



Welcome to the first edition of Campus Well, the Gordon College newsletter that focuses on student health and wellness. Throughout each publication, you'll meet members of our wellness team, gain information about wellness initiatives on campus and learn more about each of the 8 dimensions of wellness. Foundational to all our initiatives is the belief that when we extend ourselves in ways that benefit each other, we contribute to building a community that thrives. When you are well, I am well.

Deana Trefry, Dean of Student Wellness

This Month's Focus: **SPIRITUAL WELLNESS**

- Spiritual wellness ft. **Kori North**
- CSCW & resources
- Faculty encouragements ft. **Drs. Hughes, Norton, & Senning**
- Tips for seasonal wellness

SPIRITUAL WELLNESS

Being at a Christian college can add a certain level of attention to our spiritual wellness. Sometimes what we think is our spiritual wellness is really a spiritual mask to seem like we are "enough" to fit in on campus. The thing about our spiritual journeys is that they are all different, and there's not one right and only way to be like Christ. Different spiritual practices may be more meaningful at different times on your journey. The same prayer practice or devotional reading that was good last year or last season may not be it now.

It's okay to ask questions, it's okay to have doubts, and it's okay to try something new. Maybe you need a guided prayer app like Pray as You Go. Maybe you need to try the Pause App for prayerful breaks in your day. Maybe you need to do a Bible reading plan with a friend for accountability. Maybe you need to try a reflective prayer like the examen where you think through your day, see where God was at work, see where you may have missed the mark, and use that to guide your prayer moving forward. Wherever you are at, the important thing is to be open to the work God is already doing in and through you. The key to spiritual wellness is to know it won't ever be perfect, but it will always be a journey. In the Chapel Office, we're here to help and talk through these things with you.

8 DIMENSIONS OF WELLNESS

Spiritual
Relational
Mental
Academic
Physical
Vocational
Emotional
Intellectual



KORI NORTH,
DIRECTOR OF SPIRITUAL FORMATION

The Center for Student Counseling & Wellness

The CSCW has a vast array of resources to help students thrive. Whether you are walking a very challenging road or simply need someone to process with, peer wellness coaches, individual counseling, and group sessions are a great outlet. Visit the CSCW website for more information about wellness at Gordon

Crisis walk-in appointments:

10:15 - 11:00 am M - F

Non-urgent walk-in appointments:

9:15 - 10:00 am M - F

Visit the CSCW website to request individual counseling services.

The CSCW office is located in Jenks 201/202

Groups & Workshops:

ART THERAPY

Mondays @ 10:20 am **

Sign-up required

COMMON GROUND

TBD

Email reid.swetland@gordon.edu for participant pre-screen

FRIDAY NIGHT CHILL

Friday 11/14 @ 7 pm in Chester's

CLIMATE GRIEF, ANXIETY, & DISTRESS

Wednesdays @ 10:20 am **

** = Chapel Credit

Peer Wellness Coaches:

The CSCW has three undergraduate interns who serve as wellness coaches. They typically meet for 1 hour each week with their mentee to set goals, sharpen problem-solving skills, build support systems, create change, and offer support. Reasons to meet with a Peer Wellness Coach might include:

- Stress management
- Boundaries/conflict resolution
- Time management/motivation
- Loneliness
- Adjusting to college/academic year
- sleep concerns

Go to www.gordon.edu/peerconnect to request to meet with a Peer Wellness Coach.

Peer Wellness Educators:

Peer Wellness Educators are also undergraduates, who provide their residence halls with resources and events centered around the 8 dimensions of wellness.

To live a spiritual life, we must first find the courage to enter into the desert of loneliness and to change it by gentle and persistent efforts into a garden of solitude.

HENRI NOUWEN



Faculty Encouragements

At Gordon, we are lucky to have professors who care about students' wellbeing beyond the classroom. Hear some encouragement and advice from faculty:

We are supposed to have hope as Christians, right? But when we are anxious and afraid, hope feels fake, even distant. What if that hope isn't REAL?

Real hope is ours because God is our Advocate (John 14:26; 1 John 2:1). When we are afraid and vulnerable, God our Advocate is with us and sustaining us. God our Advocate leaves no stone unturned. Because you, yes, YOU are worth fighting for. YOU are worth saving. YOU are precious and deserve to see justice and to have life and that abundantly. God our Advocate says: "Peace I leave with you; my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled, and do not let them be afraid" (John 14:27)



