



reCAPS

**Counseling & Psychological Services
University of California, Santa Cruz**

CAPS Peer Educators Now Offering Coaching for WellTrack Self-Help Program



WellTrack

For about a year, CAPS has partnered with WellTrack, a company that provides an online self-help program for mild depression, anxiety, stress, and other issues. WellTrack can help you address issues before they get to the point of requiring therapy or other mental health services. WellTrack's tools can also be used as an adjunct to therapy.

The WellTrack program includes a self-assessment, cognitive-behavioral tools to address unhelpful thought patterns, meditation and relaxation exercises, and more. Anyone affiliated with UCSC can use WellTrack for free by

creating an account and using a CAPS access code (UCSCCAPS).

Because even students who are motivated to use a self-help program may need a little guidance and support to keep it up, CAPS is now offering coaching services for WellTrack through our Peer Education Program. Interested students can contact CAPS to request this service and be matched with a trained Peer Educator.

As the student uses the WellTrack program, the Peer Educator will have access to their account and can remind the student to keep up with the program, give feedback on their progress with

activities, and suggest additional exercises that they can try out. It's important to note that Peer Educators are also UCSC students and are not licensed professionals, so they are not able to provide therapy or other mental health services but are well versed in using WellTrack. We can all use some extra motivation and guidance, and that is what a peer coach can offer!

Check out the [CAPS website](#) under "Resources" to read more about WellTrack and get the CAPS access code. Call CAPS at (831) 459-2628 to get more information about requesting a coach.

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All About CAPS

Counseling & Psychological Services (CAPS) offers confidential mental health services to registered UCSC students all year:

- Helpful workshops, trainings, and self-help tools
- A variety of therapy and support groups
- Let's Talk drop-in consultations
- Brief individual and couples counseling
- Referrals to on- and off-campus resources
- Crisis services in person Mon–Fri 8 am–5 pm and by phone 24/7 at (831) 459-2628

To make an appointment, call (831) 459-2628 or stop by (Student Health Center, East Wing, 2nd floor) weekdays between 8 am and 5 pm. To learn more, visit our [website](#), check out the [CAPS blog](#), and like us on [Facebook](#)!

Dear CAPS,

Valentine's Day is here, and it's hard to feel OK about myself because I'm single.

—Lonely Heart

It's not uncommon to feel conflicted about being single on Valentine's Day. There are a lot of messages out there that make us believe we have to be partnered to be happy or whole. And, seeing others who are (seemingly) happily in a relationship can make us feel jealous, left out, sad, or worthless.

However, it doesn't have to be that way. First of all, it's OK to acknowledge your feelings about singleness. Feeling sad? That's OK? Feeling a bit lonely? That's normal sometimes. However, you don't have to allow those feelings to take control.

There are a few things you can do to change your perspective on Val-

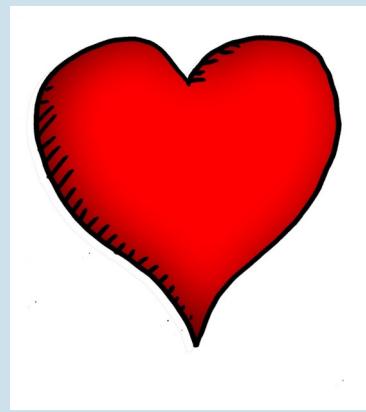
entine's Day—or any time these feelings arise. One thing you can do is to pay attention to the positive relationships you DO have. Got a family member who cares about you? Got a friend you have fun with? Got a professor or mentor who always gives you good advice? These are relationships to celebrate, not to minimize or ignore. Allow yourself to feel gratitude when you think about the people connected to you. You could also tell them how you feel and thank them for their role in your life.

Another good way to transform negative emotions around being single is to take the focus off of yourself and do something nice for another person. You could give your roommate a flower or send a nice email to your grandmother. Maybe do some volunteer work helping others who are in need.

Finally, you can do something positive for yourself to show yourself

some love. For example, buy yourself a cupcake, rose, or meal at your favorite restaurant. Write yourself a "love note," listing things you like about yourself. Watch that movie that always brings a smile to your face. Plan a fun activity with other single friends. Also, it can help to focus on the benefits of being single. For instance, you have more freedom to do what you want when you want.

CAPS wishes everyone a happy Valentine's Day!



CAPS Statement: Reactions to New Administration

These are tumultuous, unpredictable times. Students, staff, and faculty may be feeling scared, angry, threatened, discouraged, and fearful about what is happening in our country and what the future holds for us. Already, Executive Orders are having a direct impact on our DACA and AB-540 students and their families, as well as our international students. Student Health Services, including the Health Center, CAPS, SHOP, and CARE, stand in solidarity with those facing oppression and violence.

