



**Stress management & the  
importance of self-care as you  
begin your Aggie journey**



**Counseling &  
Psychological Services**  
DIVISION OF STUDENT AFFAIRS

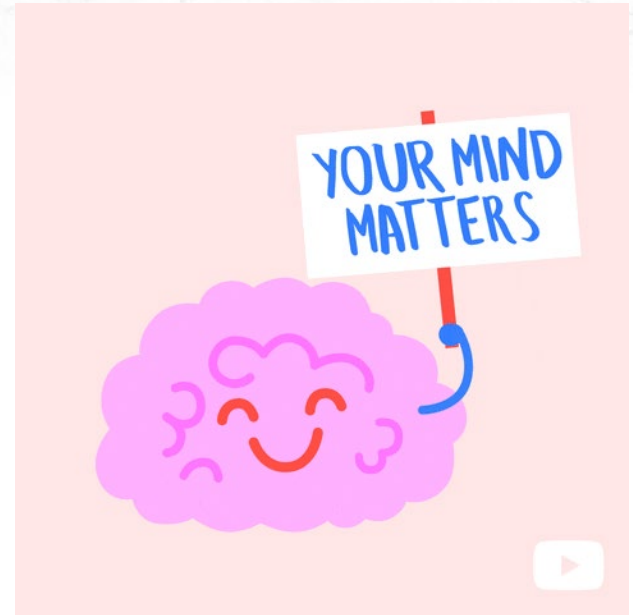


# Pop Quiz!



## Mental health is...

- a) More than the absence of mental disorders.
- b) Only important for some people.
- c) An important part of overall health and well-being.



From cdc.gov mental health quiz: <https://www.cdc.gov/mentalhealth/quiz/index.htm>

Which of the following is a positive contributor to mental health?

- a) Binge watching The Office to avoid doing school work.
- b) Engaging in self-compassion.
- c) Pulling all-nighters.

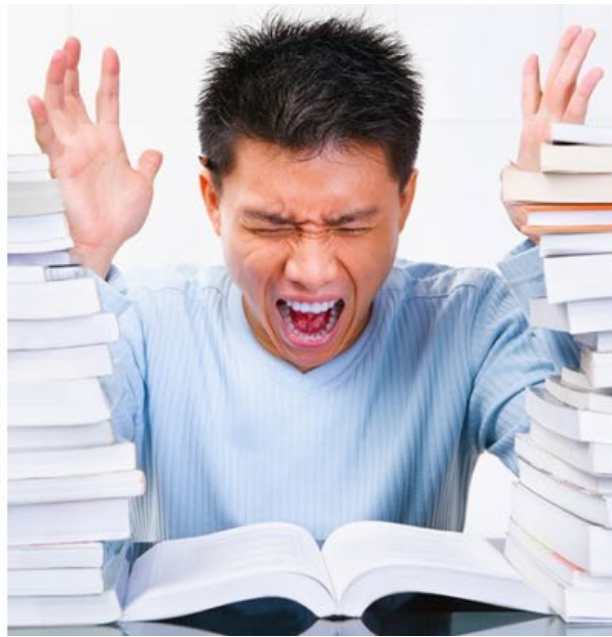
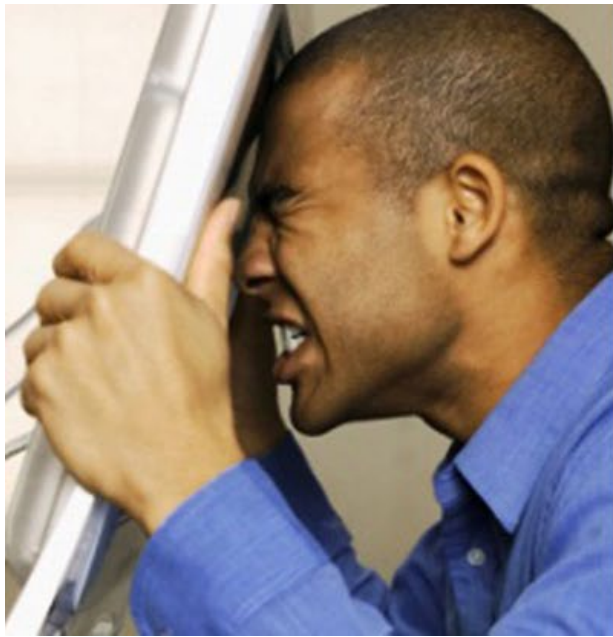


## Mental illness is caused by...

- a) Personal weakness.
- b) Lack of willpower.
- c) A number of factors, including biological factors, stressful or traumatic events, and long-lasting health conditions.



From cdc.gov mental health quiz: <https://www.cdc.gov/mentalhealth/quiz/index.htm>



Have you ever felt stressed???

# What can negatively impact our overall wellness?

- Internal stressors
  - Fears: Such as fear of failure, fear of public settings, fear of flying
  - Uncertainty and/or lack of control
  - Beliefs: Attitudes, opinions, or expectations of self
- External stressors
  - Major life changes
  - Environment
  - Unpredictable events
  - Workplace/School
  - Social
  - Starting college or transferring to a new college
  - Expectations of others
  - COVID-19

Obtained from: <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-management/art-20044151>



# Additional stressors for marginalized identities

- Students have reported:
  - Microaggressions
  - Feeling the need to assimilate
  - Confronting (conscious and unconscious) biases from peers and professors
  - Discrimination
  - Psychological pressure to “prove yourself” as a representation of your identity group
  - Targeting by police

\*\*Among many more stressors...





