

MISSION:

To assist Edward Waters College's students in achieving their personal, educational, and career goals. The Counseling Center is an integral part of the College's total learning environment. The Counseling Center provides students with a safe environment where personal concerns can be openly explored and discussed with professional counselors.

LOCATION:

We are located in George N. Collins Student Union Building, 1st Floor.

HOURS OF OPERATION:

Monday-Friday
10:00 A.M.- 5:00 P.M.

Wednesday
9:00 A.M. - 10:30 A.M.
-Closed for Chapel-
2:00 P.M. – 5:00 P.M.

Services are available by appointments. Services are available to all members of the campus community. There are no fees or charges for use of services.

WHAT IS COUNSELING?

Everyone needs someone to talk with at times. Counseling is a growth process through which students are helped to do the following:

- Define goals; make decision; and, solve problems related to personal, social, academic, and career concerns. Counselors help students to resolve personal and educational concerns.

All counseling is personal counseling but with different focused concerns. Regardless, each individual and each case is dealt with understanding, objective, and non-judgmental.

Resources and Services

BUDDHA BOARD



Buddha Board is based on the Zen concept of living in the moment. Simply paint on the surface with water and your creation will come to life. Then, as the water slowly evaporates, your art will disappear leaving you with a clean slate and a clear mind.

Mindfulness Meditation

Key points in mindfulness meditation are:

- A quiet environment. Choose a secluded place in your home, office, garden, place of worship, or in the great outdoors where you can relax without distractions or interruptions.
- A comfortable position. Get comfortable, but avoid lying down as this may lead to you falling asleep. Sit up with your spine straight, either in a chair or on the floor. You can also try a cross-legged or lotus position.
- A point of focus. This point can be internal—a feeling or imaginary scene—or something external - a flame or meaningful word or phrase that you repeat it throughout your session. You may meditate with eyes open or closed. Also choose to focus on an object in your surroundings to enhance your concentration, or alternately, you can close your eyes.
- An observant, noncritical attitude. Don't worry about distracting thoughts that go through your mind or about how well you're doing. If thoughts intrude during your relaxation session, don't fight them. Instead, gently turn your attention back to your point of focus.

EDWARD WATERS COLLEGE

COUNSELING CENTER

**RELAXATION
ROOM**



Mrs. Ragan C. Summers, Director

**Dr. Eric W. Jackson,
Vice President for Student Affairs
and Enrollment Management**

Dr. Nathaniel Glover, President



Guidelines to Using the Relaxation Room:

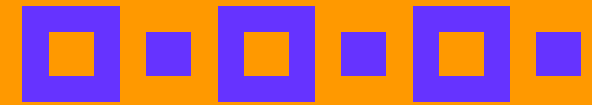
- You must have a valid EWC ID in order to reserve time and use the Relaxation Room.
- You will need to complete a brief stress factor inventory prior to using the room.
- Sessions in the Relaxation Room are limited to 30 minute including 15 minutes in our large recliner massage chair with soft lighting and soothing music.
- Only two (2) persons in the room at a time, please be courteous.
- You need to remove shoes so please wear socks.
- No food or drinks.
- No cellphones, disrespectful behavior, or loud noises in the area.
- You are expected to leave the Relaxation Room in the same condition you found it.

If you would like to schedule an appointment to use the room, please call 904-470-8990 or email evcarter@ewc.edu. You may also drop by and sign-up in the Counseling Center.



Simple Tips to Balance Your Mind, Body & Soul

1. **Exercise**—Find an exercise you enjoy and start doing it regularly.
2. **Be grateful**—Stop to think about the things you have going for you and appreciate them.
3. **Get plenty of sleep**— Sleep is regenerative for your body. The more sleep you get the better you will perform the next day.
4. **Breathe deeply**— Whenever you think about it stop and take a deep breath. Over time this will become a healthy habit.
5. **Ground yourself**—Literally. Plant your bare feet on the earth as often as possible.
6. **Do Yoga**— Great for the body and mind.
7. **Smile more**—It feels great.
8. **Meditate**—Set some time aside each day to rest your mind.
9. **Eat plenty of greens**—Dark leafy greens are rich in vitamins, minerals and chlorophyll. They help alkalize the body.
10. **Drink lots of clean water.**



Massage Chairs



Schedule an appointment to relax in our zero gravity massage chairs that features hip air massage, seat vibration massage, neck and shoulder air massage, and heat therapy for your back lumbar area. The chairs also include 20 unique auto programs and 6 massage techniques. Enjoy a total of 15 minutes of complete body massage/relaxation. Our chairs are as close to a hands on massage as you can get.



RELAXATION JARS

When the glitter settles (it's both calming and mesmerizing to watch it happen), you feel magically calmer.

Relax, meditate, and relieve stress and anxiety

To schedule an appointment,

call 904-470-8990.