

WE ALL HAVE BAD DAYS AND GOOD DAYS, BUT SOMETIMES OUR MENTAL HEALTH GETS THE BEST OF US.

Practical coping strategies for everyday well-being:



**SPEND TIME IN
NATURE**



STAY HYDRATED



**GET A GOOD
NIGHT'S SLEEP**



EXERCISE



**CONNECT WITH
OTHERS**



EAT HEALTHY FOOD



BE ACTIVE



**PRACTICE
GRATITUDE**

Mental health is just as important as physical health. Just because you can't see it doesn't mean it's not there.

- Do you often feel sad or hopeless?
- Have you lost interest in things that used to bring you joy?
- Do you have thoughts of suicide or harming yourself?
- Do you feel like a failure, a burden, or bad about yourself?
- Do you drink or smoke to feel better?

If your inability to attend school, carry out daily activities, or engage in satisfying relationships is impacted, then your mental health is asking for help.

MENTAL HEALTH SUPPORT RESOURCES

-  **Talk** to your counselor on campus or **ask** a staff member for help
-  **Text** the CRISIS Line: Text "HOME" to 741741
-  **Call** the Suicide & Crisis Lifeline to talk to someone: 988

