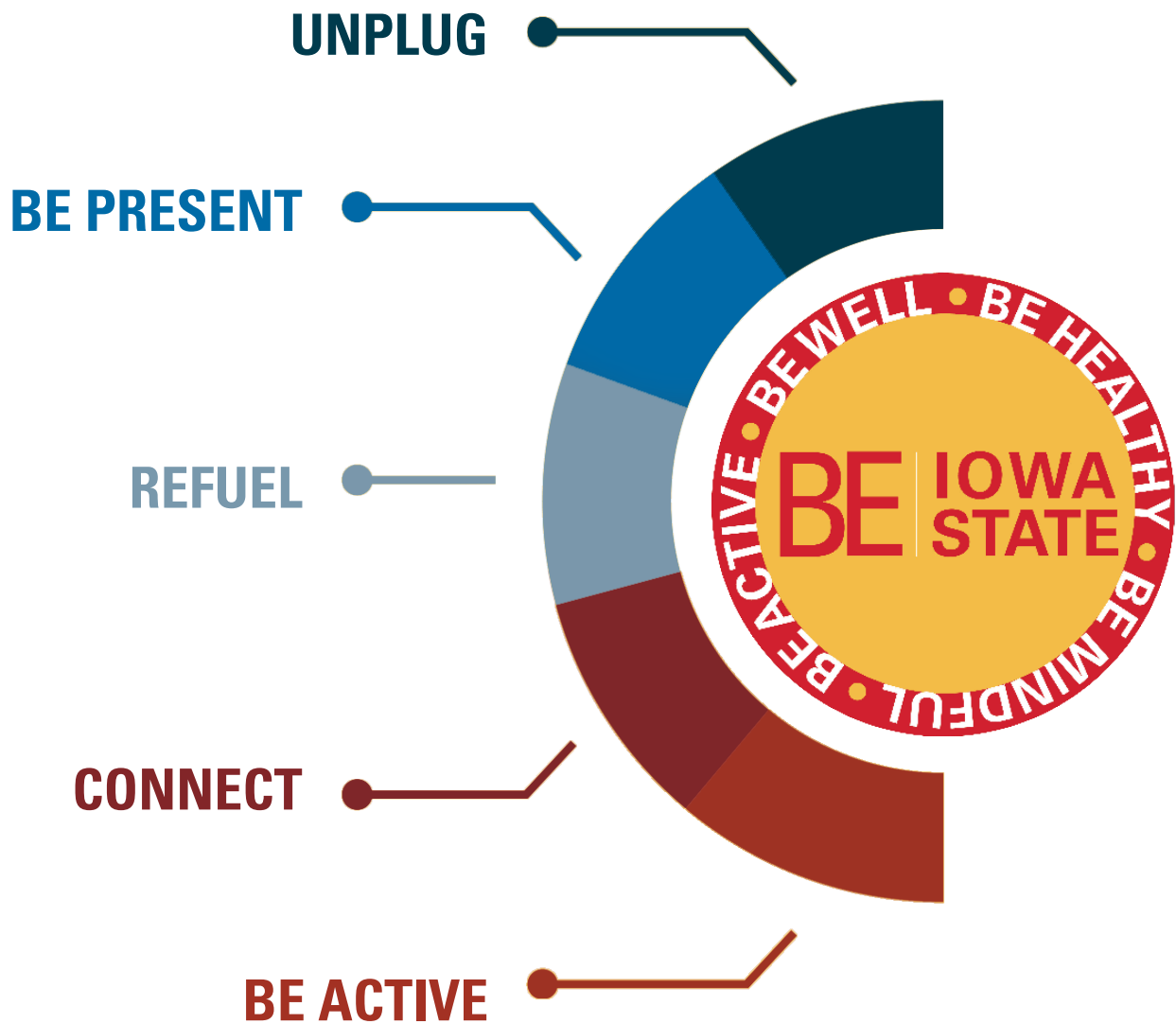


# CARING FOR OUR MENTAL HEALTH DURING PERIODS OF STRESS AND UNCERTAINTY

Tips and resources for how to handle stress and promote wellbeing between now and end of the semester.



# 1. UNPLUG



Limit your consumption of social media and the 24-hour non-stop images. It's important to stay informed, but know your limits. Consider scheduling digital breaks and short blocks of time for updates.

- Monitor how you feel after news consumption. Feeling preoccupied or even upset by national events may be a sign to cut back on your news intake and limit social media discussions.
- During “digital breaks,” take time to focus on something enjoyable, such as a hobby, exercising, being in nature or spending time with family and friends.

# 2. BE PRESENT

Use reflection to recognize your inner thoughts and feelings. Be curious and non-judgmental and give yourself permission to feel the way you do. Be kind to yourself. Although avoiding can be useful, “stuffing” or ignoring strong emotions can have negative impacts.



