

HERE'S WHAT'S HAPPENING

Mindfulness Opportunities for Jefferson Students & House Staff



This Fall, the SPCC in conjunction with Randi Platt, M.Ed, will offer two types of mindfulness options:

A Taste of Mindfulness (Cost: \$10.00 for 1 hour workshop)

Whether you are interested in understanding this therapeutic intervention or want to begin your own meditation practice for stress management or other goals, this demonstration will increase your knowledge of how to manage the psychological aspect of medical illness and improve everyday self-efficacy. In this one-hour workshop, you will be exposed to mindfulness theory and practice in a group setting so that you can begin on your own journey to greater ease, knowledgeably answer patients' questions and appropriately prescribe this intervention.

This workshop will be repeated 3 times this fall. Registration is required, as space is limited to the first 15 people to register. All others will be put on a reserved list. Click on the date you wish to attend to register for that particular day.

[Tuesday 9/16 noon-1 pm](#)

[Tuesday 9/23 5-6 pm](#)

[Tuesday 11/11 noon-1 pm](#)

Four Week Mindfulness Meditation Course (Cost: \$40.00 for all for sessions, due at first session)

[Tuesdays, 10/7, 10/14, 10/21, 10/28](#)

Each week, you will be guided in mindfulness practices, which will give you techniques for your own daily meditation. Participation in daily mindfulness meditation has been shown to increase concentration of grey matter in the left hippocampus, posterior cingulate cortex, temporo-parietal junction and the cerebellum, indicating effects on emotion regulation, learning, memory and perspective taking (Holzel, Carmody, et al, 2011). Additionally, changes in right basolateral amygdala density from regular meditation participation have been correlated with decrease in perceived stress (Holzel, Carmondy et al, 2009)

Registration is required, as space is limited to the first 10 people to register. All others will be put on a reserved list. Click on the date above to register for this 4 week workshop.

Randi Platt, M.Ed., a Psychologist and Executive Director of her own mental health agency, Hornstein, Platt and Associates, maintains a daily meditation practice and has been teaching stress management and mindfulness techniques for over 20 years.

Join the JeffHELP team and Participate in the American Heart Association Heart Walk



Saturday, November 8, 2014
8:00 AM - 12:00 PM
Citizens Bank Park

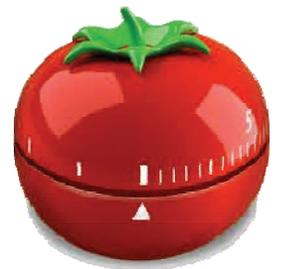
Walks are a not only a great way to raise support for a great cause, but they also bring communities together! With this in mind, JeffHELP has formed a team to participate in this year's heart walk and would like to invite you to join us.

The event features a 3.1 mile walk route with optional 1 mile route for heart condition survivors. There is also a festival area giving corporate and family teams the chance to celebrate their health and wellness success over the year; VIP area and batting cage access available to Top Walkers; Kids Zone; refreshments; live entertainment and much more!

If you're interested in joining us, go to <http://heartwalk.kintera.org/philly/jeffhelp> and click the "Join Team" tab. Contact [Rose Milani](#) with any questions.

App of the Month

iPhone: [Pomodoro Timer](#) (\$1.99)
Android: [Clockwork Tomato](#) (free)



With many starting a new academic year, we thought it would be helpful to suggest an app focused on time management.

The Pomodoro Timer helps you boost your productivity using the famous time management method, the Pomodoro Technique. The user can access a fully configurable timer that allows for the customizing of all aspects of the technique on an incredibly easy to use, aesthetically pleasing interface. The steps to implementing the technique are as follows: decide on the task to be done, set the pomodoro timer to 25 minutes, work on the task until the timer rings, take a 3-5 minute break, and after every four "pomodori" take a longer break (15-30 minutes). Bottom line, this versatile time management app helps you stay productive without burning out. This app is only available for the iPhone (and the iPad). The Android substitute, the Clockwork Tomato app, does not utilize the same interface but performs the same functions with varied customization.

Monthly Poll Question

Which type of wellness based app would be most helpful to you at Jefferson?