We are here for you. We are here to listen and support you. We treat everyone respectfully regardless of differing viewpoints. If you are struggling with the personal impact of the new administration or the tone of the national discussions, or if you are experiencing negative treatment, threats, or more subtle forms of oppression because of your race or ethnicity, sexual orientation, gender identity, religious affiliation, country of origin, or other aspect of your identity, we are here for you.

We are here to provide support and care to all of the UCSC students for your health and mental health concerns.

Campus Resources

[CAPS](#)
(831) 459-2628

[Student Health Services](#)
831-459-2211

[CARE \(Campus Advocacy Resources and Education\)](#)
831-502-2273

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What Can You Do to Combat Stress?

The infographic is divided into two main sections: top tips and a meditation guide.

Top Tips:

- A STRONG SOCIAL SUPPORT SYSTEM IS CRUCIAL TO COMBATING STRESS**
TALK TO YOUR FRIENDS AND LOVED ONES.
- BREAK UP YOUR ROUTINE WITH EXERCISE, HOBBIES, OR RELAXING**
- BE GOOD TO YOUR BODY: GET ENOUGH SLEEP, EAT WELL, AND STAY ACTIVE**
- NEVER BE ASHAMED OR AFRAID TO SEEK HELP**
COUNSELORS ARE GREAT SOURCES OF EMOTIONAL SUPPORT FOR GETTING THROUGH STRESSFUL TIMES

TRY THIS RIGHT NOW:

IN ONE STUDY, PRACTICING MEDITATION DAILY FOR 8 WEEKS REDUCED STRESS IN SENIOR MED STUDENTS BY 20%

Meditation Guide:

A central figure is shown in a meditative pose (Padmasana). Three thought bubbles provide instructions:

- BREATHE COMFORTABLY** (Icon: Lungs)
- ACKNOWLEDGE EACH THOUGHT AND LET IT FLOAT PAST YOU** (Icon: Cloud)
- DO IT FOR 10 MINUTES** (Icon: Timer)

Upcoming Events

See our [website calendar](#) and [Facebook page](#) for more upcoming events.

WELLNESS WORKSHOPS: CAPS offers a different drop-in workshop every Wednesday from 3:30 to 4:30 pm at our central office. These hour-long workshops provide info and tools for being mentally healthier. Topics include self-compassion, mindfulness, healthy thought patterns, how positive psychology relates to academic success, and improving focus. Read more on our [website](#) and [Facebook page](#). No sign-up needed.

EMBRACE YOUR LIFE: EYL is a three-part workshop series that uses mindfulness-based tools to increase insight and self-awareness and build coping. The skills learned in EYL apply to a range of issues, including managing stress and difficult emotions. Each hour-long workshop provides info and experiential skills. Series start on different days throughout the quarter. Read more and see the schedule on our [website](#), or call to get more info and sign up at (831) 459-2628.

LET'S TALK: Let's Talk is a drop-in space where you can have a brief, confidential, one-time chat with a professional CAPS counselor. It's free, and you don't need an appointment—just walk in! Let's Talk is held four afternoons a week at different locations around campus. All registered undergraduate and graduate students are welcome to all locations of Let's Talk. Read more and see the schedule on our [website](#).

CANDLELIGHT VIGIL. An event to remember and honor friends and loved ones lost to suicide or those struggling with mental health issues. Materials will be available to make lumineras that will be placed on and around the "Squiggle." Thursday, February 23rd, 6 to 8 pm at the Porter Squiggle.

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SHOP (Student Health Outreach and Promotion)
831-459-3772

Additional Resources and Suggestions

If you're overwhelmed by feelings and worries, here are some things you can do right now:

- Volunteer: There are plenty of organizations out there that simply need your time
- Combat racism with [Showing Up For Racial Justice](#) or [Black Lives Matter](#)
- Help your community through [AmeriCorps](#)
- End police violence with [Campaign Zero](#)
- Support your Muslim family and friends through the [Council](#) on American-Islamic Relations

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- Be a part of your next local election as a poll worker and encourage voters to come out
- Join an organization that helps immigrants and new Americans
- Practice self-care: It's easy to forget that taking care of yourself is just as important as going out and doing something

If you find yourself in need of someone to talk to or having suicidal thoughts, you can reach out to the following:

- [National Suicide Prevention Lifeline](#): (800) 273-8255
- [Trans Lifeline](#): (877) -65-8860
- [Trevor Project](#) (crisis intervention and suicide prevention for LGBTQ youth): (866) 488-7386

If you're able to donate, the following organizations can use your help:

- [Planned Parenthood](#): Provides low-cost health care and education for women, men, and young people
- [The Future Project](#): Helps the young people of America fulfill their potential
- [RAINN](#) (Rape, Abuse & Incest National Network): Helps combat sexual violence, aid victims/survivors, and ensure that perpetrators are caught
- [ACLU](#) (American Civil Liberties Union): Upholds the individual rights and liberties guaranteed to all by the Constitution and the laws of the United States