

# BALANCING LIFE

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It's important to take care of yourself in all domains – mental, social, emotional, and physical. Here are some strategies to help you find balance in this game of LIFE.

## ORGANIZE

Prioritizing can help balance responsibilities and well-being. Try planning by what you **must, should, and could do.**

### MUST DO:

- Eat lunch
- Drink water

### SHOULD DO:

- Stop by office hours
- Draft essay
- Grocery shop

### COULD DO:

- Spend an hour tech-free
- Get together with study group
- Hang out with friends

**Stop! Reflect on what you need in the moment before making a decision.**

## TAKE A MINUTE

If you're feeling stressed and overwhelmed, find something that energizes you. Whether you have an hour or just a minute, **try these strategies** to get out of a slump:

### TAKE A MINUTE | TAKE AN HOUR

- Get some fresh air
- Make your bed
- Take a shower
- Text someone you care about
- Write a quick gratitude list
- Go on a hike
- Deep clean your room
- Relax in the sauna or hot tub at the AFC
- Get lunch with a friend
- Journal about your day

## OR TAKE AN HOUR

**Ask yourself: would you say this to a friend?**

## HOO? KNEW!

2 out of 3 UVA undergraduates practice **gratitude** to feel better during challenging times.\*

\*From the February 2023 Spring Health Survey with responses from 1229 UVA undergraduates. Collected by Student Health and Wellness.

## RESOURCES:

**WahooWell** offers confidential sessions to explore your strengths, goals, and motivations related to well-being, and identify strategies for successful growth. Visit <https://www.studenthealth.virginia.edu/wahoowell>.

**TimelyCare** provides UVA students 24/7 virtual mental health care at no cost. Students have access to on-demand access to mental health professionals, scheduled counseling, psychiatry, and group sessions. Visit <https://www.studenthealth.virginia.edu/timelycare>.

**Maxine Platzer Lynn Women's Center** offers education, advocacy, and counseling and support services for all genders; located on the corner. Call (434) 982-2252.

**Counseling and Psychological Services (CAPS)** offers free consultations. To schedule an intake appointment, call (434) 243-5150. During this in-person appointment, the student fills out a questionnaire and meets with a counselor to discuss their concerns. All sessions are free and non-binding.

Check out our wellbeing guides for additional resources:



## REFRAMING ANTS

Automatic Negative Thoughts (ANTs) can make situations feel worse than they really are. **Recognizing and reframing** ANTs helps shift your outlook and improve well-being.

**Absolutes:** "I'm the only one who doesn't have a close group of friends."

**Correction:** "Although I haven't made close friends yet, there are many opportunities to meet new people."

**Catastrophizing:** "I can't find an internship and will never get a job."

**Correction:** "Even without a formal internship, I can gain valuable skills through other work or volunteer positions or free online courses."

**Fortune Telling:** "I failed my exam, and this will ruin my GPA."

**Correction:** "It was just one test, and I'll learn from this to better prepare for the next one. Besides, my performance in this class does not define my value."

**Mind Reading:** "I don't have any plans this weekend with friends; everyone must think I'm super lame."

**Correction:** "I'm in control of my thoughts and actions, not others, and that's okay. I can finally watch that new movie on Netflix."

## HOO? KNEW!

2 out of 3 UVA undergraduates show **self-compassion**, such as acknowledging your best effort even when an outcome is imperfect, to feel better during challenging times.\*

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