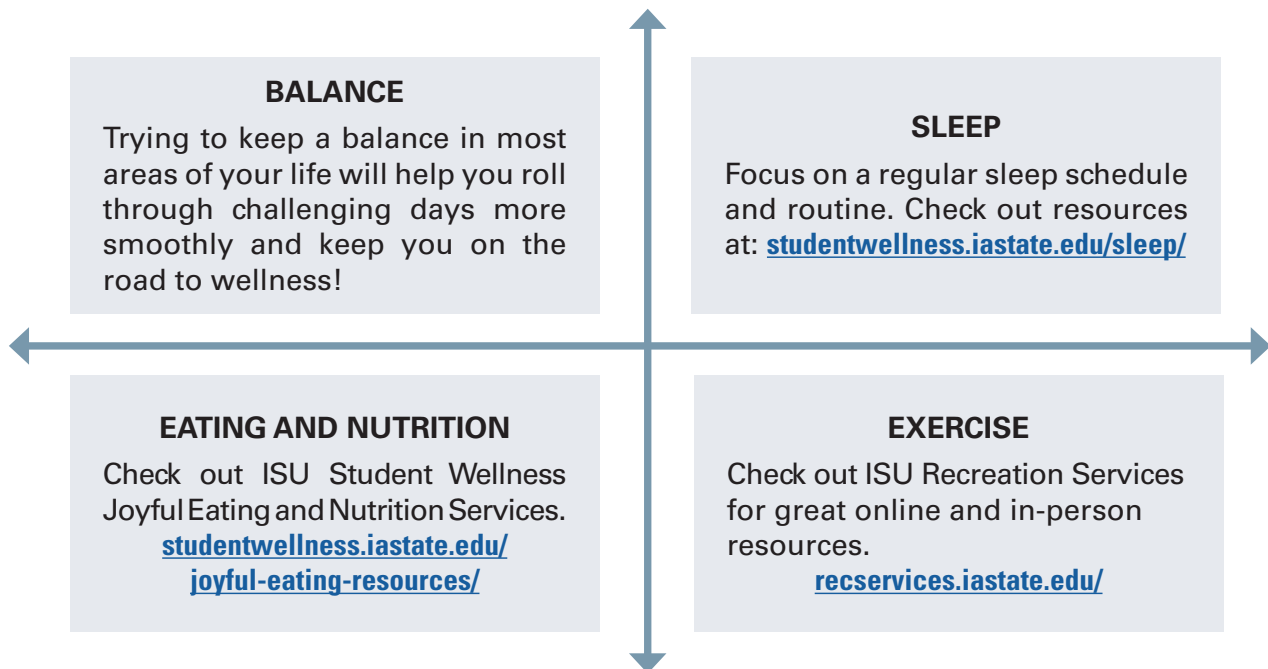
- Grounding strategies can help us get in touch with our bodies and surroundings in the present moment. Pause what you are doing and pay attention to what you can see, hear, smell, and touch in your environment.
- Consider trying out some [TAO Mindfulness Exercises](#)



## 3. REFUEL



Focus on restoring yourself with rest and healthy food.  
Drink water and try to limit caffeine.  
Move a little every day.  
Take a walk; look at the sky; be in nature.  
Journal or meditate.  
Make art or watch funny videos.  
Read something fun.



## 4. CONNECT



Engage with supportive friends and allies. Talk about current issues, if needed, but be aware of when you're feeling overwhelmed. Not everyone will share your perspective, so it's OK to limit your topics and avoid heated conflict. Reach out to supportive services on-campus, including Student Counseling Services.

- Why Connect? Connections help us decrease loneliness, stress, depression, and anxiety. Belonging and connection are powerful protective factors for us as we navigate difficult situations. Consider ways to connect virtually and in-person. Zoom, Netflix, Google Hangout. Surround yourself with safe and supportive people who you can share your concerns, fears, and joys.

# 5. BE ACTIVE



Channel what you're feeling into positive, meaningful activity. Be informed and proactive around issues that matter to you. Find ways to engage in your community through advocacy in ways that fit for you.

- Identifying what is important to us can be one way to foster motivation. Consider values exploration activities to identify what is important to you and take steps toward living into that value. [www.think2perform.com/ourapproach/values/new](http://www.think2perform.com/ourapproach/values/new)
- Lean on your STRENGTHS. Knowing your strengths can help you address problems more effectively and engage in activities that generate confidence and purpose.

## CONNECT WITH US

Student Counseling Services offers a range of resources for students to support your success as a Cyclone!



### CRISIS RESOURCES

- For life-threatening emergencies, please call **911**
- Campus police at **(515) 294-4428**
- Mary Greeley Medical Center Emergency Room **1111 Duff Avenue**
- National Suicide Prevention Lifeline **(800) 273-8255**
- Text the 24 hours Crisis Text line  
Text ISU to **741741**

### Student Counseling Services

**2505 UNION DRIVE**  
Student Services Building, 3rd Floor

**515-294-5056**

