XAVIER UNIVERSITY DEPARTMENT OF COUNSELING

Wellness Newsletter

February 1, 2019 | Issue 4

Student of The Month

**Student:** Jennifer Welch, Master’s in Clinical Mental Health Counseling

**Favorite Wellness Activity:** I like to hang out with my friends or family and play cards, or just goof around.

**Wellness Tip:** Make sure to always laugh. I believe laughter is the best medicine!

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February Community Events

- Everything Thomas at EnterTrainment Junction: Feb 1-28 Westchester
- World Hijab Day: Feb 1 10:00 a.m. Miami University of Ohio
- Romeo and Juliet, Cincinnati Symphony Orchestra: Feb 1 11:00 a.m. Cincinnati Music Hall
- 3D Printing: Valentine’s Day Gifts: Feb 1 3:30 p.m. Lebanon Public Library
- In The Heights: 1/30-2/17 7:30 p.m. Playhouse in The Park $10 TUESDAY’S
- Touchdown for Hope: Feb 3 5:30 p.m. Great American Ball Park
- Toddler Storytime: Feb 4 10:30 a.m. Loveland Branch Library
- Beginner Beekeeping: Feb 4, 10, 18 6-8:30 p.m. Civic Garden Center of Greater Cincinnati
- Yoga Basics: Feb 5 7:30 p.m. East Cincy Yoga and Wellness Center
- Jewish-Israeli Film Festival: Keep the Change: Feb 5 7:00 Kenwood Theatre
- Rookwood Factory Tour: Feb 6 10:30 a.m. Grounds of Historic Rookwood Pottery
- Dance Jamz: Feb 7 6:30 p.m. Sawyer Park Community Center
- Experience Tai Chi: Feb 8 10:30 a.m. Scheben Branch Library
- The Ubuntu Film Series: Music for Mandela: Feb 8 2:00 p.m. National Underground Railroad Freedom Center
- African American Read-in with Derrick Barnes Feb 9 10:00 a.m. Public Library of Cincinnati Hamilton County Main Branch
- Ukranian Easter Egg Class: Feb 9 12:00 p.m. Lutheran Church of The Resurrection
- Art on Vine: Local Love Feb 10 12:00 p.m. Rhinegeist Brewery
- DIY Reusable Beeswax Food Wrap: Feb 10 1:00 p.m. Gorman Heritage Farm
- Nature in Winter Storytime: Feb 12 10:30 a.m. Cincinnati Nature Center of Rowe Woods
- “I Heart Art” Makerspace Pop-Up: Feb 13 Miami University of Ohio
- Spanish Cinema -Film Evening: Feb 13 6:00 p.m. Miami University of Ohio Oxford
- Safe and Supported LGBTQ Cultural Competency: Feb 13 9:00 a.m. Lighthouse Youth Services
- GALentines Day : Feb 13 6:00 a.m. Cincinnati Zoo and Botanical Garden
- Valentines Day Dinner and Carousel Ride Feb 14 11:00 a.m. Morlein Lager House
- Valentine’s Dinner at Terrace Café: Feb 14 4:00 p.m. Cincinnati Art Museum
- Moroccan Mosaic Bracelets: Feb 14 6:00 p.m. Fitton Center for Creative Arts
- Valentine’s Night: Feb 14 5:00 p.m. Cincinnati Observatory
- The Sleeping Beauty Cincinnati Ballet: Feb 14-17 7:30 p.m. Cincinnati Music Hall
- Hamilton: Feb 19-Mar 10 7:30 p.m. Aronoff Center of the Arts

For more information and a full listing of events visit http://events.cincinnati.com/
Wellness Topic: Sensory Deprivation Floating

What is it?

Sensory deprivation floating involves laying down in a hot tub sized tank with water that is heated to body temperature and filled with epsom salt. Traditionally, users are in complete darkness and in a sound proof environment. Most float lofts, however, offer the option to leave the tank door open or keep a soft light on in the tank. Due to the salt in the water, the user feels as if they are weightless. No effort is required to keep oneself afloat.

Benefits

- Relaxed & meditative
- Boost creativity
- Reduces anxiety
- Improve sleeping quality
- Floating benefits
- Muscle recovery
- Increase immune system
- Relieves stress
- Helps depression

How it works

Tao Float Loft: Mariemont and West Chester
Locations https://taofloatloft.com/ 513-755-1236
See Valentine’s Day special below!

Think Tank Floatation Wellness Center: Newport, KY
http://www.thinktankfloation.com/ 859-291-8265

Mason Skin Clinic and Float Center: Mason, OH
http://www.masonskinclinicandfloatcenter.com/
513-913-7373

Gravity Spa Beavercreek, OH
https://www.gravityspa.com/ 937-696-9595

LIMITED TIME ONLY
BUY ONE GET ONE FREE!

from: Tao float loft
Free for Xavier Students and Staff!

TAO self-help, is a completely private online library of behavioral health resources that includes interactive educational modules and practice tools to help you understand and manage how you feel, think and act. You can learn stress management, mindfulness skills, problem-solving, relationship skills and strategies to avoid dwelling on your concerns and to develop more helpful thinking patterns.

TAO Self-Help is exclusively licensed on our campus. There is no cost to you... and you can do this on your own. You will only be able to access this using your Xavier email account. Visit https://www.xavier.edu/health-wellness/counseling/need-help-now for information on how to create a free account.

Features of Tao

- Xavier Specific portal with campus resources
- Self-help
- Completely Private
- Initial screening instrument and wellness evaluation
- Connects with McGrath clinicians to use during in-person therapy if you choose
- Therapy modules such as Cognitive Behavior Therapy
- Drug and Alcohol Resources
- General wellness help
- Free database of mindfulness and meditation resources
- Phone app version also available on the App store or Google Play

For questions of comments regarding this newsletter please contact Kate Reichman (Hamilton) at hamiltonk@xavier.edu or Dr. Michelle Hall at hallm4@xavier.edu