

Things to Do While Waiting to Talk to a Counselor:

We know how difficult it can be to wait when you feel motivated to get help now. Please know that we regularly monitor and review the waitlist and that you will be contacted by a staff member as soon as an appointment becomes available.

If your situation involves thoughts of suicide, thoughts of doing serious harm

Taking Care of Yourself

If you are feeling low, anxious, stressed or simply not yourself, you may feel that these feelings are impossible to move out of and you just can't make yourself feel better. We have found that students who follow through on even one or two of the following suggestions do, in fact, feel better.

Focus on things you can take action on – shift focus away from the things you can't do anything about. Brewing and stewing deepens a rut, doing and moving can steer you out of it.

Even moderate exercise like walking, jogging, swimming, or any sport or activity that you enjoy can be therapeutic. The Scot Center is a great place to go to get out of the cold weather and do something healthy.

If you're feeling jittery or anxious, try to avoid caffeine in pop, coffee and tea. Caffeine and sugar helps pick you up in the short run but can contribute to depressed feelings when the initial jolt wears off.

Either too much or too little sleep can worsen your mood. You know how much sleep makes sense for you better than anyone. Try to get enough sleep, but be careful of sleeping too much. Some people find that staying in bed is a great way to avoid things they don't want to do; the trouble with hiding in bed is that when they finally get up, they're even further behind.

- Pay attention to what gets you down by writing it down. Write a letter to the person that you're upset with in your

- We find that many students feel different and alienated from others. We hear students say repeatedly, "I didn't know anyone else felt this way" or "I thought I was the only person in the world who had this experience." Go to one of your friends, your R.A., your professor, or your advisor and ask if they ever get down or depressed or ever felt like you. You may be surprised to find that you're in good company and that you are not as alone as you think.

- Take time to pat yourself on the back about a time that you succeeded or did the right thing for someone else. Explore what it is about you (what strength/ability) that enabled you to do that.

We find that students often resort to drugs or alcohol as a way to get through a tough time. Drinking can be used as a way to relieve tension, to escape, and to numb feelings. Unfortunately, alcohol is a depressant which leads to more trouble (sometimes serious legal trouble) and more depression. At times, when students feel down, they want to escape their pain so much that they drink and also take pills. Even when they have not meant to harm themselves, students who have mixed pills such as Tylenol, aspirin, or antihistamines with alcohol have ended up in the hospital. Many students who have mixed pills with alcohol have ended up in the hospital. Many students who have mixed pills with alcohol have ended up in the hospital.

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