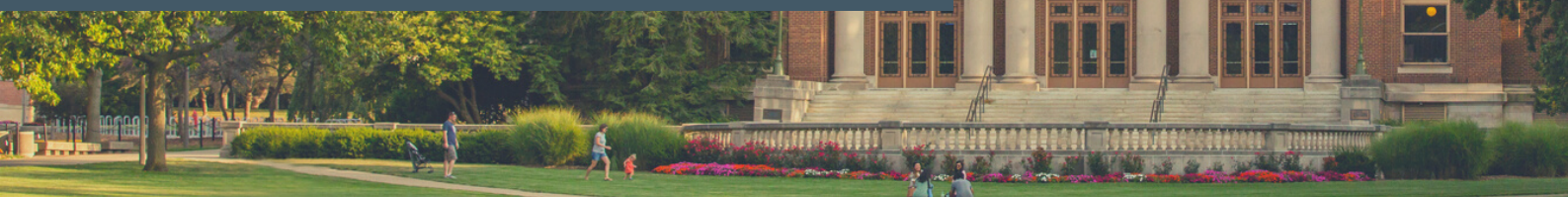


OCTOBER 2022

THE PARAPHRASE

Official Newsletter of The University of Illinois
Counseling Center Paraprofessional Program



Introduction

BY KATIE HOHE

Happy October! The Counseling Center Paraprofessionals have been quite busy this semester facilitating Tuesday @ 7 workshops and workshops on request, as well as planning various outreach events across our respective project teams. In this issue, we will take a closer look at one of these outreach events put on by the Integrative Health and Wellness Team. We will also have the opportunity to hear from Counseling Center graduate assistant Gabby Drong who shares about her experience with No Body Shaming Week, an upcoming outreach event put on by the Eating Disorders and Disturbances team. In addition, with the weather beginning to get cooler and the leaves starting to change, we will discuss seasonal depression and how it can affect college students. Finally, we have included some upcoming campus events. We hope everyone has a wonderful and safe spooky season!



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Physical Dimension of Wellness Tabling

BY KATIE HOHE

On Friday, September 23, the Integrative Health and Wellness (IHW) Outreach Team held their first tabling event of the year focusing on the physical dimension of wellness. The tabling took place from 10 a.m. to 12 p.m. outside Lincoln Hall. The primary goal of the IHW Outreach team is to promote holistic wellness to the Illinois community by disseminating knowledge about the eight dimensions of wellness. Over the course of the school year, the team will hold a tabling event every month, with each one covering one of the seven remaining dimensions of wellness.

During the tabling, CCPs and Counseling Center staff asked students about their current methods of staying physically well and how they manage physical exhaustion. Students who took the time to answer these questions were given swag in the form of a Counseling Center water bottle or tote bag. Any students who stopped by the table were given stress balls, pens, and informational pamphlets on anxiety, depression, and time management to help them in maintaining their physical wellness throughout the semester. Overall, the tabling was a success, as the team was able to interact with approximately 100 students over the course of two hours. Moreover, a few parents from a tour group stopped by to pick up the pamphlets on time management for their children, so the team was even able to reach some potential future Illinois students!

The IHW team's next tabling event will take place on Friday, October 21st from 10 a.m. to 12 p.m. outside Lincoln Hall once again. This time, the team will cover the social dimension of wellness. We hope to see you there!





Interview with Gabby Drong

BY HARRISON MORG

Q: Can you tell us a little bit about yourself and your role at the Counseling Center?

A: “I am a third year PhD in counseling psychology, a GA working for the eating disorders & disturbances outreach team. I was interested in working for this team because eating disorders are common on college campuses, but there are not a lot of resources. This team was a good way to get the info out there. This university has a lot of outreach events compared to smaller schools, and word of these resources needs to be spread around. It is really important to remove the stigma around eating disorders since it is commonly seen as thin or overweight in the media without accounting for other factors. Size does not determine if someone has an eating disorder. For No Body Shaming Week, I will be helping out with tabling, providing resources, making space for conversations about body shaming, running workshops about eating disorders and their cycle, and focus on intervention and prevention through these activities.”

Q: What does No Body Shaming Week mean to you?

A: “I see No Body Shaming Week as a challenge, a challenge of how we view ourselves and others. Challenge is not necessarily negative; it can help us acknowledge what we are doing and change how we view ourselves for the better. Eating disorders are very common, and no one is alone in this. It is a time to try being kinder in how you view yourself and what your body gives you since shaming yourself is not providing anything beneficial. It raises the question: How do I view myself and is it serving me? This week focuses on challenging and educating at the same time.”

Q: Why is No Body Shaming Week important?

A: “No Body Shaming Week is important because eating disorders are not talked about enough on college campuses compared to social media. It is very internalized, which is why externalizing it and spreading awareness allows people to view their own lives with a different perspective as well as create a sense of community with others who can relate. Having the education is helpful, and this week brings focus to it near Halloween where people are partying and giving candy, which can lead to a feeling of guilt. It serves as something for people to think about for Halloween weekend that they don’t need to feel guilty for what they are doing. It is important for education, intervention, prevention, and the timing.”

Q: What events can we expect to see on campus for No Body Shaming Week?

A: “We are hoping to table Monday, Wednesday, Friday (two of which will be at the Illini Union Building and one will be at the Activities and Recreation Center). We will also collaborate with other teams such as the Alcohol and Other Drugs Team as well as run workshops.”

We thank Gabby for taking the time to share about such an important event! Follow the Counseling Center on social media for more details on No Body Shaming Week and other upcoming events! Additional resources and services for eating disorders can be found on the Counseling Center's website.

Seasonal Depression in College Students

BY EVARISTO RIOS

With the season officially changing from summer to fall on September 22, many students might begin to feel less motivated for school and have less energy than they previously possessed. You might be wondering why? The answer is simple: Seasonal Affective Disorder, also known as SAD. The weather changes from the long, hot, sunny days of summer to cooler, windier fall weather. SAD symptoms can affect college students in many ways, including decreased motivation to attend class or do assignments, and isolating themselves from others.

However, there are resources on campus to help college students combat the effects of SAD. The Counseling Center offers time-limited counseling with same-day appointments! In addition, the Counseling Center can provide referrals to students seeking longer-term therapy or group therapy for students looking to find a small community of students with similar experiences. There is also an upcoming Tuesday @ 7 on November 29th, that addresses seasonal depression titled "Got the Blues? Slaying Seasonal Depression."

The services provided by the Counseling Center can be a great benefit to students who are experiencing SAD. Visit the Counseling Center's website for more resources and details on the services that are provided.





Upcoming & Notable Events

BY EVARISTO RIOS

Upcoming Tuesday@7 Workshops

Tuesdays @7

- “Mirror, Mirror on the Wall: Addressing Body Image”
 - October 25, Zoom
- “Mental Playground: Coping with Childhood Trauma”
 - November 1, Zoom
- “Feeling the Burn? Let’s Talk about Burnout”
 - November 8, Zoom
- “You’ve Got a Friend in Me: Supporting a Friend Who’s Struggling”
 - November 15, Zoom

For events on Zoom, check the Counseling Center's website for meeting information!

Upcoming Events

- “Thriving in Graduate School: Mental Health”
 - October 20
- “Polish Conversation Table”
 - October 24
- “Chicago Symphony Orchestra”
 - October 29
- “A Just Transition for Clean Energy (Conversations on Europe)”
 - November 8

