00:00:09.000 --> 00:00:16.500

jodi jenkins: Hello everyone. Welcome to the I'm Doing Fine Podcast, created by Grand Valley's University Counseling Center.

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00:00:16.949 --> 00:00:25.470

jodi jenkins: Thank you so much for listening. We're super excited to start our podcast. We've been working really hard writing it and preparing it

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00:00:26.160 --> 00:00:35.580

jodi jenkins: And so it is called "I'm doing fine." So really, that title, which to me is in quotes because the slogan right underneath it is it's okay if you're not

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00:00:36.240 --> 00:00:53.940

jodi jenkins: And this podcast is written and built for when you just aren't doing okay. And that is..that is a completely ok thing. So to kick things off, I'm gonna jump over to Cameron who is going to introduce who we are and we’ll just say our names and things like that!

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00:00:55.560 --> 00:01:01.740

Cameron Lindsay: Yeah so hi I'm Cameron and so we're all peer educators. We are... We work for the Counseling Center.

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00:01:02.100 --> 00:01:12.450

Cameron Lindsay: And we are here to increase awareness about the various resources and trying to get the student body more access to the services that the university Counseling Center provides

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00:01:13.080 --> 00:01:23.220

Cameron Lindsay: And we're also here to try to promote the well-being on the campus community through different sources of outreach and social justice initiatives.

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00:01:23.580 --> 00:01:29.490

Cameron Lindsay: And one of the main things and something that we're all kind of passionate about is de-stigmatizing mental health.

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00:01:29.880 --> 00:01:38.190

Cameron Lindsay: And so that students can feel empowered when they're seeking resources and knowing when it's okay to go get those resources.

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00:01:38.640 --> 00:01:56.370

Cameron Lindsay: And so I am Cameron Lindsay, I am a psychology and social work major here at Grand Valley. I'm a sophomore and I go by she, her pronouns. And I hope to be a therapist one day. You know, get my masters in social work and

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00:01:57.510 --> 00:02:05.670

Cameron Lindsay: Really try kind of embody all of the different things that peer educators do in my future practice. And so, Carly. What about you,

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00:02:06.360 --> 00:02:17.490

Carly James: Yeah. Hi, everyone. I'm Carly James. This is my senior year at Grand Valley, my second year as a UCC Peer Ed. I am a psychology major as well.

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00:02:18.240 --> 00:02:24.090

Carly James: My post graduation plans include hopefully getting into an MSW program where I can

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00:02:25.050 --> 00:02:34.980

Carly James: become a licensed social worker to practice therapy as well. I really look forward to a career of empowerment and affirmations for individuals throughout the community.

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00:02:35.250 --> 00:02:45.660

Carly James: And knowing that their mental well being matters and in the moments where we struggle, it's okay to seek help and lean on community resources. How about you, Alonda.

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00:02:46.650 --> 00:02:50.460

Alonda Smith: I am a junior at Grand Valley, but this is my first year as a peer educator

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00:02:50.910 --> 00:03:05.850

Alonda Smith: Right now I am studying psychology with a sociology minor and I also hope to get my masters in social work and become a therapist and just try to give people a safe space where their voices are heard and that their feelings are validated. And I use she, her pronouns. How about you, Jodi.

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00:03:08.340 --> 00:03:09.240

jodi jenkins: Yeah, hello everyone. My name is Jodi Jenkins. My pronouns are she her.

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00:03:11.610 --> 00:03:21.960

jodi jenkins: I am a sophomore here at Grand Valley, but it's also my first year in the peer educator program. I'm studying psychology and behavioral neuroscience.

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00:03:22.560 --> 00:03:35.520

jodi jenkins: And one day I would like to become a genetic counselor, because that ties both the neuroscience aspect and both the counselor aspect together. And that is really my end goal but

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00:03:37.410 --> 00:03:40.440

jodi jenkins: right now I am just a peer educator and that has been something that I have been truly enjoying.

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00:03:42.000 --> 00:03:43.140

jodi jenkins: That's the four of us.

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00:03:44.550 --> 00:03:49.620

Carly James: I'm so again this is Carly, I think I forgot to mention earlier, I also use she her pronouns.

