

# UTC COUNSELOR EDUCATION

Welcome Back!



**\*\*Counselor Education Program t-shirts and sweatshirts on sale!\*\***

## Self-care Tips for Graduate Students

Self-care looks different for everyone, but there are common categories to address when developing a self-care plan. Below are some ideas for your consideration on how you can take care of yourself physically, emotionally, relationally, spiritually, and professionally.

First, make sure you look after your physical health. This includes sleep, nutrition, and exercise. Make sure you get enough sleep, so you have a clear, sharp mind throughout your work day. Don't skip meals, and pack snacks for yourself especially when you know it is going to be a busy day. Also, find time in your week to prioritize exercise. You can even make this a social event by exercising with friends or family.

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## Important Dates

September 6th - Labor Day Holiday

September 10th - Deadline to get your counselor Ed t-shirt or sweatshirt

October 11-12th - Fall Break

October 27th - Midsemester Gathering (S'mores at the firepit)

November 18th - Pinning Ceremony

November 30th - Ugly Holiday Sweater Party

## Available Resources

**Scrappy's Cupboard:** provides emergency food assistance to UTC students in need  
<https://www.utc.edu/enrollment-management-and-student-affairs/student-outreach-and-support/scrappys-cupboard/use>

**Student Emergency Fund:** provides limited emergency funds to UTC students in need (housing, one-time/non-recurring medical expenses, replacement of lost personal items due to theft, fire, flood, etc.)  
<https://www.utc.edu/enrollment-management-and-student-affairs/student-outreach-and-support/student-emergency-fund>

**Other** resources available to students at <https://www.utc.edu/enrollment-management-and-student-affairs/student-outreach-and-support>

Second, be attentive to your emotional health, and engage in stress relieving activities. Make sure you choose an activity that you enjoy. This can be any activity as long as it does not cause you stress. For example, read a book or magazine, journal, meet up with friends, exercise, yoga, watch tv, or go see a movie.

Third, relationships are an important part of life, so carve out time for your family and friends. For example, schedule a weekly dinner with friends or with a spouse. Make sure this is time free from work or work distractions like an email alert on your phone. It's also important to know your boundaries. At times, you will need to politely decline taking on extra responsibilities or attending more social events than your schedule allows.

Fourth, spiritual and religious beliefs guide us through times of joy and stress. Spend time praying or meditating, or make it a social event and attend a religious service with friends. There are also religious groups on campus to join.

Fifth, and maybe the most relevant to graduate students, look after your professional health. Schedule breaks for yourself. Don't just decide to take a break when you are not busy. Schedule break times in your day and/or week. Create short daily breaks that are work free. For example, take 30 minutes for lunch and do not look at your email or phone. Additionally, schedule work time. This is the time you will complete assignments, check and respond to emails, or return calls. Stay focused and on task during this time, and then when work time is up, stop until the next scheduled work time. Having a distinction between work and break time can help you be more productive and give your brain a chance to rest. It's important to schedule work and break time appropriately. Don't schedule excessive break times that prevent you from completing your work.

You could also get a mentor. Reach out to someone who has completed the graduate program and develop a mentorship. This is a good way to get advice from someone who has been in your position before. Mentors can share their experience with work/life balance. It could also be a good networking opportunity.

For more information on self-care tips, check out the following resource. It is available at the UTC Library.

Carter, L. A., & Barnett, J. E. (2014). Self-care for clinicians in training: a guide to psychological wellness for graduate students in psychology . Oxford University Press.

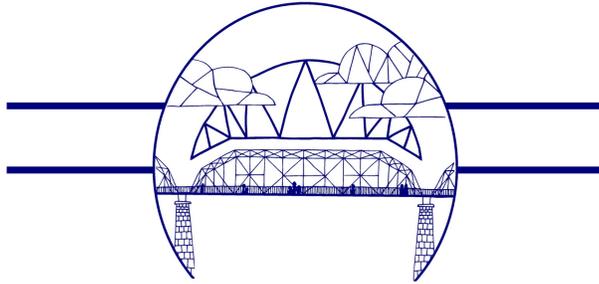


CSI Cookout at Tennessee RiverPark, August 21, 2021



# Reserve your Counselor Education T-shirt or Sweatshirt

## Counselor Education Program



\$15 for shirts

University of Tennessee at Chattanooga

\$20 for sweatshirts

### T-Shirts and Sweatshirts on Sale!!

Join in the fun with UTC Counselor Ed. t-shirts and sweatshirts. Shirts will be \$15 and sweatshirts will be \$20 in sizes S-3XL. If shipping is needed, it costs an additional \$10.

Orders can be made through <https://utk.questionpro.com/a/TakeSurvey?tt=dgIS1zYNspU%3D> Orders and money are due by Friday, September 10. Money is due either via Venmo or bring cash/check to a Counselor Ed. faculty member.

Questions can be directed to Savannah Welch at [savannah-welch@utc.edu](mailto:savannah-welch@utc.edu)



### Spicy Cracker Recipe

#### Ingredients:

- 1 box (4 sleeves) of saltine crackers
- 1-2 packages of ranch dressing mix (I use 2 packages, but adjust to taste.)
- 1-2 teaspoons of cayenne pepper (I use 1 TABLEspoon, but adjust to taste.)
- 1 cup of canola oil (DO NOT substitute.)
- 1 gallon jug/container that is airtight (giant, well-sealed ziplock bags work well in a pinch.)

#### Recipe:

1. Place crackers into container.
2. Add ranch dressing mix and cayenne pepper into container. Close container and roll gently several times to more evenly coat.
3. Add the canola oil. Immediately close container and roll until crackers are evenly coated.
4. Every few hours roll the container a few times until 24 hours has passed.
5. Enjoy!

Recipe provided by Alexander Hoffman. Thank you Alexander!