

Mental Health: Balancing LIFE

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!

Take a Minute OR Take an Hour

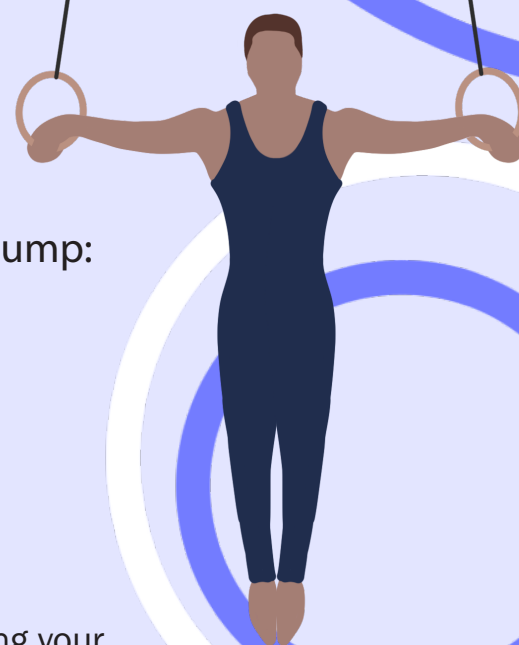
If you're feeling stressed and overwhelmed, find something that energizes you. Whether you have an hour or just a minute, try these strategies to get out of a slump:

Take a Minute...

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

Take an Hour...

- ⦿ 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



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.*



ORGANIZE

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

Must Do:

- ⦿ Eat lunch
- ⦿ Draft essay

Should Do:

- ⦿ Stop by office hours
- ⦿ Go to AFC with hallmate

Could Do:

- ⦿ Spend an hour tech-free
- ⦿ Get together with study group

STOP! Reflect on what YOU need in the moment before making a decision!

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.

X 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. There are so many things that define my value besides my performance in this class."

X 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."

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

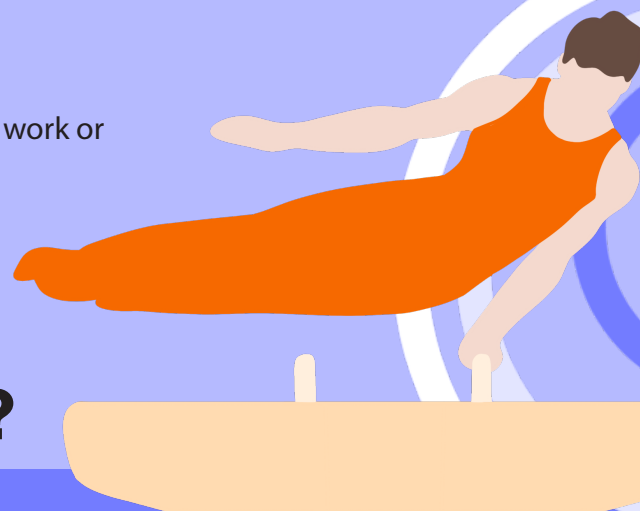
✓ Correction: "Although I haven't made close friends yet, there are many opportunities to meet new people."

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

✓ Correction: "I can't control what other people think of me, but I can control my own thoughts and actions. I can finally watch that new movie on Netflix."

HOO KNEW?

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



WOULD YOU SAY THESE TO A FRIEND?

RESOURCES

TimelyCare: provides UVA students with 24/7 virtual mental health care at no cost. Students have access to on-demand mental health support, scheduled counseling sessions, and a menu wellbeing tools. Visit studenthealth.virginia.edu/timelycare

Counseling and Psychological Services (CAPS): offers free mental health support. To schedule an appointment, call (434) 243-5150 or visit studenthealth.virginia.edu/CAPS During the first appointment, the student fills out a questionnaire and meets with a counselor to discuss their concerns. All sessions are free and confidential.

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