[Click here to vote!](#)



Last Month's Poll Results

Where do your best summer memories take place?
(Results ordered from most votes to least)

1. At the beach
2. At home
3. By a lake or at a camp
4. At a summer home
5. In a city
6. Somewhere tropical, in a park, in a swimming pool (votes tied)

Resource of the Month Starting Well

By Aysha Rehman, JeffHELP Intern

The beginning of an academic year ushers in a new time with your schedule changing significantly from whatever busied you during the summer months, from simple vacationing to an interning position. It takes a bit of time to adjust your mindset and prepare yourself for the strenuous workload ahead in the coming months. Luckily, we've compiled these tips from various sites that we hope you will find helpful in the upcoming year.

Manage your time.

Your planner can be your best friend! Keep your calendar up to date with your activities and assignments. Scheduling time to do schoolwork is helpful, allowing you to set aside time to work on assignments and avoid procrastination and eventually rushing at the last minute to complete them. If constant scheduling isn't you, make a to-do list for each day and include everything you need to do; homework, exercise, etc. But keep it reasonable, lest you discourage yourself looking at the daunting set of tasks before you. (Don't procrastinate: Big projects may need to be tackled piece by piece, and you'll be responsible for not letting everything else be neglected in the meantime.)

Expect to be busy, and have a support system.

The assignments given will be more involved, the exams will take more preparation, and you'll be spending more of your time on academic work, whether that's on research, a thesis paper, or keeping on top of your studying. Knowing this ahead of time can help with both your own expectations and the expectations of those around you. You may find it helpful to have a conversation about this with friends and family not currently in school. It's important for your family to understand how big of a time commitment school is, and having a strong support system of family and friends goes a long way in helping you get through school. With steady and strong support, your confidence in yourself and your work can only increase!

Be flexible.

Things will come up, they always do. From an unexpected trip out of town to getting sick, these are things that you will have to deal with while in school. Knowing this up front and knowing you cannot control everything will help reduce stress. When things come up, try to stay calm and seek help of those around you. Your friends on campus and the Jefferson faculty and staff want to help you succeed.

Find time for you!

Between working and school, it is important to find time to have fun. Without scheduling time for yourself you will quickly burn out. Studies have shown that people are happiest when they strike a balance between working and relaxing with family and friends. Whatever you're doing, make sure that you set aside sufficient time to unwind and engage in your favorite activities. Even the most studious individuals need to leave the library sometimes and get acquainted with the rest. Make sure to take advantage of what the school has to offer. From an outdoor concert, to the Taste of the Neighborhood event, to getting involved in a student organization, the [Activities Office](#) has a lot to offer to be involved in the Jefferson Community. You can also check out the [JeffHELP Message Board](#) as a way to connect about health and wellness activities.

Take advantage of professors and other contacts around you.

Chances are you won't find yourself in another environment like this one where you have access to some of the best and the brightest in your field. It's best to cultivate relationships early on and not just when you're ready to ask for recommendations. Also, take advantage of research opportunities. Getting more involved in research in your field may help you cover your tuition and fees, as numerous fellowships, grants, and assistantship are based on your experience and willingness to conduct research.

Take initiative.

As mentioned above, the Jefferson community wants to help you succeed, and you can take full advantage of this by being proactive. There isn't much hand-holding beyond college, and you'll be expected to figure things out on your own, but we're always here to help. Now is the time to learn to be independent. If you do have questions, it's up to you to find the answers. Your professors will definitely appreciate you coming to them sooner rather than later.

With these helpful hints and an appropriate allotment of time and effort, hopefully you can have a good start and finish to your year. If you have any additional tips for students starting the new academic year, feel free to share them on the [JeffHELP message board](#)! If you find yourself having trouble adjusting or readjusting to your academic schedule, there are helpful resources available to you via the Student Personal Counseling Center. [Dial 5-HELP(4357) from a campus phone or 215-955-HELP(4357) off campus or on a mobile device to speak to someone at the counseling center.] Or, you can meet with a peer support person via our [JeffHELP SERV program](#). Also, be sure to stay updated with this e-newsletter for announcements on events and workshops that provide further mental wellness support.

Source: *These tips were compiled from [TalentEgg](#) and [Scholarships.com](#)*

For more information @ [JeffHELP](#) contact

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Call

5-HELP

for counseling, health care services,
and support group information
@ Jefferson



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