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00:03:50.460 --> 00:04:00.420

Carly James: But I think to kick things off, we saw as a team, it would be beneficial if we took the time to share why we decided to name our podcast, I'm doing fine.

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00:04:01.230 --> 00:04:12.360

Carly James: Obviously this slogan stood out to each of us, and stood out in different ways. So we thought we would take some time to sort of break it down with everyone and take a closer look at our slogan.

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00:04:13.110 --> 00:04:25.770

Carly James: So for me, I'm doing fine means a lot of different things. I think it brings attention and focus to the fact that it's important to be checking in with ourselves on a regular basis and making sure our own needs are being met.

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00:04:26.100 --> 00:04:38.220

Carly James: With ourselves but also those around us. I also think that I'm doing fine recognizes that we won't all be at our best all of the time and that that fact is okay.

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00:04:39.300 --> 00:04:46.590

Carly James: That I'm doing fine really recognizes that it's okay to struggle and feel low when things come up in our lives because they so often do.

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00:04:47.040 --> 00:05:00.030

Carly James: And it's important to give ourselves the space to check in refuel and recognize where we're at, whenever we can, because it's something we all deserve. Jodi would you want to share a little bit about what it means for you next

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00:05:00.240 --> 00:05:01.590

jodi jenkins: Yeah, totally. I think

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00:05:03.000 --> 00:05:12.030

jodi jenkins: The title i'm doing fine really speaks to the tendency that people have, and I have to, to answer the question of how are you really doing? I'm doing fine.

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00:05:13.050 --> 00:05:21.330

jodi jenkins: Things are going okay because it's one of the easiest lies to tell. it just slips right out of your mouth really. But

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00:05:21.840 --> 00:05:32.640

jodi jenkins: it is completely ok and normal when my answer is no, I'm not doing fine. And that's something that we as peer educators group and as human being and

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00:05:33.600 --> 00:05:50.190

jodi jenkins: at the University Center as well as trying to bring to you see yourself going out into the world. This idea that I'm not fine, it's perfectly okay. That is what I’m Doing Fine means to me personally

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00:05:53.910 --> 00:05:54.750

jodi jenkins: I know that Cameron was saying something similar.

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00:05:56.010 --> 00:05:57.390

jodi jenkins: What were you going to say Cameron?

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00:06:01.620 --> 00:06:09.870

Cameron Lindsay: Oh, yeah. So there's like the I'm doing fine kind of relates to like all of us like it's very human thing to do. Like you walk

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00:06:10.170 --> 00:06:16.410

Cameron Lindsay: You're walking down the street and somebody goes hey how you doing, and then the next thing you know, you're saying oh yeah I'm doing fine.

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00:06:16.770 --> 00:06:28.590

Cameron Lindsay: Like, I think it's something that humanizes all of us and it's something that we all tend to do. And even if you're not doing fine. And that's okay. We're here for you. And we want to be there for you.

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00:06:29.100 --> 00:06:43.080

Cameron Lindsay: And so for me it really just meant like, hey, this is something we all kind of we all kind of do as a united front. And so, but we're here to make sure that you know that it's okay. Even if you're not doing okay. What about you, Alonda?

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00:06:44.610 --> 00:06:51.420

Alonda Smith: I also think I'm doing fine. It's just this habit that we seem to all fall into where we just want to avoid opening up to people, you know,

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00:06:51.750 --> 00:07:01.830

Alonda Smith: I feel like this podcast is just recognizing how hard it is to prioritize around mental health and showing our listeners how important self acceptance truly is because as Carly said it is something that we all deserve.

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00:07:02.250 --> 00:07:07.530

Alonda Smith: I really like that we were all able to just acknowledge how important that is to take care of ourselves. I was actually wondering

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00:07:07.800 --> 00:07:11.010

Alonda Smith: What activities you all do for self care and maybe share some ideas.

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00:07:11.310 --> 00:07:18.150

Alonda Smith: Because for me, I really like to journal to try to just get those feelings out and acknowledge them but Carly, I know that sometimes we talk about how we like to go on walks

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00:07:18.480 --> 00:07:23.400

Alonda Smith: And I like to go for walks in Millennium Park in Grand Rapids, but where is it that you said I usually like to go

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00:07:23.820 --> 00:07:31.620

Carly James: Yeah, I love to check out grand ravines. Specifically grand ravines north, but there's also a grand ravines south location.

