



# Silence the Shame

## SELF-CARE TIPS FOR STUDENTS

### BE MINDFUL & MEDITATE

Meditation has incredible benefits for the body and mind like reduced stress and anxiety, decreased blood pressure, and better regulation of negative thinking. Meditation also helps you practice mindfulness and develop relaxation techniques. Breathe through your nose (4 counts), hold for 1 second, then exhale through the mouth (5 counts). Repeat often.

### FIND YOUR PERSON

It's essential to have a strong support system to turn to when you're struggling. Setting up get-togethers, phone calls, or group texts with friends or family members can improve your mental health and help you feel less alone. When meeting new people, try to open yourself up to new experiences. Not every relationship will lead to success but you can always learn from the experience.

### SET GOALS

Setting goals helps you define your priorities and improve your self-confidence and motivation. Make sure to write down the goals you want to develop and how you want to accomplish them. It will help you stay organized and keep track of your progress towards achieving the goal.

### FEEL YOUR FEELINGS

It can be easy to ignore your feelings and emotions to focus on completing the next task in school. At heightened stress and anxiety, it's common to develop burnout or experience an emotional breakdown. Give yourself the space to feel your feelings. Cry. Scream. Shout. Do it all to release any pain and support your overall wellbeing fully.

### PRIORITIZE YOURSELF

It is easy to get overwhelmed when you become overly involved in activities, i.e., clubs, sports, and social events during school. While these things can be fun, do not let them take away from yourself and your mental health. If it all gets too much, allow yourself to take a step back and care for yourself before continuing.

### TAKE CARE OF YOUR BODY

Getting enough sleep is a significant part of maintaining physical and mental health. Eating a well-balanced and nutritious diet can boost your immune system, lowering the effects of stress on the body. Exercise with a healthy diet can also help improve your mood by producing endorphins.

### ASK FOR HELP

School is not easy, and many students struggle with adapting to everyday pressures, anxiety, and depression. Seeking professional help is nothing to be ashamed of. Text "**SILENCE**" to 741-741 for crisis support 24/7.



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