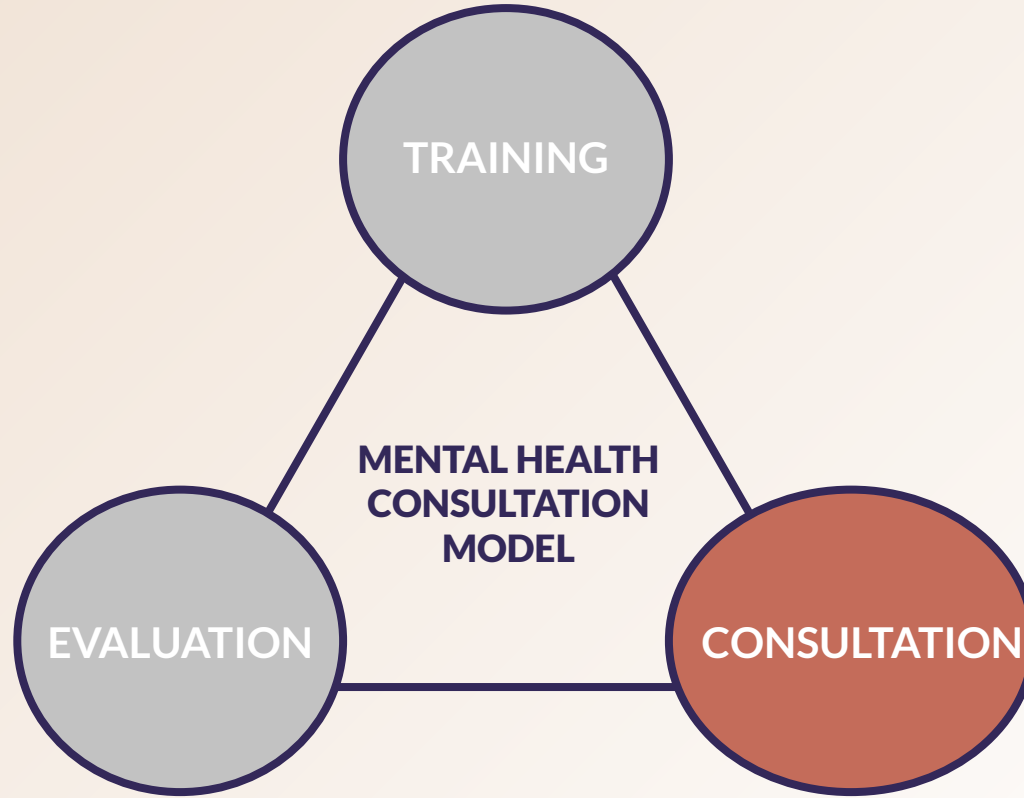


WHY WE ARE HERE



What we're
doing today!

WHY WE ARE HERE



WHY WE ARE HERE

Our aim is to support you so you can be the best counselor possible!



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We achieve this aim by providing a team of trained mental health practitioners who can:

- Talk to you about your thoughts, feelings, and experiences
- Help you think about strategies to manage difficult situations
- Encourage you to prioritize your well-being and self-care
- Connect you to camp leadership & resources who can help

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WHY WE ARE HERE

Some reasons people have connected with us in the past

- ✓ Difficulties adjusting to the U.S. or camp life
- ✓ Loneliness/homesickness
- ✓ Conflicts with co-counselor
- ✓ Feeling stressed or overwhelmed
- ✓ Processing outside life events affecting camp experience
- ✓ Thinking about how camp is shaping next steps/life plans
- ✓ Getting connected to local mental health providers
- ✓ Managing challenging campers (reach out to VDs too!)

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And good things too!!!

WHAT WE DO



On-site services



Virtual services

WHAT WE DO



On-site services

- Wednesday & Thursdays 1:30-10pm
- Saturdays 11am-2pm



Virtual services

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Virtual services

How do we connect with you?

- “Drop-in” (whenever you see us around, talk to us!!)
- “Sign-up” via Calendly
- 8-10pm in Historic River Lodge

WHAT WE DO



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- Wednesday & Thursdays 1:30-10pm
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International counselors
especially, take advantage
of those Saturday hours!

Equestrian
counselors,
Wednesdays and
late nights might
work best for you!

