

COUNSELING CENTER

Newsletter



What's new at the Counseling Center

REFERRAL DATABASE

The Counseling Center's Referral Database is now available to all Skidmore students. The database allows students to search for local providers based on criteria such as insurance accepted and area of expertise.

In addition to the referral database, students are welcome to schedule a referral consultation appointment with a clinician at the Counseling Center to receive a tailored referral. To do this, students will need to stop by the office to fill out some brief paperwork and then schedule a time to meet.

To access the database, students will log in with their Skidmore ID and password.

<https://www.skidmore.edu/counseling/private-practices/index.php>

This month's issue:

REFERRAL DATABASE

STAFF SPOTLIGHT:
KYLEE DELVAUX, LCSW

**SELF-CARE IDEAS FOR
THE HOLIDAYS**



WWW.SKIDMORE.EDU/COUNSELING

Counseling Center

1st floor of Jonsson Tower
518-580-5555

Hours:

Monday - Friday
9:00 am - 12:00 pm
1:00 pm - 4:30pm

Emergency Appointments

are scheduled at 3:00 pm and
available more immediately
as appropriate.

For emergency situations after hours and on weeks, when the college is in session, please call 518-580-5555 and follow the prompt to access the appropriate resource.



**Kylee Delvaux,
LMSW**

About Kylee:

Kylee joined the Counseling Center as the Case Management Clinician this September. She received her master's degree in Social Work (MSW) from the University at Albany in 2017. She has practiced as a group and individual therapist at Four Winds Saratoga, Caleo Counseling, and as a Crisis Clinician in the Emergency Care Center at Glens Falls Hospital. She has expertise in care coordination and has learned to be a strong advocate for those she serves. Her professional interests include working with adults, adolescents, and families coping with a wide range of mental health and substance use concerns. She is passionate about social justice and is committed to discussing and addressing systemic forms of oppression in our society and in our profession. Kylee works with students around accessing appropriate referrals and resources, she also works as the Counseling Center's liaison to Saratoga Hospital.



Self-Care Ideas for the Holidays



**The holiday season can be a difficult and stressful time, and that is why it is so important to pay attention to your own needs. Here are some self-care idea for the winter break and beyond.
(excepts retrieved from: <https://suicidepreventionlifeline.org/help-yourself/>)**

1. Take a walk outside
2. Write a love letter or letter of appreciation to yourself
3. Write about something you are grateful for in your life (it can be a person, place or thing)
4. Create a happy playlist and a coping playlist
5. Treat yourself to a favorite snack
6. Watch your favorite movie
7. Forgive someone
8. Forgive yourself
9. Say thank you to someone who has helped you recently
10. Create a DIY self-care kit of things that make you feel better
11. Take your medication on time
12. Take a new fitness class at the gym (yoga, Zumba, etc.)
13. Plan a lunch date with someone you haven't seen in a while
14. Pamper yourself with a spa day
15. Take a day off from social media and the Internet
16. Reach out to your support system
17. Cuddle with your pets or a friend's pet, visit a pet store, or local shelter
18. Take time to stop, stand and stretch for two minutes
19. Wake up a little earlier and enjoy a morning cup of tea or coffee...or hot chocolate
20. Take a hot shower or bath
21. Take yourself out to dinner
22. Volunteer
23. Start that one project you've been contemplating for a while
24. Sit with you emotions, and allow yourself to feel and accept them. It's okay to laugh, cry, just feel whatever you're feeling with no judgement!
25. Cook a favorite meal from scratch
26. Take a five-minute break in your day
27. Compliment someone (and yourself, too!)
28. Give yourself permission to say no
29. De-clutter your mind: write down five things that are bothering you, and then literally throw them away
30. Donate three pieces of clothing that you no longer wear
31. Write a letter/note of appreciation to someone special in your life
32. Take the time to find 5 beautiful things during your daily routine
33. Plan to do one self-care strategy once a day, perhaps from this list
34. Take a nap
35. Breathe: inhale (1-2-3-4-5), exhale (1-2-3-4-5); repeat