

Mental Health Checklist For College Students

Here's how to start off the school year strong, by taking steps to support your resilience and well-being.



Build Realistic Self-Care Habits

Here are some attainable goals:

- Get enough sleep a few nights a week to help balance out those late nights and all-nighters.
- When you're in the dining hall, grab some fresh fruit for later.
- Make time to walk around campus to get to classes and the dining hall, rather than driving or taking a shuttle. That builds in both exercise and time outdoors, which also benefits mental health.



Be Proactive About Getting Connected

Here are some approaches:

- Consider joining affinity groups, theater or musical groups, dance troupes, or other clubs focused on special interests you share.
- Set up study sessions with classmates before an exam.
- Don't forget about the resources you have outside of school as well, consider setting up a weekly check-in with a close friend at home or at another college.



Find Time to Disconnect From School

Take a few minutes, a few times a week, to do something that boosts your mood, such as:

- Writing in a journal
- Sketching or making collage
- Playing an instrument
- Reading something that isn't for a class
- Watching a video that makes you laugh



Discover Counseling Center Services

Here are some questions to ask:

- How many times and how often can you attend a session?
- Is help available via call or text outside of regular business hours?
- Are there disability support services available for college students with mental health issues?
- What happens if a student needs to take a leave absence due to mental health issues?

The **Counseling Center** is located in **Potter Hall, Room 409**

Phone: 270-745-3159

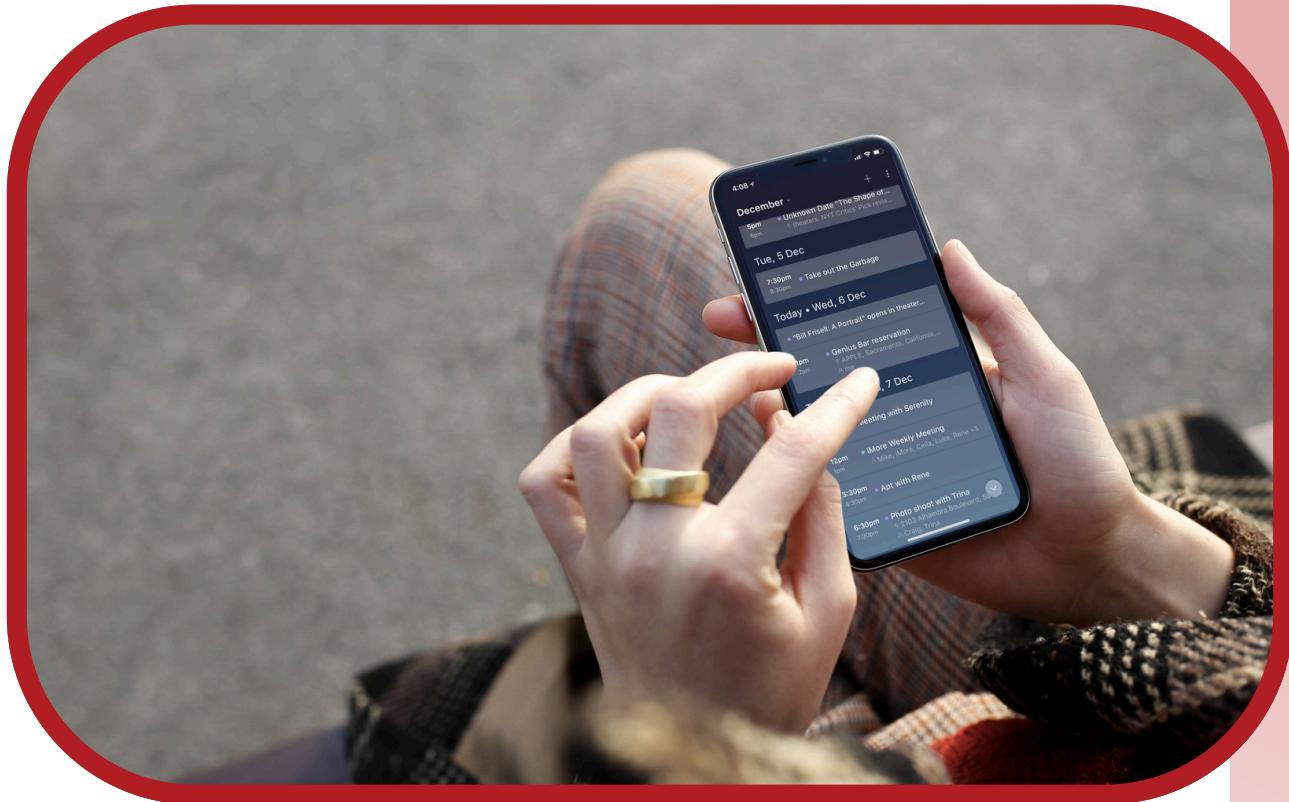
Fax: 270-745-6976

Email: counseling.center@wku.edu



Use Technology to Support Mental Health

- Try a mindfulness app with guided meditations
- Use online tools to stay organized
- Reduce time spent on social media
- Create group text threads to stay connected to friends on and off campus
- Set a timer when you're studying to remind you to take a stretch break



Practice Self-Compassion

Try this exercise:

- When you hear your inner self-critic starting up, pause and take a deep breath.
- Notice what's underneath the self-judgement, why are giving yourself a hard time?
- See if you can think of a kinder, more caring way to speak to yourself.
- Try using language that a loving friend, parent, teacher, or mentor might use when speaking to you, or imagine how you would talk to a friend who needs support.
- Do this every time you're hard on yourself. Over time, it will become natural to offer yourself compassion rather than criticism.





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