



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**.

<i>Must Do</i>	<i>Should Do</i>	<i>Could Do:</i>
→ Eat Lunch Draft Essay	Stop by office hours Go to AFC with hallmate	Spend an hour tech-free Get together with study group



→ Reflect on what you need in the moment before making a decision.

HOO KNEW?

Take a Minute or Take an Hour

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

Take a Minute:

- Get some fresh air
- Make your bed
- Text someone you care about
- Write a quick gratitude list

Take an Hour:

- Go on a hike
- Deep clean your room
- Get lunch with a friend
- Journal about your day

82% of UVA undergraduates would consider **seeking help** from a mental health professional if experiencing a problem that was bothering them.*

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."

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."

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."

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."



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>.

Check out our SSJ website for additional resources:



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.

87% of UVA undergraduates actively contribute to the happiness and wellbeing of others.*

*From the February 2022 NCHA with responses from 1040 UVA undergraduates.