



# Don't Wait for a Good Day... Make One!!!

Let the  
**Counseling Center**  
Help!

Relationship stress

Depression

Anxiety

Family concerns

Major/career decision making

\* Free

\* Confidential

\* Over 1,200 students/  
year

Contact Us at:

**262-3180**

[counseling.appstate.edu](http://counseling.appstate.edu)

Miles Annas Student Support Building

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## How to Maintain Good Mental Health:

\* **Keep your body moving** – Exercise, dance around, stretch, walk to the park and feed the ducks, moving in a physical way actually releases “uplifting” chemicals into our bodies.

\* **Eat well** – There is a direct link between what we eat and how we feel. Feed your body with foods and drinks that have good nutrition and don't deprive your appetite or indulge in substances like alcohol or other drugs that can depress your system.

\* **Sleep** – Students need approximately 8 hours/night of sleep. Not getting enough sleep makes us more prone to mental health problems.

\* **Accept yourself** – Try to take the “I shoulds” out of your vocabulary and treat yourself like you would a good friend.

\* **Set limits** – Allow yourself to say “No.” Setting reasonable, achievable goals is a good way of keeping up spirits and feeling accomplished and motivated to move forward.

\* **Spend time with friends** – Laugh, communicate, get involved.

\* **Keep in touch** – Close relationships have a great impact on how we feel. Phone, text, email, stay connected to those we love. Pets can provide a sense of connection and also provide motivation to get out of the house.

\* **Engage in meaningful, creative activities** – Garden, draw, write, play music, or do other things that make you feel productive and challenge your creativity.

\* **Go green** – Spending some time outdoors can be calming and invigorating. Research has shown that exposure to daylight can help with sleep and ward off the “blues.”

\* **Write/journal** – Keeping tabs on ourselves and recording thoughts, feelings, needs, etc., can help manage stress and provide a release of emotion to prevent you from becoming overwhelmed.

\* **Talk about your feelings and ask for help** – The very act of trying to put how we feel into words makes us think more clearly and can cut down problems. When you tell someone else what is happening or ask for help, you might get useful suggestions and a fresh perspective.

For more information and to learn how the Counseling Center can help, go to [counseling.appstate.edu](http://counseling.appstate.edu) or stop by our Walk-In Clinic **M-Th 1-4** and **Fri 1-3** (call for Summer Walk-In hours **262-3180**)