

Five Mental Health Tips

Student Health and Counseling Services



1. Fulfill Basic Needs



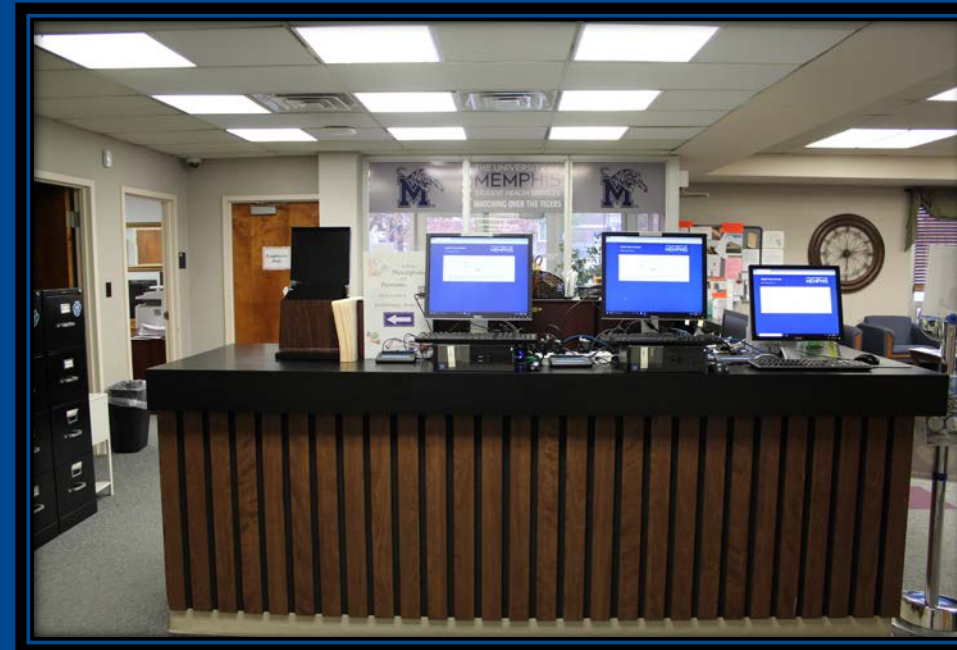
Eat Well



Move your Body



Sleep Well



Visit the
Health Center



2. Connect With Others



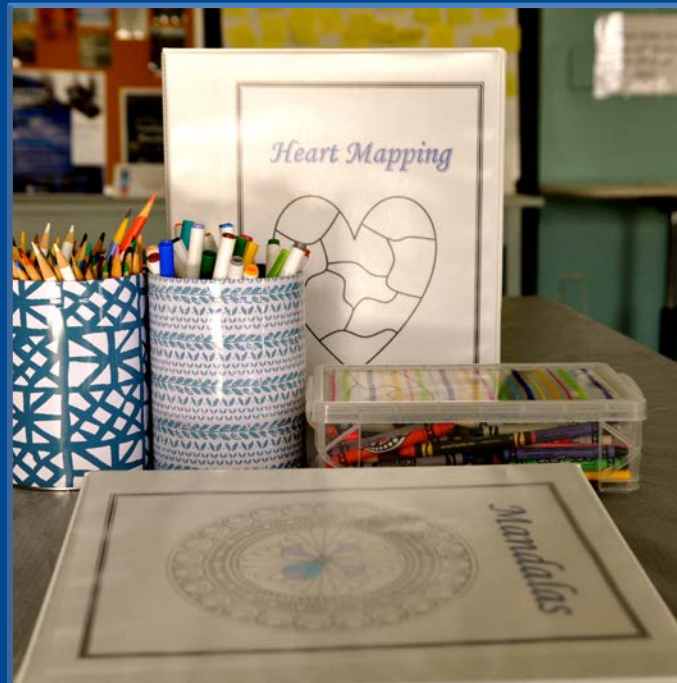
Don't forget
friends & family



Study Groups



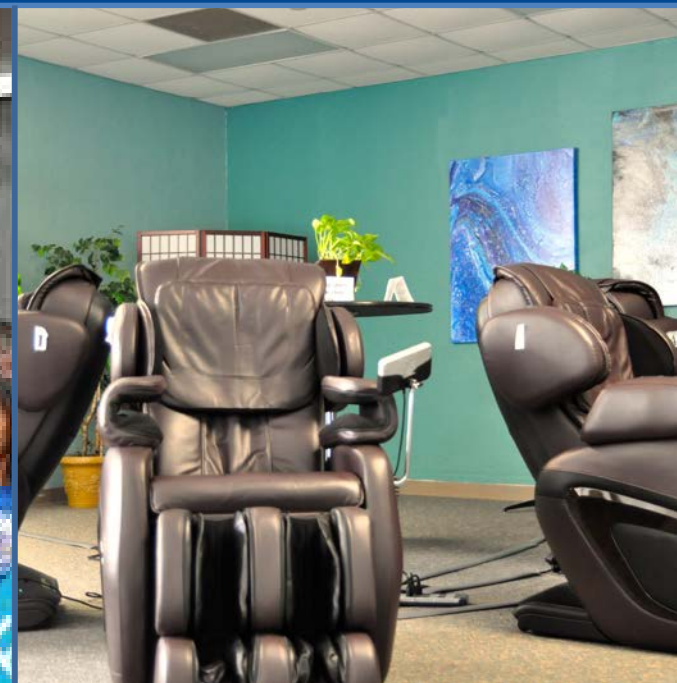
3. Ask For Help



Relaxation
Zone



Emergency
Fund



Relaxation
Zone



Tiger Pantry

4. Set Realistic Goals



Academic Advising



SMART Goals



5. Monitor Self Talk



Counseling Center



Thought reframing



Questions?