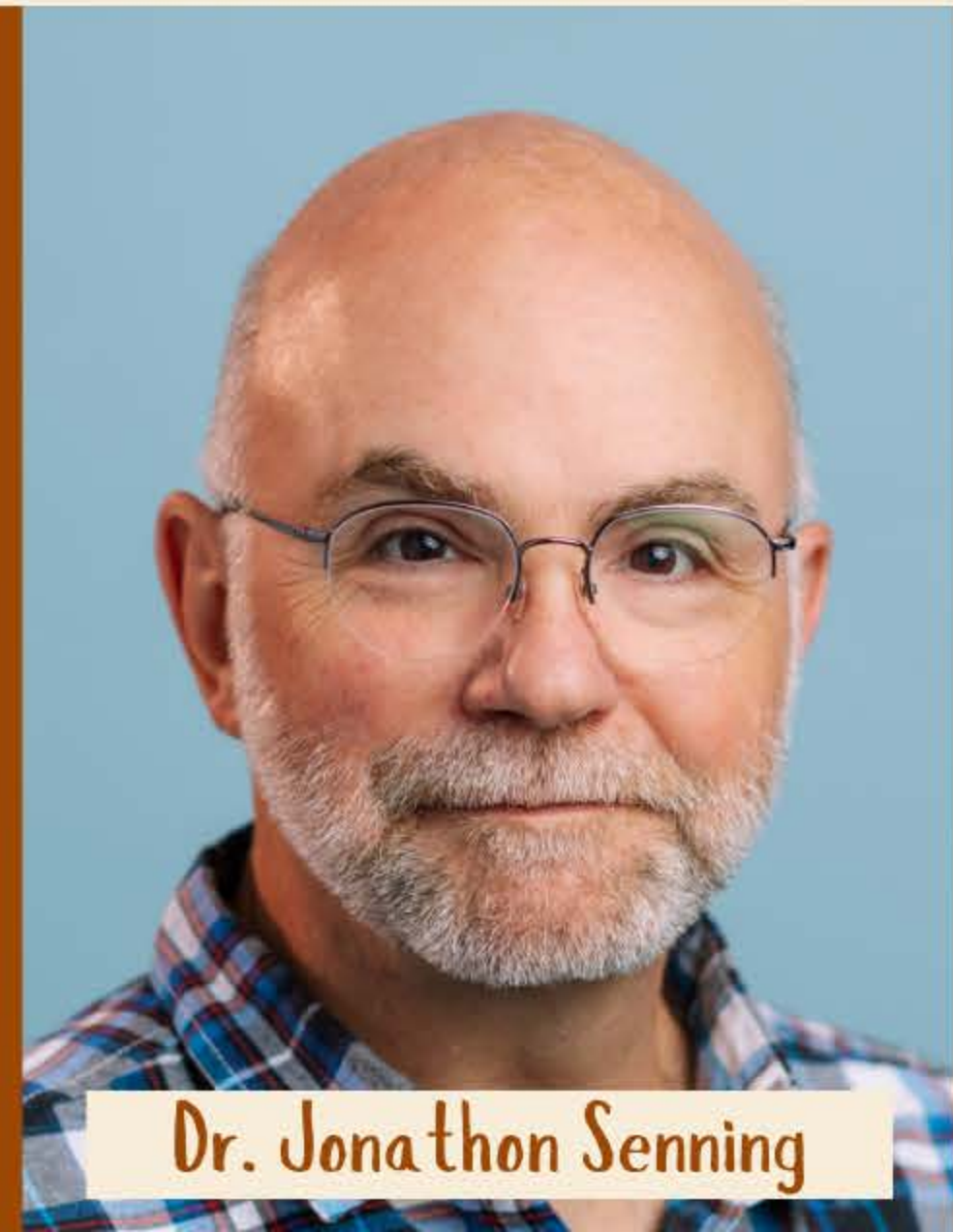
Dr. Amy Hughes



Dr. Daniel Norton

Retreats are awesome. I go to the mountains for a solo trip every year, and often leave with a sense that God's given me something to work on or hold on to. Since that can't sustain me all year, I've tried to work in mini retreats into every week—just stopping my work, leaving my phone behind, and going somewhere in nature, like the beach or the Gordon woods for 15 minutes can make some space for God to be heard. Try it out if you think it could help amidst these whirlwind semesters, and hang in there!

Perhaps you sometimes feel there are so many demands placed on you that you wonder how you can possibly complete them all. Or you wonder what call the Lord may have for you and whether or not you'll respond appropriately when it comes. Whenever I feel this way I take great comfort from a paraphrase of Micah 6:8 - What does the Lord require of me? Only that I act justly and love mercy and walk humbly with Him. If I'm overwhelmed, this thought brings me back to the center of my faith. When I wonder what I should do next, I think about what would please Him most. Being reminded of this gets me "unstuck" and reminds me to whom I belong. It doesn't remove the burdens, but helps me bear them well.



Dr. Jonathon Senning

Quad 2 Seasonal Wellness

The leaves are falling and the novelty of the school year and the new season may be wearing off. The reality of midterm grades, homesickness, roommate/friendship struggles, academics, sickness, upcoming life decisions, and pre-holiday stress might have you feeling down, stressed, or unlike your typical self. Here are some tips to prioritize your wellness during this quad:

- Prioritize rest and sleep
- Maintain good nutrition
- Get outside while the weather still allows it and enjoy a walk in the woods
- Schedule intentional breaks ahead of time-- treat them like another calendar item and respect that time
- Set boundaries- it's okay to say 'no' to extra commitments!
- Utilize campus resources- counseling, academic success coaches, chapel office, etc.
- Do things that you love!

The Wild Geese Wendell Berry

Horseback on Sunday morning,
harvest over, we taste persimmon
and wild grape, sharp sweet
of summer's end. In time's maze
over fall fields, we name names
that went west from here, names
that rest on graves. We open
a persimmon seed to find the tree
that stands in promise,
pale, in the seed's marrow.
Geese appear high over us,
pass, and the sky closes. Abandon,
as in love or sleep, holds
them to their way, clear,
in the ancient faith: what we need
is here. And we pray, not
for new earth or heaven, but to be
quiet in heart, and in eye
clear. What we need is here.



Be well!