

PEACEFUL MIND STALL SEAT JOURNAL

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Sometimes life is sweet and easy, and other times it can be challenging. Even when things are difficult, people can adapt and move forward. Strategies to maintain peace of mind can help you feel better about the present and the future.

LIVING YOUR VALUES

People tend to feel best when their lives are in sync with their values.



Frame daily activities around personal priorities, and spend time on things that are meaningful for you.



Connect with people who help you feel good about who you are.



Care for yourself by taking time to eat tasty meals, move around, and rest, which helps keep your body and mind in optimal shape.

BUILDING A TOOLBOX

Try out strategies to discover what helps you remain calm and centered, and use them regularly or as needed. Filling your toolbox takes time and practice, and options abound:



Journal to help process highs and lows and to listen to who you are. It is especially helpful for quieting a busy mind, making sense of feelings, and unwinding before bed.



Go for a walk to connect with the present and your environment. Pay attention to sights, sounds, smells, and physical sensations.



Take ten slow, deep breaths to relax your body and your mind. Pausing helps ground yourself in the present.



Engage your hands to get out of your head. Build something, create art, make music, or fold laundry to rest your mind and get a sense of satisfaction.

HOO

KNEW



More than half of UVA students use mindfulness, deep breathing, meditation, or another spiritual activity to feel better.*

WHEN THINGS DON'T GO AS HOPED

Experiencing setbacks is normal, and you can choose to use them to learn and grow. Let go of things you cannot control. Most UVA students show self-compassion, such as acknowledging their best effort even when an outcome is imperfect. Accepting disappointment and then getting creative about next steps can help manage frustration.

There are many paths to a worthwhile life and a satisfying future. If looking for summer opportunities, focus on the variety of good options available, rather than a single option that seems best.

HOO

KNEW



Most students show self-compassion, such as acknowledging their best effort even when an outcome is imperfect.*

Help friends keep cool! Pay attention to how friends are doing, and help each other prioritize time to decompress.

"Having a go-to person that I can talk things out with and that I know is checking in on me helps me feel better."
– C.Z., ENGR 2020

"Give yourself permission to say no to things and focus on what is important to you."
– C.G., CLAS 2020

If sadness or worry are overwhelming, seek support from friends, professors, parents, CAPS, or others until you find something that works. Hang in there! Many people here care about you.

"The best is when someone is just present when you are stressed. Even if I can't explain why I am feeling anxious, just sitting together helps."
– M.S., CLAS 2019

RESOURCES

IfYoureReadingThis.org
Personal letters and photos from UVA students sharing mental health journeys and encouraging peers.

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

Counseling and Psychological Services (CAPS)
(434) 243-5150
Growth groups or one-on-one appointments can help students tackle stress and create habits for a peaceful mind.

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

Want this poster for your room? Feel free to take me home March 18-22.
Talk to us at StallSeatJournal@virginia.edu!

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