

MENTAL WELL-BEING DURING THE ACADEMIC YEAR: A GUIDE FOR STUDENTS



TIME MANAGEMENT

- **Set Achievable Goals:** Segment academic tasks into smaller objectives and rank them by importance.
- **Plan Ahead:** Utilize planners or digital apps to synchronize study sessions, classes, and personal time.
- **Prioritize Downtime:** Regularly schedule short breaks to rejuvenate.

STRESS MANAGEMENT

- **Embrace Relaxation:** Delve into deep breathing, mindfulness, or yoga for stress relief.
- **Stay Active:** Regular physical activity boosts mood and diminishes stress.
- **Lean on Your Circle:** Share your feelings with friends, family, or counselors when things get tough.



HEALTHY LIFESTYLE

- **Nourish Your Body:** Opt for balanced meals and drink ample water.
- **Restorative Sleep:** Target 7-9 hours of sleep to optimize cognitive performance.
- **Moderate Substance Intake:** Monitor your alcohol and caffeine intake, as excess can hamper mental health.

SOCIAL CONNECTIONS

- **Build a Support System:** Maintain connections with friends and family members who provide emotional support.
- **Join Clubs or Organizations:** Engage in extracurricular activities to meet like-minded individuals and build a sense of belonging.
- **Reach Out:** Don't hesitate to seek help from campus counseling services if needed.

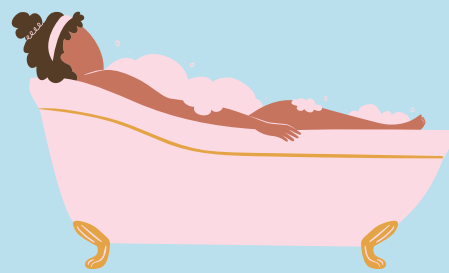


ACADEMIC SUPPORT

- **Time for Studying:** Allocate enough time for coursework to reduce last-minute cramming.
- **Seek Academic Help:** If you're struggling with coursework, consult professors or tutors for assistance.
- **Know Your Resources:** Familiarize yourself with academic support services offered by your institution.

SELF CARE

- **Practice Self-Compassion:** Be kind to yourself; avoid self-criticism and perfectionism.
- **Set Boundaries:** Don't overextend yourself with commitments; prioritize self-care.



SEEK PROFESSIONAL HELP

- **Don't Hesitate:** If you're experiencing persistent feelings of sadness, anxiety, or stress, consider seeking professional help from a therapist or counselor.
- **Know Your Campus Resources:** Many universities offer counseling services, so explore what's available on your campus.

By implementing these tips and strategies, you can build resilience, manage stress, and enjoy a fulfilling academic year. Remember that seeking help when needed is a sign of strength, not weakness, and your mental health should always be a priority.