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00:07:32.100 --> 00:07:36.120

Carly James: But I just love going there because it's so close to campus and it's

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00:07:36.480 --> 00:07:44.490

Carly James: So expansive and there's so many different trails to check out. I've actually never been to Millennium Park. So I'm excited to check that out. After we talked about it a little more

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00:07:45.180 --> 00:07:53.970

Carly James: But yeah, being outside and getting in a different headspace is so helpful I think in so many different moments, but I know I also lean on

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00:07:54.630 --> 00:08:11.130

Carly James: Yoga, as well as a self care activity that I like to engage in. And I know that for me personally, I would like to get more involved in meditation. I don't meditate as often as I would like to. And I know Jodi, you've talked about how meditation is

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00:08:11.310 --> 00:08:14.670

Carly James: I guess more of a part of your regular routine. If you want to talk about that a little more

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00:08:15.600 --> 00:08:19.200

jodi jenkins: Yeah, so I do actually meditate, pretty much every night.

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00:08:20.670 --> 00:08:27.600

jodi jenkins: It started really as a habit because it helped me get to sleep and now it's just become a thing that I can't do it before I go to bed.

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00:08:30.180 --> 00:08:45.030

jodi jenkins: I actually use an active meditation app that I happen to see..I just found out about it...I don't remember where. Um I was scrolling through our counseling center’s website and I saw it on there enough like hey, that’s the one I use.

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00:08:46.650 --> 00:09:00.930

jodi jenkins: It's called insight timer, if anyone’s curious. But it is a meditation app. I like, ten minutes before I go to bed and I eventually fall asleep to piano music each night. My roommate's hate my piano music.

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00:09:03.390 --> 00:09:05.850

jodi jenkins: It kind of is dark but I sleep like a rock to it.

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00:09:09.900 --> 00:09:13.230

jodi jenkins: I have really been doing that for the past five to six months.

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00:09:16.110 --> 00:09:21.240

Cameron Lindsay: So like for me, one of my like self care things is, I'm a low-key shopaholic

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00:09:21.570 --> 00:09:25.410

Cameron Lindsay: And, the other day I was like scrolling through Amazon like I do.

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00:09:25.830 --> 00:09:37.500

Cameron Lindsay: And I saw that there was like a sound machine. And so I it was a box that picked it up and that thing has been amazing. So I can definitely relate to you with like the piano music, the only

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00:09:37.800 --> 00:09:38.160

Cameron Lindsay: One that

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00:09:38.640 --> 00:09:41.190

Cameron Lindsay: Gives me the heebie jeebies is the heartbeat sound.

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00:09:42.570 --> 00:09:49.650

Cameron Lindsay: But besides that every single one is just so amazing. It's so good to study with to with that going in the background.

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00:09:51.150 --> 00:10:01.800

Cameron Lindsay: But additionally to that for me self care like I... Like Carly, I love to go out and I'd love to do some yoga like 30 minutes I just look it up on YouTube.

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00:10:02.310 --> 00:10:13.440

Cameron Lindsay: And I another self care thing I like to do is I love gardening that is like I'm in the middle of March and snowing. I'm out there. I'm going to start gardening.

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00:10:13.920 --> 00:10:14.640

And

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00:10:16.920 --> 00:10:30.450

Cameron Lindsay: But for more of like on a daily basis for me. I just love having my warm cup of coffee in my hands in the morning with my oatmilk creamer and the leaves are falling and it's like the crisp cool air.

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00:10:30.450 --> 00:10:32.490

Cameron Lindsay: It's just like such a mindfulness minute for me.

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00:10:32.730 --> 00:10:46.680

Cameron Lindsay: And so all of those things in conjunction is like what I do my own like little self care and that like more meditation like is something that I am interested in. Well, and

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00:10:47.700 --> 00:11:00.990

Cameron Lindsay: I kind of heard that there's a couple of like journaling things and I know for me, like, I've tried journaling, but do you guys have like a third of like routine or system that you guys like to do

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00:11:01.890 --> 00:11:13.770

Alonda Smith: I don't personally really like routines. I've just found that it's more enjoyable when I don't feel like I have to do it, it's just always there when I'm feeling like particularly overwhelmed. That's just me personally, though, how do you feel about that Carly

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00:11:14.190 --> 00:11:31.080

Carly James: Yeah, I definitely love journaling when I feel like I really need it. I'm the same Alonda I don't really have a routine for it. I don't necessarily set aside the same time every day to journal, I sort of just let myself, do it when I'm really feeling the need for it.

