

# Wellness InSTALLments

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October

## Upcoming Events

**10/1– iLEAD Week: Self-Care for Student Leaders**

12PM, Cohen Student Union 201

**10/4– Domestic Violence Speaker: Wife of DC Sniper Mildred Muhammad**

6PM, Cohen Ballroom

**10/12– Tips Tuesday: Cannabis**  
12PM, Student Plaza

**10/13– E25: First Year Survival Guide**

5PM, Location on Eagle Link

**10/19– Re-New YOU**  
9:30AM, Library Lawn

**10/20– Healthy Hump Day: Alphabet Soup (Pride Week)**  
11AM, Student Plaza

**10/29– Cash Cab: Alcohol**  
5:30PM, Main Campus

Please see Eagle Link for a full, updated schedule!

## Wellness Tip

The first step to addressing the skeletons in your closet is accepting them. Then you can find resources to help!

## Question of the Month

Which office on campus provides free Wellness Coaching?

Scan the QR code to RSVP on Eagle Link with the correct answer to enter into a drawing for \$10 of Eagle Dollars!



## Skeletons in the Closet



The idiom “Skeletons In The Closet” refers to something that is kept a secret by someone— typically out of fear of judgement or discomfort. By allowing others to see the reality of what has or is occurring in our lives, we can strengthen and deepen our connections. Being vulnerable is a struggle for many people. A common misconception is that if we allow others to hear what is troubling us in life, then we are burdening them with our problems. In reality, our closest friends and family are most likely already aware when we are struggling, even if

they don't know what skeletons are in our closet. If you are struggling, it is okay to get help! Read ahead for some tips and resources to help you clean out your closet.

## Stigmas Can Be a Trick

A skeleton in someone's closet may be mental health concerns. Researchers at the Institute of Psychiatry found that the stigma of mental illness remains one of the top reasons people choose to forgo care. It is okay to not be okay. It is also okay to have reservations about talking about the skeletons in your closet, but the reality is everyone has them at one point or another throughout the course of their life. Here are some tips on how to get rid of them!

- **Check in on yourself** physically, emotionally, intellectually, and spiritually. It can help you to learn and focus in school!
- **Make peace with it.** Journal about the situation and what you can learn from it.
- **Express your emotions.** Talk to someone or sing your heart out to a heartfelt song.
- **Seek forgiveness** for yourself or others. Practice self-love!
- **Ask for help with moving forward.** If you find it is hard to do alone, seek professional help to process it.



## Clean Out Your Closet

There are countless resources available on campus to assist you with any skeletons you may have in your closet. Here are a few you can consider with some examples of their services!

**Counseling & Psychological Services (CAPS)**  
3rd Floor Student & Community Counseling Center  
239-590-7950

Free Counseling and Drug & Substance Abuse Help

**Prevention & Wellness (P&W)**  
Howard Hall 119 / 239-590-7733  
Free Wellness Coaching, and Health & Wellness Education

**Office of Institutional Equity & Compliance (OIEC)**  
Edwards Hall 114 / 239-745-4366  
Title IX, Bias and Discrimination, Ethics and Compliance, and Diversity and Inclusion trainings



**PEERS CARE**  
Educate. Engage. Empower.

**NATIONAL HUMAN TRAFFICKING HOTLINE**  
1-888-373-7888