

POSITIVE PSYCHOLOGY

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Positive psychology is the study of strengths that enable people to lead meaningful and fulfilling lives. Practicing positive psychology means developing healthy, mindful habits that can help you feel good and thrive, even when life is unpredictable.

CRUSH ANTs

Sometimes people have automatic negative thoughts (ANTs) during times of stress or difficulty. ANTs are based on cognitive biases and can feel a lot more true than they actually are. If you have an ANT, notice that you're falling into a negative pattern of thought. **Crush ANTs with a constructive thought to help you maintain perspective and feel better!**

ABSOLUTES "I'm the only one who hasn't made good friends."

CORRECTION "I haven't made close friends yet, but there are plenty of opportunities to meet new people."

CATASTROPHIZING "I failed my exam, now I'll never get into grad school!"

CORRECTION "Bad tests happen sometimes, but I can figure out how to do better next time."

FORTUNE TELLING "I didn't get a spot in the organization I applied for, now I'll never find something!"

CORRECTION "This opportunity wasn't the right fit, but there are tons of groups to join."

MIND READING "My professor forgot my name, so she must not like me."

CORRECTION "My class has a lot of students, so I might need to introduce myself more than once."

**HOO
KNEW?**

9/10 UVA students build relationships by talking with others about problems. *

3/4 UVA students practice gratitude. *

**HOO
KNEW?**

TRY THESE TIPS

Find A Mentor

Talking with a mentor you trust can help provide perspective and ease worries. A mentor can be anyone - upperclassmen, professors, alumni, or even older siblings!

Practice Self-Care

Take care of yourself by eating nutritious meals, getting enough quality sleep, and finding a relaxing activity to look forward to each day.

Help Others

Spend time helping a friend or volunteering for an organization you care about.

Practice Gratitude

“ Take time at the beginning and end of each day to think of a few things you are thankful for, no matter how small.

—K.T. CLAS 2021 ”

* From the February 2017 Health Survey with responses from 1,010 UVA students

Office of Health Promotion
Department of Student Health
University of Virginia

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REMINDERS

Connecting with friends about how you really feel brings people closer, and you might be surprised to learn others feel the same way. **Support each other by reaching out and checking in!**

Everyone experiences challenges, and **it is okay to feel sad sometimes.** It's not helpful to judge our emotions. Instead, what's important is finding ways to turn negative emotions into positive, constructive thoughts.

GETTING HELP

Seeking help can feel challenging, but it is better to do it sooner rather than later. UVA has a variety of resources available to fit your needs and preferences.

Silver Cloud

Silver Cloud is a **new and free online resource** available to UVA students. It offers **immediate access** to online programs for managing anxiety, depression, and stress, tailored to your specific needs. The programs consist of seven to eight modules with interactive activities to complete at your own pace. virginia.silvercloudhealth.com/signup

What to Expect at CAPs

If a student is considering seeking help at CAPs, they can **call (434) 243-515**. The student will be scheduled for an Intake appointment, an in-person meeting where the student fills out a questionnaire and a counselor meets with them to discuss the student's concerns. **All sessions are free and non-binding.**

RESOURCES

Madison House HELP Line

(434) 295-TALK. No issue is too big or too small. They're here to listen.

Maxine Platzer Lynn Women's Center

Provides support and counseling for students of all genders and for all concerns.

Peer Health Educators (PHEs)

(434) 924-1509. One-on-one peer education sessions for mental wellness and other topics.

Talk to us at StallSeatJournal@virginia.edu

Want this poster for your room? **Feel free to take me home February 11-15.**