WHAT WE DO



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Virtual services

- Wellness resources via Whatsapp
- 24/7 via phone/text @ (765) 203-1090

WHAT WE DO



On-site services

- Wednesday & Thursdays 1:30-10pm
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You can use the on-call services for anything, but if it's the middle of the night, please use for emergencies:

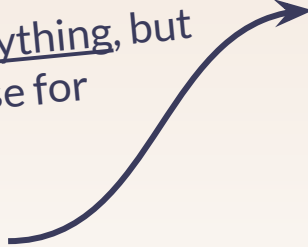
- Personal crisis
- Camper crisis**

** but talk to your Village Director first!



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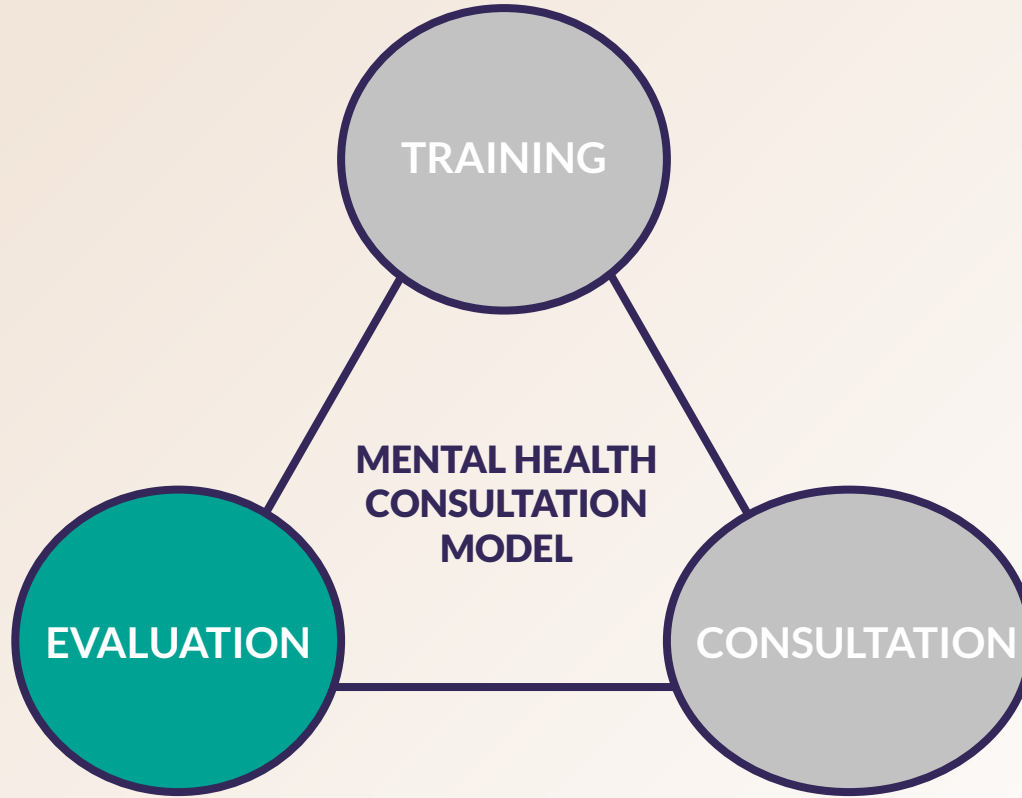
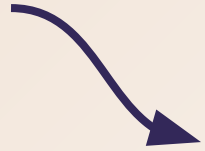
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Any conversations you have with us are confidential unless what you share with us suggests you or someone else is a danger to:

