

MENTAL HEALTH Wellness Champion



Corry Griffin

Referral Testing

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honestly face it. Corry expresses that she is not typically one to shy away from asking for help, but this was terrifying to have to be so open with herself and others.

Corry has found tremendous help and healing through talk therapy and Ketamine assisted therapy. Her ability to feel and express emotions has changed drastically over the last year. She has gained new perspective on the value and growth that comes from feeling a full range of emotions, both positive and negative. Corry has learned to hold space for herself to feel whatever her current emotion might be. Starting her day with positive affirmations is another daily practice that grounds her in self-compassion and kindness.

Corry has discovered helpful coping mechanisms along the way, to help her work through a bad day or

This month, the Wellness Center is thrilled to spotlight Corry Griffin as a Mental Health Wellness Champion!

In 2020, Corry took brave action steps that were necessary to get to a better place with her mental health. She experienced a moment when she was feeling so depressed, angry, and anxious that she was not functioning in daily life. At that point, she had no other choice but to ask for help, so she checked herself into UNI. Corry realized she had been running from pain and trauma for most of her life, and it was time to

negative emotions. Getting outside for a walk is the first thing she does to ground herself. She works to focus her attention on the external sensations of the walk, and to try and disengage from negative thought spirals. Next, she has worked to be curious rather than judgemental towards whatever thoughts she might be having. She asks herself, "What is this emotion really about? Why am I feeling this in this moment, can it be resolved right now, how can I resolve it now?" Last, Corry tries to create something that makes her feel positive while on her walk, such as taking pictures of houses or gardens she likes, or noticing animals. Music can also help her to either engage in her present emotion and then release it, or brighten her perspective and lift her mood.

Laughter is the best remedy Corry has found to manage stress through challenging times. It can feel so



good to just laugh things off and then move forward, focusing on things that will improve the source of stress. "This too shall pass" has become a personal motto of hers, as it speaks to the impermanence of life's circumstances—a reminder that things change and nothing is forever.

Mental health has been such an important aspect of wellness for Corry to focus on, because she has realized that when your mental health is working against you, life is even harder than it already is sometimes. She states, "Everything is connected. Mental health affects physical health. It impacts how one perceives themselves, their life, relationships, and the world. Having intra/interpersonal skills, developing healthy coping mechanisms, and healing trauma is just as fundamentally important as learning to read and write."

Above all, Corry has learned that being in a positive, balanced mental health space requires putting in time and effort daily, but little by little, it will be worth it.

Thank you for sharing, Corry!