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00:11:32.130 --> 00:11:47.250

Carly James: But I find that when I do decide to journal. It's usually at the end of the day before I go to bed because I like just being able to reflect on the day and really think about where I was at throughout the day and sort of in a way, prepare myself for the next day.

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00:11:48.270 --> 00:11:56.160

Carly James: So yeah, it's definitely a really good reflective activity that I enjoy engaging with. And I think to

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00:11:56.670 --> 00:12:02.460

Carly James: more artsy one that I've found myself engaging with more is embroidery and I think Cameron, you

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00:12:02.790 --> 00:12:12.840

Carly James: Talked about how you're also picking that up, it always makes me so excited to hear other people because it's something that I decided to teach myself over the summer, sort of, when the pandemic hit

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00:12:13.650 --> 00:12:29.130

Carly James: But it's a it's a really fun activity and it welcomes even like little mistakes. I know sometimes I have to go back and restart things, but it's also, it's so mindless but also allows you to be mindful in the moment. I don't know if you sort of agree with that, when you're doing it, Cameron.

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00:12:30.360 --> 00:12:37.830

Cameron Lindsay: Oh yeah I know for sure. I've started embroidery like maybe a month ago, like I'm definitely amature stage.

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00:12:38.220 --> 00:12:39.960

Cameron Lindsay: But I really, really love it.

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00:12:40.320 --> 00:12:46.740

Cameron Lindsay: And it's just like, like, my friend. She picked up a sweatshirt. And she was like, hey, can you do a little anchor on this for

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00:12:46.740 --> 00:12:48.690

Cameron Lindsay: Me cuz go Lakers.

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00:12:48.990 --> 00:12:49.590

Yeah.

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00:12:50.820 --> 00:12:54.780

Cameron Lindsay: So I did like the first one and then it just did not look cute. And so I

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00:12:54.780 --> 00:12:55.080

Carly James: Was like

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00:12:55.140 --> 00:12:57.510

Cameron Lindsay: Okay, I gotta restart. But it's like

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00:12:57.630 --> 00:13:07.470

Cameron Lindsay: It's like a nice little journey. And it's such a great way for me to unwind and, yeah, no, I love embroidery like I didn't think I'd love it so much, but I really do.

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00:13:07.890 --> 00:13:08.790

Carly James: Yeah. Yeah same

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00:13:09.990 --> 00:13:11.640

jodi jenkins: I wish I was artsy you guys.

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00:13:14.340 --> 00:13:26.250

jodi jenkins: I find it funny that you brought up journaling, because it's something that I always like..I'm trying to get into. I really like writing and then i buy myself this cute journal. Like this time I'm going to do it.

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00:13:33.900 --> 00:13:34.650

Jodi: Then I put it in my desk and won’t look at it for the next few months. It's okay.

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00:13:35.910 --> 00:13:36.600

Alonda Smith: We've all been there.

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00:13:39.270 --> 00:13:58.080

jodi jenkins: But you guys were saying something about walking. I also love taking walks. Um here at Grand Valley, it’s pretty easy because we have all the trails that go behind the dog park and that connects like to the buildings as well. I don't know the more I'm walking through them. I'm finding that they’re actually connected.

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00:14:00.810 --> 00:14:01.800

jodi jenkins: and I just pop up behind the dorm

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00:14:06.120 --> 00:14:21.060

jodi jenkins: Yeah, another one other like self care activity that I was just thinking about, I try to do.. especially during COVID when I can't meet certain people face to face, and is calling people on FaceTime.

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00:14:21.600 --> 00:14:27.420

jodi jenkins: And I think it is so important, even if I only do that for like five minutes out of one day.

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00:14:29.070 --> 00:14:36.210

jodi jenkins: Relieves all of my stress. Well, I just wondered also if you all had that same feeling, especially during this time of COVID.

