FEELING OVERWHELMED?

WHEN THINGS START TO PILE UP, PROTECT YOUR MENTAL HEALTH! TRY TO:

1. BE KIND TO YOURSELF.
   - Treat yourself with kindness and respect.
   - Challenge any self-critical thoughts with: “Is this a realistic criticism?”
   - If you have doubts that you can do something, break it down into smaller steps that seem more manageable.
   - Tell someone what’s stressful for you. Allow them to help you process next steps.

2. WRITE IT DOWN.
   - Write out priorities. Where do you need to be (like class) and where do you want to be (like a club meeting)? What do you need to do for yourself that is important, even if no one else requires it (like exercise)? Make this list the lock screen on your phone as a reminder.

3. BREAK UP MONOTONY.
   - Although our routines make us more efficient and enhance our feelings of security and safety, a little change of pace can perk up a tedious daily schedule. Take a walk! Try a new food!

4. REDUCE MISUSE.
   - Avoid misuse or abuse of prescription medication & alcohol. Only use medication prescribed to you in the amounts prescribed. Highly stressed people are at risk of developing substance abuse disorders. Take steps to get expert advice on your alcohol & drug intake if you start to see negative impacts on your life.

5. REACH OUT.
   - Familiarize yourself with campus resources. Check in with a trusted professor or staff member. Visit chapman.edu/health-and-safety to begin finding the right folks on campus to talk to.

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