TIPS FOR SELF-CARE

**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

**STUDENT ASSISTANCE**
1010 Student Services Building
515-294-1020
studentassistance@iastate.edu

**THIELEN STUDENT HEALTH CENTER**
2647 Union Drive
515-294-5801
studenthealth@iastate.edu

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**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

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(515) 294-5056