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00:14:38.130 --> 00:14:41.940

Cameron Lindsay: Oh yeah that's me, for sure. Like, I've always been kind of a caller.

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00:14:42.270 --> 00:14:44.220

Cameron Lindsay: Like I was like the person at Meijer that's calling

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00:14:44.280 --> 00:14:46.110

Cameron Lindsay: My friends, being like hey how you doing,

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00:14:46.500 --> 00:14:49.500

Cameron Lindsay: And I realized in quarantine. It's like I really need that.

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00:14:49.500 --> 00:14:50.400

Cameron Lindsay: Connection.

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00:14:50.730 --> 00:15:00.810

Cameron Lindsay: With people and it's like I'm so extroverted that I need that like that communication aspect of my life. So I found myself calling people all the time.

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00:15:01.260 --> 00:15:10.140

Cameron Lindsay: And just like the random people that are in my phone that like I might have not talked to in like three years, but I'm like hey how's life.

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00:15:10.590 --> 00:15:11.460

How's it going,

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00:15:13.440 --> 00:15:16.530

Cameron Lindsay: I've just noticed that, like that's something that I've been doing a lot more to

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00:15:16.530 --> 00:15:17.820

Carly James: As well

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00:15:18.330 --> 00:15:19.500

Alonda Smith: You just need that social interaction.

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00:15:19.860 --> 00:15:24.150

Carly James: Yeah yeah I found like throughout the summer, especially my sister and I would

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00:15:24.870 --> 00:15:31.680

Carly James: Really be effortful and like making those FaceTime calls or zoom nights with close friends, we would have game nights over zoom

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00:15:32.280 --> 00:15:42.450

Carly James: Just finding some kind of normalcy through it all, even though it is still newer. Having game nights over zoom weren't really something we thought of before.

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00:15:43.200 --> 00:15:59.430

Carly James: The last few months. But yeah, I mean it just, it's definitely a moment to consider how important it is to fall back on our support systems, even if it has to be in new ways, but navigating those new ways of letting ourselves explore them a little more really important for sure.

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00:16:02.160 --> 00:16:10.200

jodi jenkins: Yeah, so kind of switching gears a little bit here. I know that the four of us obviously work at the UCC

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00:16:10.710 --> 00:16:24.090

jodi jenkins: But I wonder if there's anything specific at the Grand Valley Counseling Center that we really appreciate or that we think is important. So I'll go ahead and start.

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00:16:25.290 --> 00:16:33.480

jodi jenkins: I I have found that every interaction. I've had with Grand Valley's Counseling Center has been a positive one. And I know that

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00:16:34.410 --> 00:16:42.600

jodi jenkins: not everyone can say like the exact same, but so many people I have talked to has. So it's good to have. And I think that that's amazing. Every

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00:16:43.080 --> 00:16:50.310

jodi jenkins: phone call I've had, and even working with you guys here, and has been really great. And that's something that I love and I really appreciate

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00:16:51.300 --> 00:16:58.590

jodi jenkins: I also really like especially being a student here how easy to use and access our website is

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00:16:59.220 --> 00:17:12.420

jodi jenkins: Like, I think it's built for college students very well because with..as college students or something like even a little bit difficult..or if it looks like we're gonna have to, like, read a paragraph or anything. No, I'm not going to do that.

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00:17:13.590 --> 00:17:20.850

jodi jenkins: I really appreciate it how the website is set up and how easy it is to access information about the counseling center.

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00:17:21.300 --> 00:17:21.690

And

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00:17:24.540 --> 00:17:28.140

jodi jenkins: I just wondered if you had something specific that you like.

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00:17:29.190 --> 00:17:30.480

jodi jenkins: Then you really liked about the counseling center.

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00:17:31.890 --> 00:17:45.810

Carly James: Yeah, I um. I just love how connected the UCC is with students and throughout the campus community. I think that like that establishment of connection and encouragement to seek out the resources that we have

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00:17:46.230 --> 00:18:01.680

Carly James: Available when it comes to our own mental well being, is so, so important in that effortful connection, like I said, is something that the UCC does that I appreciate so much, especially when college is such a tricky time having that support system.

