

CONQUER & PREVAIL WOFFORD COLLEGE



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A message from President Samhat

Jeremy Powers '21, owner of Sky Shutter Media LLC and a member of Wofford's entrepreneurship and innovation program, recently teamed up with President Nayef Samhat for this inspirational video for the Terrier community.

Reminder: State of the College Virtual Town Hall for Alumni and Friends

Alumni and friends of the college are invited to participate in a virtual town hall today at 4 p.m. **Click here** to register. President Nayef Samhat and members of his cabinet will serve as panelists. If you cannot attend the event, a recording and transcript will be available at **[Wofford.edu/coronavirus](https://www.wofford.edu/coronavirus)**.



Terrier Talks

The Career Center has launched Terrier Talks, a podcast with alumni interviews focused on careers and lessons learned along the way. Episodes can be found on iTunes and Spotify. Would you like to recommend an alumnus for an interview? If so, email Rebecca Parker at parkerrm@wofford.edu.

Naming your feelings

By Kellie Buckner '01, LMFT, a counselor in the Wofford College Wellness Center

You get to say that you are scared.

Sometimes in saying those words – there can be a release or even a sense of empowerment. Then once you name the feeling you are experiencing, you get to decide how you are going to express it. Will I be scared in a panicked way, a calm way, a loving way?

That's the thing – the emotion doesn't determine how you live your life or go through an experience. You can make that decision based on the person you want to be.

There are times when the coronavirus situation has me feeling anxious and scared. I am a person who likes my routine and likes knowing what to expect. There isn't a whole lot of routine about this. I have a parent who lives with me and has been very sick for several months – he's vulnerable, which has me feeling vulnerable. Because I have children who tend to be anxious, I try to choose to be anxious in the calmest way possible. I don't always succeed, but it helps me to think through my choices about what to say and do.

I can't control whether I feel anxious or not – just how I act when I do. When I feel a certain emotion strongly enough, it is a sign for me to go do something to honor that emotion or work through it. My favorites lately are restorative yoga from YouTube videos, listening to Tibetan singing bowls (also from YouTube, and it makes doing the dishes feel more spa-like) and listening to music that brings joy or that matches my mood. To make those choices, I first have to acknowledge what is going on with me.

As you go throughout your day, take some time to name what you are feeling. Decide how you hope to act when you are feeling that way. Imagine what that might look like. Then try to act as you've imagined. Notice how it feels to acknowledge your emotions rather than squashing or avoiding them. Remember, you don't have a choice about how you feel, but you do have a choice in how you act.

Helpful videos:

- **Acceptance and Commitment Therapy: Values and Committed Action**
- **Name and Reframe: 2 Simple Steps to Overcome Anxiety with EQ**
- **Tibetan Singing Bowls for Meditation**
- **5 Ways to Defuse Anxious Thoughts**
- **Why Naming an Emotion Helps Manage it**

Terrier opens up about battle with depression

Devin Watson '19, a graduated student-athlete who played football at Wofford, has accepted an assistant coaching position with Limestone College. He talked to the Herald-Journal about experiencing depression and how coaches Rob Greene and Freddie Brown and Ed Welchel, chair of the education department, and Beth Wallace, assistant dean of students, supported him. [Click here](#) for the story.

Office of Marketing and Communications

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