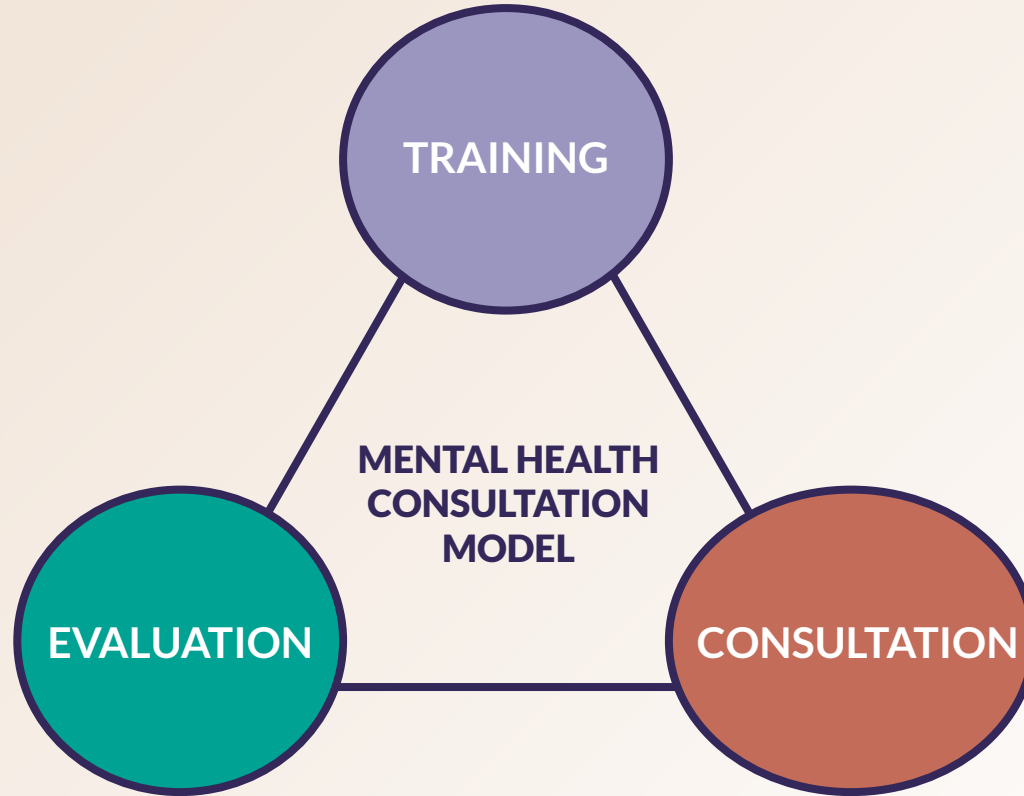
- you,
- another staff member, and/or
- a camper

WHY WE ARE HERE

This helps us
make sure our
services are
useful!



WHY WE ARE HERE





02

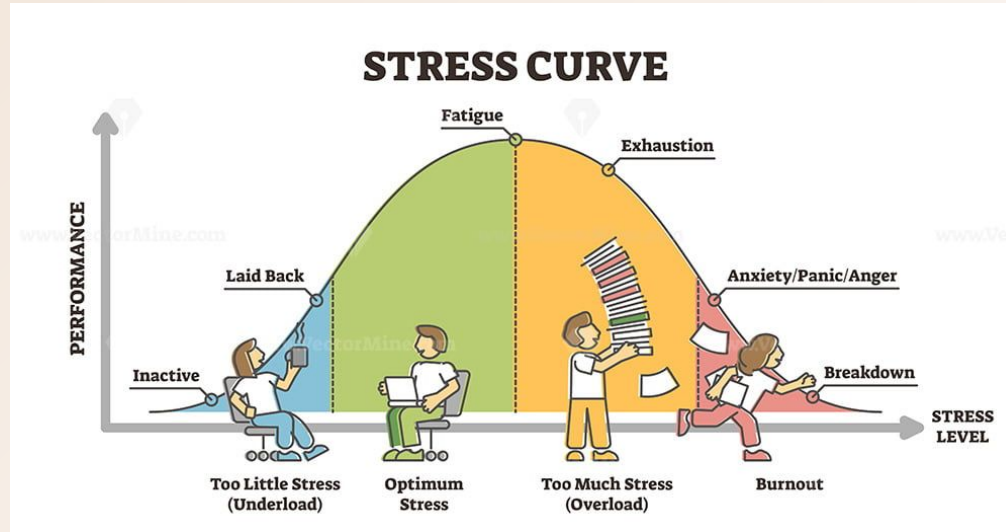
STRESS

What it is, what causes it, and how to know when you are feeling it



WHAT IS STRESS?

Natural reactions to internal and external stimuli that require attention or action.



WHAT CAN CAUSE TOO MUCH STRESS?

- Experiencing something new or unexpected
- Facing changes or uncertainty in our lives
- Having little control over a situation
- Feeling threatened
- Hearing and holding others' stories

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- **Hearing and holding others' stories**

VICARIOUS TRAUMA

- Also known as secondary trauma
- A state of tension and preoccupation with the difficult stories/experiences of others that can leave an emotional residue
- Sometimes thought of as a “cost of caring”

WHAT CAN TOO MUCH STRESS LOOK LIKE?