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00:18:02.340 --> 00:18:12.870

Carly James: To fall back on all this time is really so necessary and important, especially with the university counseling center being willing to say like, Hey, we're here for you, but also

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00:18:13.410 --> 00:18:23.610

Carly James: Like you mentioned Jodi, the website like giving us those outside resources within our community outside of the campus community and being like, hey, here are things you can check out either on your own or even

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00:18:23.910 --> 00:18:31.590

Carly James: On different community resources that you can look into just really establishing that care and connection in an effortful way.

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00:18:33.300 --> 00:18:39.270

Alonda Smith: I really agree about all the resources that they offer on their website. I just think it really shows just how much effort was put in

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00:18:39.510 --> 00:18:50.640

Alonda Smith: Just to build the UCC up to like what it is today. Like for instance, all the different group therapy sessions that are available because it's already great that the sessions are unlimited but there's just so many options and I just

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00:18:50.640 --> 00:18:51.270

Alonda Smith: Really do feel

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00:18:51.390 --> 00:18:59.100

Alonda Smith: There's something there for everyone. Just anyone who's going through whatever they can have that. I just feel like that so helpful but Cameron, what were you gonna say

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00:19:00.000 --> 00:19:08.790

Cameron Lindsay: Yeah, and I think an overarching like denominator here is really that there's like a care aspect and that

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00:19:10.980 --> 00:19:18.870

Cameron Lindsay: That a lot of like the University counseling center really does show that they really do care and like they're willing and they'll meet you where you're at.

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00:19:19.260 --> 00:19:29.580

Cameron Lindsay: And it's like, whatever stage of life you are at they're willing to be there for you and they're going to be a support for you because like Carly said College is a really tough time

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00:19:30.450 --> 00:19:42.120

Cameron Lindsay: Like, there's a lot of like some valleys and having a support system on campus out there for the student body that is free and it's available.

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00:19:42.450 --> 00:19:46.710

Cameron Lindsay: And you can make an appointment quickly and it's not going to drone on and on

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00:19:46.710 --> 00:20:00.060

Cameron Lindsay: forever and ever, like all of that is just really important. And I think that's something that I've always really liked about the university counseling center is that they are a really great resource. And they're really they do show that they care.

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00:20:00.210 --> 00:20:00.540

jodi: Yeah.

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00:20:02.970 --> 00:20:16.830

jodi jenkins: Um, I really liked what you said about the UCC caring. And as we're wrapping up this first podcast episode here. If you take anything away from it, let it be, let it be that the UCC at Grand Valley cares.

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00:20:18.210 --> 00:20:19.230

jodi jenkins: Cares 100%.

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00:20:20.670 --> 00:20:28.380

jodi jenkins: And also before we go. As are wrapping up here.We did want to mentioned that we know it's a super stressful time.There's a ton going on

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00:20:29.760 --> 00:20:38.250

jodi jenkins: as a student, but there’s also a ton going on in our nation and world right now. So we do actually have. We also have resources.

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00:20:39.300 --> 00:20:41.010

jodi jenkins: For students here but

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00:20:42.120 --> 00:20:52.950

jodi jenkins: This is on our website more specifically. We do have election processing groups. The dates and times for that can be found on our website. We also have an Instagram page.

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00:20:53.550 --> 00:21:04.830

jodi jenkins: And right now we are posting every single day on our story a new tip for maintaining a positive mental attitude, especially given

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00:21:05.940 --> 00:21:14.970

jodi jenkins: the world we are in right now. But as we go. I want to thank you so much for listening and thank you for if you're still listening sticking out with us out to the end.

149

00:21:16.020 --> 00:21:22.440

jodi jenkins: And listening to all our self-care tips and our stories and things like that.

150

00:21:23.910 --> 00:21:28.200

jodi jenkins: And again, this has been the I'm doing fine podcast and

151

00:21:29.880 --> 00:21:36.990

jodi jenkins: As we leave just remember that if there's a time when you aren't doing fine, the Grand Valley UCC would absolutely love to help.

152

00:21:38.610 --> 00:21:39.270

jodi jenkins: Thank you again.

153

00:21:40.950 --> 00:21:41.550

jodi jenkins: Bye