

### SCS RESOURCES TO CONSIDER

#### BIOFEEDBACK

Walk into SCS during business hours to complete a video orientation. Biofeedback is then available to use anytime during 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)

#### THERAPY ASSISTANCE ONLINE (TAO)

A free, confidential self-help tool to help navigate mental wellbeing. Brief, interactive sessions to help gain self-awareness to achieve goals. Visit us at: [CycloneHealth.org/tao](http://CycloneHealth.org/tao)

### CRISIS RESOURCES

#### SCS CRISIS SERVICES

Call or walk-in during SCS business hours.  
515-294-5056  
3rd Floor, Student Services Building

#### CRISIS TEXT LINE

Text ISU to 741741

#### NATIONAL SUICIDE PREVENTION LIFELINE

800-273-TALK (8255)

#### MARY GREELY MEDICAL CENTER (HOSPITAL)

1111 Duff Avenue, Ames  
515-239-2011

#### ISU POLICE DEPARTMENT

515-294-4428

### 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