

# 6 Ways Music Students Can Focus on Their Mental Health



## Establish a weekly schedule.

Having a schedule or routine helps to cope with change, create healthy habits, improve interpersonal relationships, and reduce stress. It also allows you to set aside time to take care of tasks and focus on our mental and physical health. Schedule time for practice and homework like you schedule classes. Build in time for self-care.



## Focus on your physical health.

Exercise can boost your self-esteem, improve your mood, and provide numerous mental health benefits. Even a few minutes of exercise can be positive for your physical and mental health. Focus on foods that fuel your body and positively impact brain health and emotions. Practice proper sleep hygiene to get a good night's sleep. Sleep helps foster both mental and emotional resilience.



## Give yourself a break.

When things get overwhelming, find time for downtime. You can go for a walk, practice deep breathing, enjoy a coffee, spend some time outdoors, call a loved one, take a power nap, or turn off social media for the day! A good way to cope with anxiety is to sit down, identify what's worrying you, and address your concerns. Try writing down your thoughts and feelings to better understand them.



## Grow and maintain support systems.

Emotional and social supports systems can help you manage everyday challenges, cope with problems, build community and raise your self-esteem. Build and connect with trusted people who you can count on. A great place to start is by getting involved in the School of Music, student organizations and campus events to meet new people.



## Utilize campus resources.

Make time to unwind in the UofM Relaxation Zone with multiple massage chairs, a biofeedback computer station, stress relief coloring, zen garden sand trays, Buddha Boards, positivity board, and stress ball creation station. Learn a variety of self-care skills like mindfulness, relaxation, and guided meditation. The UofM Oasis Room offers private, 30 minute relaxation station experiences.

[memphis.edu/counseling/relaxation-zone](https://memphis.edu/counseling/relaxation-zone)



## Ask for help.

The University of Memphis Counseling Services offers free and confidential counseling, wellness, and psychiatric services are available to all UofM students to help with emotional, psychological, and/or interpersonal problems. [memphis.edu/counseling](https://memphis.edu/counseling)

If you are experiencing a crisis emergency, please call **901.504.6442** (remote) or **901.678.2068** (Wilder office) during business hours (Monday to Friday 8 AM-4:30 PM) or enter our virtual waiting room between 10 AM-3 PM, and after hours please call **901.678.4357** (HELP).