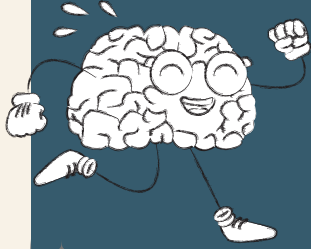


ENCOURAGING BALANCE

Remember, nothing can completely eliminate stress, and that's okay!

- The key is finding what works for you.
- Whether it's a quick walk, deep breathing, or breaking tasks into smaller steps, every little bit helps.

Better Mental Health:



Planned Free Time

Dedicate pockets of free time to things that make you feel relaxed, happy, or fulfilled. That time is yours to make the most of.

Get Moving



Make sure to use your body, whether that's taking a walk, mindful stretching, or getting in a workout.

Necessary Tasks

Dedicate an appropriate amount of time in your day to complete necessary tasks. Once you've planned free time, it's be easier to get through more strenuous parts of your busy day

Rest and Recovery



If you aren't resting enough, you are less likely to adhere to your plan to achieve work-life balance.

Caring for Yourself

How you manage the time in your day is largely responsible for your stress levels. If you don't take the time to care for yourself, you put your mind and body under both emotional and physical stress.

Talk It Out



You aren't alone! Share your stress with a friend or loved one for support. Talk to a professor or a staff member.

WKU COUNSELING CENTER

We believe that the university experience should be challenging, not overwhelming, and universities have a duty to support students as they are being challenged.

The Counseling Center typically works on an appointment basis and is open from Monday - Friday from 8:00am-4:30pm (CST).

The best way to schedule an appointment is to call our office or stop by Potter Hall 409 and we can work to coordinate schedules and set up an appointment.

- (270) 745-3159
- [Counseling Center Facebook page](#)
- [Counseling Center Instagram](#)

TALLEY FAMILY COUNSELING CENTER

We provide mental health services free of charge to couples, families, individuals, and groups.

Located on WKU's campus, the Talley Family Counseling Center is housed within the [Department of Counseling and Student Affairs](#), College of Education and Behavioral Sciences.

Graduate students enrolled in counseling programs within the Department of Counseling and Student Affairs provide counseling under supervision of licensed mental health professionals.

- 270-745-4204
- talleyfamily@wku.edu

REMINDERS

- If you can move from a state of panic to a moment of calm, you're on the right track.
- Accepting and adjusting to stress is the secret to long-term success.
- Be kind to yourself—progress is more important than perfection!
- Need ideas for stress management?
 - Try the "5-5-5" breathing technique: Inhale for 5 seconds, hold for 5 seconds, exhale for 5 seconds.
 - Take a 10-minute break for every 50 minutes of study—your brain needs time to recharge!
 - Write down your worries to clear mental clutter and refocus on what's in your control.

MANAGING TIME

Your coaching team is cheering for you every step of the way! They would love to discuss how to leverage FREE campus resources to meet your needs!

[Set Up a Coaching Session!](#)

WKU | ONLINE
Online STUDENT
SERVICES

CONTACT US:

online.success@wku.edu
270.745.3028
wku.edu/online/