

Congratulations! Just by making the choice to review this information, you have taken a big step to address your concerns in a proactive manner. This handout is designed to provide you with self-care strategies and to offer you some additional resources for assistance whether or not you choose to seek treatment through Counseling Services.

Basic Self-Care: The R.E.S.P.E.C.T. Model

- **Routines** are helpful. Continue to get up, to get dressed, to attend classes and other activities. Having structure can keep emotions from becoming overwhelming.
- **Eat** regular, well-balanced meals. Missing meals or overeating can contribute to stress and depression.*
- **Sleep** 7-8 hours per night. Ideally, try to go to bed/get up at roughly the same times every day, and try to avoid naps, which will interfere with your nighttime sleep.*
- **Play** time is important! If you aren't doing things that you enjoy, be sure to make time for these activities.*
- **Exercise** can help you to feel better. Even adding a short (20-30 mins.) daily walk to your schedule can help.
- **Call** Life Line, a local free, anonymous, 24-hour telephone hotline, at **275-5151 OR 800-310-1160**. Life Line can offer crisis assistance or just a supportive ear.
- **Talk** to someone who is supportive. Social support can go a long way towards making you feel better, whereas isolating yourself is generally not helpful. In addition to talking to close friends and family members, consider letting your professors know what is going on as well.

**More on eating, sleeping, and exercising at go.geneseo.edu/hottopics*

***For additional helpful strategies,
please see the reverse.***

Additional Helpful Strategies

- **Practice** slow, deep breathing: place a hand over your lower abdomen, and breathe in slowly as you feel the area under your hand expand; slowly breathe out.*
- **Engage** in relaxation activities. Examples include doing yoga or meditating, listening to music, or even coloring.*
- **Try** keeping a journal as a means to express your thoughts and feelings in a productive manner; a journal can also be helpful should you decide to seek counseling.
- **Guard** against negative self-talk. Instead of beating yourself up for struggling, normalize what you are going through: tell yourself that your feelings are common and remind yourself that you are taking steps to get help.

**More on stress/relaxation at go.geneseo.edu/stress*

Other Resources

- Visit go.geneseo.edu/selfhelp to take online mental health screenings, to get ideas for starting a journal, and to view the list of books in our Self-Help Lending Library.
- While you are on our web site (health.geneseo.edu), click on the Counseling Services link from the left-hand menu and check out some of our other useful pages, such as Common Mental Health Issues and Helpful Links.
- Finally, if you need to talk a counselor, don't hesitate to give us a call at the phone number listed below—or, for additional resources outside of our office hours, visit go.geneseo.edu/healthemergency.

Counseling Services

health.geneseo.edu

www.facebook.com/healthandcounseling

Lauderdale Health Center, 2nd Floor, 585-245-5716

Open Mondays & Thursdays, 8 a.m.-7 p.m.

Tuesdays, Wednesdays, & Fridays, 8 a.m.- 5 p.m.

because it's your health.