

Spilling the Tea at CWC



Spring, A Time of Renewal and Change

Spring is more than just a change in the weather; it is a season of profound hope and renewal, much like the transition our graduating students are currently navigating. As Dr. Maya Shankar often discusses in her work on the science of change, we frequently misjudge the emotional impact of major life shifts, fearing the uncertainty they bring. However, as Mel Robbins recently explored with Dr. Shankar, these 'slight changes of plans' are actually invitations to **reimagine** who we can be. For a graduate, this season is a 'reset'—an opportunity to anchor their identity not just to the degree they've earned, but to their deeper 'why.' Just as the earth wakes up and reinvents itself each spring, we can also step into the 'other side of change,' equipped with the resilience to turn uncertainty into a powerful new beginning.

The Scroll Hole: Why Your Brain Can't Put the Phone Down

Last month our newsletter featured information about technology and digital addiction. What we didn't talk about is Dopamine, a neurotransmitter that is known as our "feel good" hormone. Dopamine gives us a sense of pleasure. Technology use (social media, scrolling, etc) becomes addictive because it triggers a large dopamine release in our brain. We then begin to crave the things that cause the dopamine release. This can cause a "dopamine chasing loop" which causes overstimulation and desensitization to occur in our brains. As we become desensitized, we need more and more of the "thing" that brings us pleasure. We end up needing more screen time just to feel "normal".

Healthy ways to increase Dopamine

Eat a protein heavy
breakfast

Movement Breaks or
short bursts of exercise
(20-30 minutes)

Protect your sleep—Get
7-9 hours a night

Practice mindfulness
one minute of deep, slow
breathing can help
increase dopamine levels.

Mental Health Minute: The Power of Reframing

Reframing (aka Cognitive Restructuring) is a tool commonly used by mental health therapists to support our clients to challenge negative thinking. By replacing one or two words in a phrase or a statement, it can naturally change the way we view something we might have seen as negative/undesirable. Consider this example: rather than looking at exercise as something I should do, change the word "should" to "choose". Exercise is something I "choose" to do because I like taking care of myself. When you find yourself in a negative thought loop worrying about "What if..", reframe the worry by saying, "Even if..". When we reframe our worries, it alters the emotional impact it has on us (it changes how we feel about it). **Reframing** is a powerful and easy tool to support our well being.

