

Happy students. Healthy living.

May 2023

Mental Health Awareness Month

As a student, it can be especially difficult to manage your mental health while juggling schoolwork and other responsibilities. Here are some tips for prioritizing your mental health so you can deal with stressful times more effectively and feel better overall.

Stick to a routine.

Sticking to a routine can improve your mental health by fostering a sense of purpose. Figure out what works for you: Plan out your day with a schedule or create a to-do list. It can be as detailed or as general as you prefer.

Make time for self-care.

It is important to recharge your batteries by incorporating downtime and self-care into your schedule. Give yourself permission to relax, even for a half hour each day. Ideas for self-care include reading, practicing an art, meditating, yoga, exercise, or spending time with friends.

Focus on the present moment.

Practicing mindfulness can be beneficial for your overall mental health. If you tend to have worry thoughts, bring your attention back to the current moment.

Connect with others.

Stay connected with family and friends by checking in regularly. You can also get involved in your campus and local community by attending a class or meetup. Doing a small act of kindness can brighten someone's day and help you feel good as well.

Make time for movement.

Try to incorporate movement into your daily routine. When struggling with mental illness, you might not feel motivated to do much. However, even some light stretching, going for a walk, or anything that gets your blood flowing can help you feel better mentally and physically.

Prioritize sleep.

Don't skimp on sleep, which can contribute to feelings of stress, anxiety, and depression. Your body and mind need adequate rest each night in order to function properly.

Seek professional support.

Don't be afraid to take the first step and get the help of a professional counselor. Since your school partners with WellConnect, you have many options to connect with a licensed counselor. WellConnect provides no cost and confidential counseling services for you and your household members. Reach out today at 866-640-4777 for more information.



For additional tips and resources,
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