STUDENT COUNSELING SERVICE: WAYS TO BE PROACTIVE ABOUT MANAGING YOUR STRESS & THE IMPORTANCE OF SELF-CARE AS YOU BEGIN YOUR AGGIE JOURNEY
HAVE YOU EVER FELT STRESSED???
STRESS TIPS

• Go toward your goals rather than avoiding and adding stress
• Focus energy on things you CAN change
• Manage time: use a planner to track progress on assignments
• Make sure you plan a moment for self-care!
• In small doses, stress is a good thing
• Being able to manage and relieve stress in the moment is the key to resilience
• Too much stress and anxiety distract from the actual task you are trying to accomplish
BALANCE & SUPPORT

• As a first year student – first time away from home, it may be difficult to balance so much in your life.

• Accept support from others – new friends, old friends, family, professors, advisors/mentors, etc

• Seek out assistance – prof’s, TA’s, counselors, peers, classmates, mentors etc

• Get help quickly if you feel overwhelmed!

http://scs.tamu.edu/
or
Call HelpLine – 845-2700
WELLNESS & SELF-CARE

1. Do something you enjoy – avoid burnout
2. Get organized – planner
3. Set short- & long-term goals and be realistic
4. Go out with a friend, but don’t mask stress with drinking or partying!
5. Keep in touch with your family (from time to time...)
6. Write in a journal or diary and monitor your self talk – “I can do this!”
7. Engage in self-compassion
8. Other tips:
   • Maintain healthy eating and sleeping habits
   • Exercise
   • Keep caffeine use to a minimum
   • Engage in relaxation (i.e., breathing exercises, hobbies, spiritual care, mindfulness)
SELF-CARE

IT'S SUPPOSED TO RELIEVE STRESS...
CAPS SUPPORT SERVICES

• QPR Gatekeeper Training
• Community referral assistance
• Sexual assault resources
• Outreach presentations
• Consultation
ANXIETY TOOLBOX & GETTING UNSTUCK WORKSHOPS

- Structured, 3-week series
- Provides specific strategies for managing stress and anxiety (Anxiety Toolbox) or symptoms of depression (Getting Unstuck)
- Call to self-enroll
GROUP COUNSELING

- Embracing Your Self-Worth
- Understanding Self and Others
- Managing Anxiety
- International Students
- Women of Color
- LGBTQ+

* Groups may change each semester
INDIVIDUAL AND COUPLES COUNSELING

• Relationships (romantic, peers, parents, and roommates)
• Academic difficulties
• Homesickness, loneliness, isolation, not fitting in
• Eating concerns
• Stress management
• Depression and anxiety
• Grief and loss
• Self-injury
• Suicidal thoughts
• Career options
CRISIS RESOURCES

• Weekdays 4pm-8am
• Weekends 24/7
• (979) 845-2700
  • On back of student ID

Crisis Appointments

• Weekdays 8am-5pm
• Walk-in or call (979) 845-4427 to meet with a crisis counselor
HOW TO REGISTER FOR SERVICES

• To schedule an initial appointment or attend a workshop, please register at scs.tamu.edu.

• All SCS services are confidential.
Pacifica is a mobile app designed to help students improve their mental wellbeing.

- Use your Texas A&M email address to get a **Premium subscription** to Pacifica for free.
- Download it now to start building healthy habits.
Faculty, staff, and students are in an ideal position to recognize when someone is struggling emotionally and may need help.

Kognito is an online simulation that lets you practice conversations with a virtual student so you’ll know how to help in real life.

Texas A&M is making this program available to all TAMU students, faculty, and staff to help create a safer and more supportive campus.

To access this free resource, visit scs.tamu.edu
COMING FALL 2019!

Counseling & Psychological Services
DIVISION OF STUDENT AFFAIRS
CONTACT US

Student Counseling Service @ White Creek
(979) 845-4427
scs.tamu.edu

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