



# COUNSELING SERVICES

[VIRTUAL MIND SPA](#)

[PODCASTS](#)

[WELLNESS APPS](#)

[PHYSICAL WELLBEING](#)



## WELLNESS TOOLKIT

### *Winter Break Edition*

Holidays, family gatherings, the changing weather, and the completion of Finals can be an exceptionally challenging time of the year.

Having the ability to stay mindful, present and aware of your emotional health over Winter Break can help you re-balance and recharge as you prepare for Spring Semester.

[\*\*HOW TO DEAL WITH STRESS AND ANXIETY DURING THE HOLIDAYS\*\*](#)

[\*\*GRIEF DURING THE HOLIDAYS\*\*](#)

[\*\*WHAT IS SEASONAL AFFECTIVE DISORDER?\*\*](#)

[\*\*FUN EVENTS IN THE TRI-CITIES!\*\*](#)

# 50 WAYS TO TAKE A BREAK

*Practice taking a break to reduce daily stress and increase efficiency.*



## JOURNAL YOUR WAY TO RESILIENCY

Whether you're a seasoned journaler or would like to start something new, try these prompts to get you started:

- **A Therapist's Guide to Journaling**
- Self-Discovery
- Stress Relief
- Anxiety
- Funny

## MEDITATE TO INNER BALANCE

Meditation can wipe away the day's stress, bringing with it inner peace. Try each of these videos to cultivate Mindfulness in your daily life:

- **What is Mindfulness?**
- 3 Minute Visualization Meditation
- 5 Minute Morning Meditation
- 7 Minute Self-Compassion Meditation
- 10 Minute Calming Meditation



Follow us on Instagram: [counselingwsutc](#)

CONTACT US:

509-372-7153 | CRISIS HOTLINE: 509-554-5684 |

[TRICITIES.COUNSELINGSERVICES@WSU.EDU](mailto:TRICITIES.COUNSELINGSERVICES@WSU.EDU)

**CHECK OUT OUR WEBSITE | BOOK AN APPOINTMENT**