

February 2026

Brain Break!



The NASNTI theme for 2026 is wellbeing and resilience. Your wellbeing matters—and SSC is here to support you! SSC has been making the mental health of their students a priority with valuable resources to help you succeed in college. The SSC Help Center, monthly mental health videos on how to stay mentally healthy, and access to TimelyCare are available 24/7!

Seminole State College is partnered with **TimelyCare** to deliver virtual health and wellbeing platform for students. The service provides around the clock access to virtual care at no cost! Take advantage of TimelyCare services when feeling under the weather, stressed, or overwhelmed. Students can go to timelycare.com/sscok or directly download the TimelyCare app from the app store to register with their school email address.

The SSC Help Center serves as an information source for available community and campus resources. The center offers support services essential for actively learning, working, and living in the community and coordinate supportive services for students seeking information and referral for mental health and substance abuse needs. Also, access the Help Center to see various mental health videos. The videos include Technology Overload; Seasonal Affective Disorder; Transition from High School to College; Handling Stress; Testing Anxiety; Growing Your Support System; Getting Along with My Roommate; Navigating as a Student Athlete; and this month's video highlights, *Going Through Grief? Finish What You Started!*

Join the Craze of Building Blocks!

Another mental health benefit is building block therapy. Building block therapy provides a tangible way to decompress from academic pressure and encourages a growth mindset through experimentation and persistence. According to the *Journal of Health Education Teaching*, 2020; 11(1), building block therapy contributes to the overall wellbeing of college students by serving as an outlet to cope with and reduce stress, enhance problem-solving & critical thinking skills, and helps to boost self-esteem & increase confidence in completing tasks. There are a variety of benefits with building block therapy, more commonly known as building with **Lego** pieces to construct various themes, models, and specific items. A break in-between classes could provide excellent time for a brain break.

Lego sets are located outside NASNTI offices in the Boren Library. *Feel free to use at your leisure.*



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