



STRENGTH • BALANCE • HARMONY



SIX MENTAL HEALTH TIPS FOR STUDENTS

Pursuing education is often a balancing act with competing priorities and demands on your time and focus. It is easy to feel overwhelmed or stressed when full schedules and pressures from school, work or life are combined. Here are six ways to think Chickasaw and manage stressors in a healthy way.

1. DEVELOP YOUR TIME MANAGEMENT SKILLS.

1. Procrastination is a habit anyone can fall into. While deadlines can be a good motivator, spending adequate time on your assignments and completing them earlier will alleviate stress and worry about feeling behind in your work.

THINK IT OVER: *What are some ways you can manage your time effectively?*

2. DO NOT BE AFRAID TO UTILIZE YOUR SCHOOL'S RESOURCES.

2. Your school likely has programs in place designed specifically to help you. These services can range from confidential counseling sessions to tutoring. The Chickasaw Nation Recruitment and Retention Program is custom-made to assist and support Chickasaw students on five Oklahoma college campuses. Learn more at Chickasaw.net/RR

TALK ABOUT IT: *Do you know how to access your school's resources or who to ask?*

3. **TRY TO AVOID STAYING UP LATE.** It is common for students to stay up all night studying, but this can negatively impact your mood and overall health. Pulling all-nighters are sometimes inevitable, but try to avoid it if at all possible. Find time during your day to take a nap if you do stay up.

CREATE HARMONY: *Do you have trouble sleeping? Can you identify what may be keeping you awake?*

4. **PRACTICE SELF-CARE.** There is no shame in doing activities that you enjoy. Utilize those time management skills and allow time to take care of yourself. You can do this by going for a walk, taking a nice bath or spending time with loved ones.

GOOD IDEAS: *What are some activities that you enjoy doing? When was the last time you did something fun or relaxing?*

5. **ENSURE YOU ARE EATING WELL.** It is important to make sure your body is properly fueled for studying. It is difficult to focus on anything when your stomach is growling. Grab some breakfast in the morning and visit the cafeteria on campus. Drink some water while you are at it!

WELLNESS STRENGTH: *What are your favorite foods to eat?*

6. **PARTICIPATE IN STUDY GROUPS.** Study groups allow you to socialize with your peers and give you the opportunity to discuss class material and ask questions. However, it is important to find a group that can still get work done. Socializing is great for your mental health, but you also want to make sure you are staying on task.

FIND YOUR BALANCE: *How often do you study with others?*

RESOURCES:

- Wellness Tips for Students from On our Sleeves
- 101 Wellness Tips for College Students