

Office of
Community
Standards and
Counseling

Hours:

Monday – Thursday:

8:30 am to 5 pm

Friday:

8:30 am to 4 pm

Room 1155

585-785-1211

www.flcc.edu/offices/judicial/

After Hours:

For non-emergency situations, call Campus Safety @ **585-785-1900**

In the case of an emergency, call **911**

Additional Resources:

Lifeline: dial **211** or **1-877-356-9211**

National Suicide Prevention Hotline: **1-800-273-8255**

Crisis Text Line: Text **HOME** to 741741

3325 Marvin Sands Drive
Canandaigua, NY 14424



As a student, you may be managing different priorities that may lead to feeling overwhelmed. It is important to remember to make yourself one of those priorities. In order to manage effectively, practice the following strategies:

Controlled Breathing	Progressive Muscle Relaxation
<p>This has been proven to be helpful with calming the central nervous system when feeling anxious and distressed.</p> <ol style="list-style-type: none"> Lie or sit down in a quiet, comfortable space. Place your hand on your diaphragm. Inhale slowly to the count of five; feel your stomach expand out as you breathe in. Pause and hold your breath. Exhale slowly to the count of five; feel your stomach fall as you breathe out. When first practicing, start with a few minutes and then gradually build as you gain mastery. 	<p>You will be practicing tensing and relaxing different muscles in your body. In the end, your whole body should feel relaxed.</p> <ol style="list-style-type: none"> Start at your toes. Tense your toe and foot muscles for 5 seconds and release. Relax for 5 seconds. Move up to the next muscle group (calves, legs) and repeat the sequence. Tense the muscles for 5 seconds. Release. Relax for 5 seconds. Continue to move up; through all the muscle groups in your body (stomach, chest, arms, shoulders, neck, face).
Mindfulness Meditation	Visualization
<p>Mindfulness is paying attention, on purpose, and mindfulness meditation can help with increasing awareness, reducing stress and anxiety, and improving overall well-being.</p> <ol style="list-style-type: none"> Set an alarm for 5 minutes. Sit comfortably with good posture. Close your eyes. Focus on your breathing, noticing the air flow between your lips and your nose. Be mindful of the rising and falling of your abdomen as you breathe. When your mind wanders, label where it is wandering to – thought, sound, feeling. Don't judge it. Just acknowledge it. Continue to focus on your breathing. When the alarm rings, take your time when opening your eyes. <p>If you would like to experience Guided Sitting or Walking Meditation, feel free to attend a session on Main Campus. For more information, please see the Campus Calendar.</p>	<p>Use your mind to journey to a calm and relaxing place.</p> <ol style="list-style-type: none"> Find a comfortable place, free of distractions. Close your eyes. Pick a place that you find comforting, relaxing, peaceful and safe. This can be a place you have been before or a place you can imagine in your mind (a park, a garden, a beach, etc). Use all your senses! Acknowledge 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, and 1 thing you can taste. Try to enjoy being in this peaceful, relaxing place for at least 10 minutes. 