



### SCS RESOURCES TO CONSIDER

#### STRESS MANAGEMENT WORKSHOP

Wednesdays 1:10-2:30 pm at SCS (Fall and Spring Semesters)

#### BIOFEEDBACK

Call to schedule an orientation. Available to use anytime during SCS business hours after completing the initial orientation.

#### LET'S TALK

Informal walk-in consultation.

Location, days and time can be found online:

[CycloneHealth.org/letstalk](http://CycloneHealth.org/letstalk)

### CRISIS RESOURCES

#### SCS CRISIS SERVICES

Available during SCS business hours

#### CRISIS TEXT LINE

Text ISU to 741741

#### NATIONAL SUICIDE PREVENTION LIFELINE

800-273-TALK (8255)

### GENERAL CAMPUS RESOURCES

Connect with campus resources to help you navigate or address different challenges or stressors.

#### ACADEMIC SUCCESS CENTER

1060 Hixson Lied Student Success Center

515-294-6624

[success@iastate.edu](mailto:success@iastate.edu)

#### STUDENT ASSISTANCE

1010 Student Services Building

515-294-1020

[studentassistance@iastate.edu](mailto:studentassistance@iastate.edu)

#### THIELEN STUDENT HEALTH CENTER

2647 Union Drive

515-294-5801

[studenthealth@iastate.edu](mailto:studenthealth@iastate.edu)

*You may consider trying some of these tips and strategies to promote personal, holistic wellness.*

### PHYSICAL WELLNESS

- Try to get between 6-8 hours of sleep every night. To aid in this, try not to engage with electronics 30 minutes before sleeping and avoid mood altering substances
- Move your body in a way that feels good for you. Physical exercise and movement can have a positive impact on mood
- Fuel your body with food that is enjoyable and try to eat 3 meals a day

### EMOTIONAL WELLNESS

- Write in a journal to express emotions, or find other creative emotional outlets
- Give yourself permission to cry, feel angry, or express other challenging emotions in safe ways
- Challenge negative thoughts and negative self-talk with positive encouragement

### ACADEMIC/OCCUPATIONAL WELLNESS

- Set realistic study or work goals
- Create intentional time to work in a calm setting
- Take breaks between long tasks
- Break larger tasks into smaller, more manageable portions

### SOCIAL WELLNESS

- Get together with those close to you to engage in a stress relieving activity like watching a movie or playing an intramural sport
- Reach out to someone who you may not have spoken to in a while, or express gratitude to an important person in your life

### APPS

There are several apps you can add to your phone to support your mental health. A brief list of options include:

- Calm
- Headspace
- InsightTimer
- MoodTools
- Paced Breathing
- Calm Harm
- Happify
- Mindfulness Coach
- Moodfit