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

**S** Specific
- State what you’ll do
- Use action words

**M** Measurable
- Provide a way to evaluate
- Use metrics or data targets

**A** Achievable
- Within your scope
- Possible to accomplish, attainable

**R** Relevant
- Makes sense within your job function
- Improves the business in some way

**T** Time-bound
- State when you’ll get it done
- Be specific on date or timeframe
5. Monitor Self Talk

Counseling Center

Thought reframing
Questions?