CWC Counseling Office
855-2011

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Spilling the Tea at CWC

November 2026

Giving Thanks and Having a Grateful Heart

Between midterms, group projects, and living on energy drinks, it's easy to focus on everything that's going wrong. But can taking a few seconds to focus on the **good stuff** actually help your brain? Psychology researchers **Emmons and McCullough** ran a series of studies comparing people who tracked daily hassles against those who intentionally wrote down things they were grateful for. The result? The gratitude group experienced a significant boost in positive mood, felt better about their lives overall, and even reported fewer physical symptoms of stress.

You don't need a whole journal or a huge daily routine to get the perks.

Try it right now (while you're sitting here):
Think of 3 micro-wins today: An instructor who ended class early, finding a good parking spot, or a good meal at Rusty's.
Make it a habit: Spotting the good stuff trains your brain to handle stress a little easier over time.

Need someone to chat with? The CWC Counseling Office is here to help. Call Nicole or Andrea in the CWC Counseling Office @ 855-2169 or 855-2011 to set up an appointment.

Native American Heritage Month

Every November, we honor the history, culture and contributions of Indigenous peoples in the United States. There are more than 575 federally recognized tribal nations as well as Alaska Native and Native Hawaiian communities. Locally, Fremont County celebrates the history of the **Eastern Shoshone** and **Northern Arapaho** tribes. If you have never been, stop by our Intertribal Building (ITECC) and walk through some of the artwork created by local artists from both tribes. The contributions of our tribes extend beyond the art hanging on our walls. If you are curious to learn about the history of the tribes, or the cultural contributions made, learn more by visiting the Wind River Reservation Education Project on Wyoming PBS

During November, say yes to ...
Getting outside for a walk, even just a quick walk around campus(stock up on Vitamin D)
Calling a friend to say a quick hello
Taking a break from social media--give yourself the gift of a digital detox
Invitations to lunch or dinner with a new friend or classmate
Being intentional about practicing daily gratitude
Developing a Growth Mindset--practicing the power of YET

Quick Energy and Focus Hacks

The 20-20-20 Rule for Study Fatigue: Every 20 minutes of screen/reading time, look at something 20 feet away for 20 seconds.
5-Minute Reset: Try a simple grounding exercise **(5 things you see, 4 you touch, 3 you hear, 2 you smell, 1 you taste)** to pull out of an anxiety spiral before a big exam.

Got Gratitude? Please let us know

Show your **appreciation** for a staff member or another student by emailing gratitude@cwc.edu
We'll forward it on to the receipient.