BODY

- Headaches
- Muscular tension
- Fatigue
- Skin irritation
- Breathlessness

MIND

- Worrying
- Concentration problems
- Indecisiveness
- Negativity
- Impulsivity

STRESS

- Loss of confidence
- Irritability
- Depression
- Anxiousness
- Apprehension

EMOTIONS

- Over/under eating
- Changes in sex drive
- Sleeplessness
- Restlessness
- Increased substance use

BEHAVIOR

maravilloso!

¡fantástico!

chur!

elképesztő!

STRESS CAN BE MANAGED!!

úžasný!

yeah!



WELL-BEING

How you track and maintain it

03



WHAT IS WELL-BEING?

“A state of happiness and contentment, *with low levels of stress*, overall good physical and mental health and outlook, or good quality of life.”

- American Psychological Association

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Take care of ourselves so we minimize our stress

Cope with our stress if we start to experience it

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SELF-CARE

“any intentional action that preserves or improves your health and well-being”

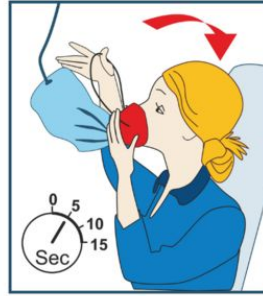
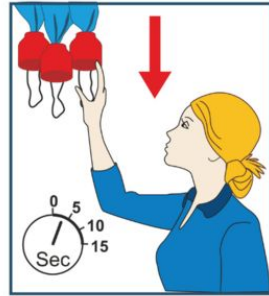


SELF-CARE

MENTAL	PHYSICAL	EMOTIONAL	SOCIAL	SPIRITUAL	PROFESSIONAL
<ul style="list-style-type: none">✓ practicing mindfulness✓ cognitive reframing✓ identifying your stressors	<ul style="list-style-type: none">✓ eating regularly✓ moving your body✓ getting enough sleep	<ul style="list-style-type: none">✓ participating in enjoyable activities✓ naming & validating feelings✓ expressing feelings	<ul style="list-style-type: none">✓ spending time with friends✓ connecting with loved ones✓ asking for help when needed	<ul style="list-style-type: none">✓ recognizing what gives meaning✓ spending time in nature✓ taking time to reflect/pray	<ul style="list-style-type: none">✓ asking for resources✓ saying no to excessive responsibilities✓ taking breaks during work



SELF-CARE



THE OXYGEN MASK PRINCIPLE

**YOU MUST TAKE
CARE OF YOURSELF
BEFORE YOU CAN DO
ANYTHING FOR
ANYONE ELSE.**

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Cope with our stress if we start to experience it



COPING WITH STRESS

1 Recognize you're experiencing it

2 Validate your experience

3 Try different things to alleviate it

The background features a stylized landscape with mountains and clouds. The sky is a light beige color. There are several horizontal, wavy cloud shapes in shades of light purple and lavender. The foreground shows dark, jagged mountain silhouettes in black and dark purple. To the left, there are reddish-brown, layered mountain slopes. The overall style is minimalist and modern.

COPING WITH STRESS

1

Recognize you're experiencing it

Check
out your
handout!

COPING WITH STRESS

1 Recognize you're experiencing it



COPING WITH STRESS

2 Validate your experience

Your
Feelings are
valid and
important

COPING WITH STRESS

Check
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3

Try different things to alleviate it

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COPING WITH STRESS

3 Try different things to alleviate it

Coping with stress from vicarious trauma

- Use moments to separate (it's okay to say you need a moment to take a break/etc.!)
- Talk about it with appropriate others so you're not the only one holding the story.
- Check in with and give support to one another as well.

COPING WITH STRESS

3

Try different things to alleviate it



TODAY'S TIP:
CHECK ON YOUR FRIENDS.

Asking for help is not
a sign of weakness.
It's evidence of self-
awareness, courage
and strength.



REMEMBER...

- ✓ Feeling stressed is expected-- it's part of life!
- ✓ You can manage your stress and maintain your well-being by checking in with yourself and engaging in self-care, **which includes reaching out to us!!**



Brenda



Jess



Viviana



Amanda



Chunyu



Vanessa

We're all super friendly and trained to talk to people, too!!!

POST-TEST!

