

Mind Your Mind @ College

College students face a tremendous amount of pressure to succeed, even from those who have the best intentions. It's a cycle – poor mental health can negatively impact your school performance and relationships, which can then further affect your mental health. **You don't have to have a mental health condition to take care of your mental health.** Start by learning the signs of stress and taking care of your mental wellness every day!

Signs of Stress

- Difficulty concentrating
- Increased worrying
- Trouble completing assignments on time
- Not going to class
- Short temper or increased agitation; irritability
- Tension, headaches, or tight muscles (especially in neck and lower back)
- Changes in eating habits (e.g., "stress eating;" indigestion)
- Changes in sleeping habits
- Trembling
- Feeling overwhelmingly anxious or for no specific reason

Here are some ways to take care of yourself on a day-to-day basis:

- Sleep for at least 7 to 8 hours per night
- Avoid self-medication with alcohol or drugs - these can often make you *more* stressed
- Practice breathing exercises
- Move! Exercise has been proven to be a productive way to release stress!
- Learn to say "no." Overscheduling leaves less time for yourself and make you feel overwhelmed
- Laugh! Smile! Practice gratefulness!
- Acknowledge your emotions. It's normal to feel sad, angry, irritated, etc., but also try to understand why you're feeling that way and if there's anything you can do to change it.
- Listen to music, watch your favorite show, stretch - dedicate time, even if it's just five minutes a day, to do something you enjoy.

Most universities offer free counseling services, so don't hesitate to seek help if you find you are stressed or feeling down for more than two weeks. **College can be stressful, but it doesn't have to be.** Take advantage of the suggestions above to maintain your mental wellness, check out some of the resources listed on the back, and don't be afraid to ask for support of friends and family.



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Helpful Resources

Crisis

911: Imminent danger to self or others

White Bird Clinic: 541-687-4000

24-hour local crisis line: 1-800-422-7558

National Suicide Prevention Lifeline: 1- 800-273-8255 (press 1 for Veterans Crisis Line)

Trevor Lifeline: 1-866-488-7386 (for LGBTQ youth)

Crisis Text Line: Text "CTL" or "LISTEN" to 741-741; crisistextline.org

Other Resources

ReachOut • us.reachout.com

This website provides information and support for teens and young adults struggling with mental health issues, including suicide. All the material is written by teens and young adults and includes fact sheets, how to help yourself and your friends, and the ReachOut blog.

The Jed Foundation • jedfoundation.org

Promotes emotional health among college and university students. Includes sections for students, parents and campus staff, resources and links.

Mind Your Mind Project • mindyourmindproject.org

Offers general information about mental wellness, print and online resources, research and data.

Preventionlane • preventionlane.org

Website of Lane County Public Health's Prevention Program. Topics include suicide prevention, mental health, alcohol & other drugs, and problem gambling. Local resources also included.

ULifeline • ulifeline.org

Online resource for college mental health, confidential screening, hotline and text resources.

