

The Mind Spa

BE • RESTORE • THRIVE

What is the Mind Spa?

The Mind Spa is a quiet sanctuary where any current OSU student, faculty or staff member can learn about holistic health and begin a personal wellness plan.

The Mind Spa has specific programs that can help students learn to connect more fully to themselves and how they feel and manage these feelings. The programs help students learn how to use their breath in optimal ways whether to manage test anxiety, build their tolerance for a sport, or learn better communication skills. Each term we will focus on one aspect of the Mind Spa.

Be...or “being” is an active state of awareness of the present. It actually requires more energy and focus than what activity or “doing” requires from us. Most people when they learn to quiet their thoughts or mind find themselves feeling various emotions including

relaxed, tired, bored, or agitated. The Mind Spa teaches visitors how to “be” by offering a mindfulness corner with a zafu meditation cushion. You can either sit in quiet contemplation with a water fountain in the background or we have two mindfulness instructional CD’s led by well known meditation teachers available for your use.

For those of you who would like personal instruction on the art of being... check out our group, Mindfulness from the Mat offered as a Fit Pass Class at Dixon on Mondays from 3 to 4p.m. The group is by drop-in so you don’t even have to reserve in advance, just show up.

For more information, please call 737-2131 or visit CAPS on-line at www.oregonstate.edu/counsel/

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What you need to know!

- **Open from:**
Monday | 10am to 4:30pm
Tuesday - Friday | 8am to 4:30pm
- **No cost**
- **No paperwork**
- **1/2 hour to 1 hour reservations**
- **Special programs connected to the Mind Spa and offered in collaboration with Dixon Recreation**

Want to be included in an upcoming newsletter? Share a quote, poem or drawing related to your personal wellness practice OR share what aspect of the Mind Spa was helpful to you...Thanks!

*Please email:
Michele.Ribeiro@oregonstate.edu
if you have comments or suggestions on this issue or an upcoming newsletter.*



Oregon State
UNIVERSITY

When Thinking No Longer Solves the Challenges We Face

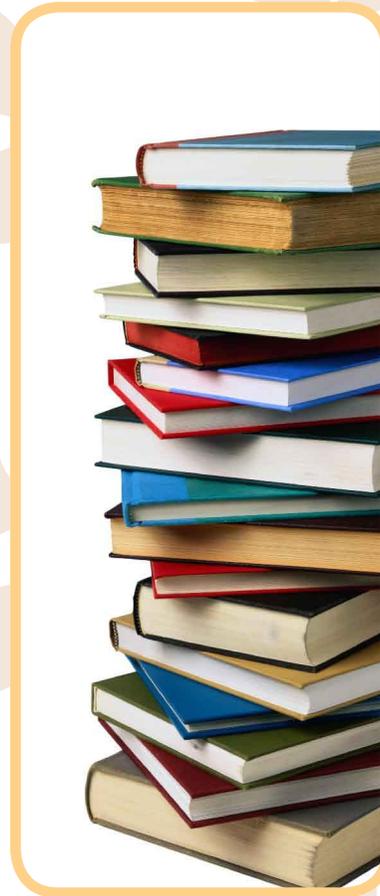
Whether this is your first year or your fifth, University life can be challenging and stressful and it can also be one of great discovery and growth. When you first come to school you bring many habits and one of those habits is how you handled stress in the past and the way you think about yourself and your ability to handle whatever is thrown at you. Our thinking can freeze us in our tracks or provide us a wide opened array of options and choices.

Think about this: You get your first paperback and you had thought that you had killed this one and the grade is bad and comments are less than complimentary. You can think “I am so stupid I will never be able to do this class and maybe I am not smart enough to make it at the university” or you could think “That is good feedback that I can use to help me with my next paper, and I think I will go talk to the professor to get a better understanding of where I went wrong”. Those two thoughts can make or break the spirit to believe in yourself and continue with the challenges ahead. OK I admit words are easy and making changes in our thinking is not always that easy. Sometimes our negative thinking is so entrenched into who we are that alternatives aren't within our consciousness and so the search for an alternative may need extra help and a great deal of practice.

“The truth is we all have infinite potential that is unique to each and every one of us.”

The truth is we all have infinite potential that is unique to each and every one of us. Our negative thinking often stops us from accessing our unique potential. The more we think the more the negative thought reinforces the negativity and hinders our performance. It is a vicious and tiresome circle that we get stuck in. Getting out of this circle can be the biggest challenge but the most important thing you learn while at OSU. When you make good friends with yourself, your situation will be more friendly too. Challenging our thoughts and replacing them, with what I call, the truth about yourself is vital to removing yourself from the cycle of self-criticism and self-sabotage. Our truth is often those core values that we live by, how we are as a friend, how we find love for others, how we live with compassion, and how we are able to be present for and explore all those unanswered questions.

CAPS offers counseling to students to help sort through the negative thinking and discovering your truth. We have many ways of helping you out of the circle of stress and negative self-criticism. The menu of services includes individual counseling, group counseling, the Mind Spa, yoga and mindfulness practice, and so much more. Finding new ways to face the challenges that are a natural part of living is a



challenge in itself and that is why we are committed to making the path a little smoother and easier to navigate.

Discovering the internal truth after years of thinking and believing a certain way takes some time and it takes some practice but the results are freeing and opens a whole new realm of possibilities and joy.

Here is to happy learning on all fronts!

-Jim Gouveia,
LCSW, CAPS

Are You Man Enough?