# Wellness

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Unbalanced wheels can make for a bumpy journey

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The wheel has interconnected dimensions that demonstrate a balanced approach to wellness

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Positive or negative change in one dimension impacts the other dimensions

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Each component is important for reaching health potential

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Image obtained from:  
<https://medicine.yale.edu/urology/education/residents/wellness/>

# The importance of taking care of yourself

- Do something you enjoy – avoid burnout
- Get organized – use a planner!
- Set short- & long-term goals and be realistic
- Meet new people - find people you can trust
- Go out with a friend, but don't mask stress with drinking or substance use
- Keep in touch with your family (from time to time)
- Write in a journal or diary and monitor your self talk – “I am enough”
- Engage in self-compassion

\*\*Self-care also means taking care of your basic needs at an individual and/or community level



# 5-4-3-2-1 Grounding Technique

- Identify 5 things you can see.
- Identify 4 things you can touch.
- Identify 3 things you can hear.
- Identify 2 things you can smell.
- Identify 1 thing you can taste.





What is your favorite way to take care  
of yourself?



# Stress Tips

- Go toward your goals rather than avoid them
- Focus energy on things you CAN change
- Practice good time-management
- Make sure you **plan** moments for taking care of yourself!
- In small doses, stress is helpful
- Too much stress and anxiety distract from the actual task you are trying to accomplish
- Being able to manage and relieve stress in the moment is the key to resilience



# Balance & Support

- As a first year or transfer student, it may be difficult to balance so much in your life.
- Accept support from others
- Support your peers
- Seek out assistance
- Get help quickly if you feel overwhelmed!

<http://caps.tamu.edu/>

or



979-845-2700

**HelpLine**

TEXAS A&M UNIVERSITY



# Student Services Building





What are some common reasons college students seek counseling?





# Services

- Group counseling
- Workshops
- Brief, goal-oriented Individual and Couple counseling
- Campus outreach & engagement
- Suicide awareness & prevention
- Diversity & inclusion programs
- Limited Psychiatric services
- Alcohol and Other Drug assessments
- Learning Disability and ADD/ADHD screenings
- Community referral assistance



**FREE and CONFIDENTIAL**

**MY  
SSP @TAMU**

**24/7  
counseling  
via phone  
or chat**



**self-care content,  
virtual fitness,  
mental health  
assessments**

**scheduled  
telehealth  
appointments**



**Mandarin,  
Cantonese, Spanish,  
French & English**



# Crisis Resources

If you are in need of urgent, crisis-related services, you may:

1. Come to CAPS SSB to meet with a crisis counselor, M-F 8:00 AM-5:00 PM
2. Visit CAPS' Emergency Resources webpage:

<https://caps.tamu.edu/emergency-resources/>



979-845-2700  
*HelpLine*

For after hours support:

Weekdays, 4pm-8am

Weekends, 24 hours

(979) 845-2700

On back of student ID



# How to register for services:

- To schedule an initial appointment to meet with a counselor, please go to our website at [caps.tamu.edu](https://caps.tamu.edu). If you need assistance with scheduling, please call us at 979-845-4427.
- You can also self sign-up for CAPS' workshops and groups on our website.
- CAPS is funded by the University Advancement Fee and there are no additional user fees for currently enrolled students.
- Visit our website for updates on services and self-help resources!

CAPS cares about you and your mental health!

Schedule an Appointment





# ARE YOU WORRIED ABOUT A FRIEND OR CLASSMATE?

College can be stressful at times. Build the confidence to talk with a friend who may need help.

## Kognito at-risk training

*Kognito At-Risk* is a 45-minute, online, interactive gatekeeper intervention training program that teaches students, faculty, and staff how to:

- (1) **Identify** individuals exhibiting signs of psychological distress, including depression and thoughts of suicide;
- (2) **Approach** individuals to discuss their concern; and
- (3) **Make referrals** to the Counseling & Psychological Services and other community resources.



# Aggies Reaching Aggies

- A Peer Educator Program where volunteers are trained to provide Gatekeeper Trainings related to suicide prevention, support, and mental health to **fellow students**.
- A gatekeeper is someone who can recognize when someone is struggling and/or at risk for suicide, and connect them to resources.
- Interviews to become a Peer Educator with Aggies Reaching Aggies for the Spring 2023 semester will take place this **November**.



## Volunteer Application

Applications are open!

Please complete the following for the application process:

1. Aggies Reaching Aggies volunteer application form
2. Provide a professional reference (title, email address, and phone number) who can speak to your dependability and ability to be a student leader.
3. Resume'

All materials should be sent to [aggiesreach@caps.tamu.edu](mailto:aggiesreach@caps.tamu.edu).

[Application Form](#)













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## CONTACT US

-  Counseling & Psychological Services @ Student Services Building, 4th floor
-  (979) 845-4427
-  [caps.tamu.edu](http://caps.tamu.edu)

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