Spend just thirty minutes watching local or nationally televised sports news media and you'll quickly be bombarded with images that tell a disturbing story about how we are perceived as men in contemporary American culture. Be it, the ill-timed misdeeds of our own here at OSU, those from the campus of our rivals to the south, or even that of a more nationally recognizable name who, just days ago, reportedly opted to take a leave of absence from network broadcasting pending the outcome of an investigation into allegations of sexual assault. Sadly, we have only ourselves to blame for the harsh and sometimes honest portrayals of us as impulsive, opportunistic, and libidinous creatures that are otherwise out-of-control. But what often leads us, as men, to think and behave in this way? See if a few of these anecdotal phrasings about what it means to be a man resonate with you:

Boys Don't Cry
Just Do It or Ride or Die
It's Better to be Mad than Sad
Size Matters
Don't Get Mad... Get Even
I Don't Stop to Ask for Directions
Take It Like A Man
Nice Guys Finish Last

The above are a collection of statements gathered by Kimmel (2008) from college students across the country that, in essence, seek to codify what they thought it meant to be a man in America. For the men, young and old, who read these statements, my question is simple... is this a fair or accurate interpretation of how you see yourselves?



These statements all speak to action not only without emotion (Kimmel, 2008), but give little weight to the notion that we, as men, might be deep, contemplative individuals who want to have a better understanding of ourselves and stronger connections to our family and friends. That we, as men, are so much more than the sum of our assumed parts (literally and figuratively).

My colleagues and I at CAPS work to assist the men of OSU in becoming positive, productive members of the global community who are capable of defining themselves for themselves. That is, learning how to be more and not just do more so you can get more! We use individual, group, and couples counseling along with other adjunctive tools, like the Mind Spa, to help young men learn how heightened awareness combined with those doing skills we already possess can not only increase your knowledge base as a man, but maximize your overall productivity, which ultimately has the potential to lead to better work/life balance in the years to come.

Having stated the above, I'll now ask an unusual and oddly provocative series of questions of

the young men of OSU: Are you man enough to challenge your perceptions of yourself? Are you man enough to confront the stereotypes so often mistakenly perpetuated by men about men? Are you man enough to stand up to violence that hurts women and brings us all down a few notches? Are you man enough to reach out and ask for help when you know you need it most (even if it's not related to asking for directions)?

If you answered yes to any of the above, consider checking out what CAPS might have to offer you. You can start by checking out our website at www.oregonstate.edu/counsel, giving us a call at 541-737-2131, or simply dropping by our office at 500 Snell Hall. If you're the type that worries about going places alone or being seen by others at CAPS... NO WORRIES!!! You can bring a friend and the best part is that your secret is safe with us. WE PROMISE NOT TO TELL!!!

- Marcus E. Sharpe,
Psy.D. CAPS

Kimmel, M. (2008). Guyland: The Perilous World Where Boys Become Men. New York: Harper Collins Publishers.

We asked folks at the Beaver Community Fair,
"Tell us your hopes and dreams for the next year..."
Here's what some of the OSU community shared:

"Be happy" **"Believe in myself"**
"Peace of mind, insight, & wisdom"
"Get through 1st year!" **"Good grades"**
"To find what makes me happy"
"Get fit"
**"Do exceptionally well in
all my classes and make
my parents proud"**
"Graduate!"

Benny Beaver enjoying some meditation in The Mind Spa



The Wellness Challenge!

Happy new school year! The Fall can be such a wonderful and busy time that in our excitement to be back in the swing of things, we forget what self care and personal wellness looks like. I am always looking for ways to practice self care, so I thought it might be best to put my own wellness tips in a "Top Five" list. If your spirit is inspired, I encourage you to try out these 5 tips for a month, and see how you feel.

1. Get a plant for your living space or office space. Funny story, for almost the entirety of my life, I have never kept a plant alive, until I came to OSU. Making time to water the plant, and talk to the plant is not only healthy for you; it is healthy for the plant, too. On the flip side, I can always tell when I am not doing so well, because my plant tells me, by dropping her leaves. When I care for the plant, I am automatically caring for me...

2. Give and/or receive a big, hearty hug. Nothing is as healing as a snuggly hug. Some studies show that hugs can be therapeutic, and at least they allow us to remind ourselves of the people with whom we share meaningful connections.

3. Laugh out loud. There is truth behind the cliché that laughter is the best medicine. You relieve stress, you increase oxygen flow to your body, and you get yourself into a positive thinking mindset. Go ahead, make it a belly-shaking jolly laugh, for best results.

4. Eat breakfast. Like beyond cereal breakfast. Honor your specific dietary needs, and reconsider what you think of as breakfast food. I recently started eating boiled mung beans and rice with spices to my taste, for breakfast, and I find myself fulfilled in a way I never knew was possible.

5. Breathe. Deeply. Fully. And then, fill your lungs some more. We have gotten complacent with the idea that our deep breaths are really deep... and often we have only breathed in about 2/3 of our lung capacity. If you feel inspired, try inhaling (and internally) count to a number that is comfortable to you, and then on the exhale, regulate your air flow to exhale for the same count as your inhale. Try this while closing your eyes. Don't think about the laundry, or the next email. Just focus on your breath. Now do this for about 10 minutes.

So there you have it- 5 tips to follow daily, for the next month. Let me know how it turns out, and I wish you a glorious term!

-Mamta Accapadi,
Ph.D. Dean of Student Life