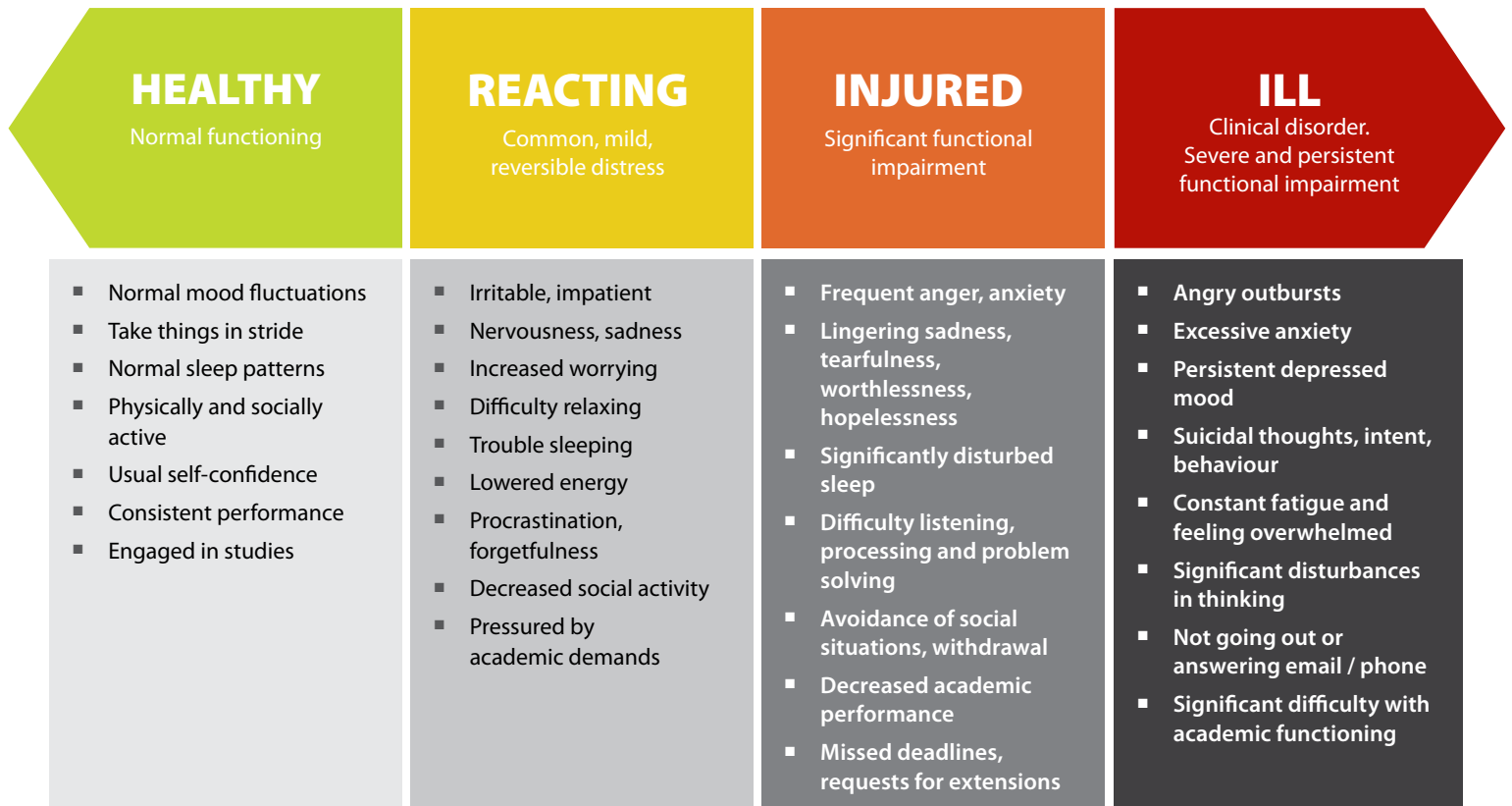


Taking Care of Your Mental Health

One of the greatest challenges at university can be looking after your emotional wellbeing. In the context of many demands, this involves finding some balance between the pushes and pulls of life: between working and resting; striving and setting reasonable expectations; having time with others and time on your own.

THE MENTAL HEALTH CONTINUUM

Our mental health falls on a continuum and changes over time in response to circumstances. When our personal balance is off, either repeatedly or for extended periods, we are likely to move down the continuum. The further down the continuum, the longer recovery will take.



Adapted from the Canadian Armed Forces Mental Health Continuum

SELF CARE AND SOCIAL SUPPORT

Actions to take at each phase of the continuum are listed on the other side of the page.

Self help and peer support:

- usask.ca/studentcounselling
- usask.ca/stayhealthy
- usask.ca/studentcommunity

PROFESSIONAL CARE

Student Counselling Services

306-966-4920, 3rd floor, Place Riel, U of S
go.usask.ca/studentcounselling

Student Health Services

306-966-5768, 4th floor, Place Riel, U of S
go.usask.ca/studenthealth

Or services designated in your area



URGENT AFTER HOURS ASSISTANCE

- | | | |
|--|------------------------------|--|
| ■ Saskatoon Crisis Intervention Services | 306-933-6200 | (24 hour crisis line and consultation) |
| ■ University of Saskatchewan Protective Services | 306-966-5555 | |
| ■ Royal University Hospital Emergency Department | 306-655-1362 | |
| ■ Saskatoon Police Services | 9-1-1 (or 9-9-1-1 on campus) | |

ACTIONS TO TAKE

HEALTHY

Normal functioning

- Be kind to your body: get adequate rest, food and exercise
- Track demands; break problems into manageable chunks
- Recognize your personal signs of stress
- Incorporate realistic and encouraging self-talk
- Learn ways to relax
- Engage in enjoyable activities
- Share and connect
- Build in recovery time after busy or demanding periods

REACTING

Common, mild, reversible distress

- Support your body: get adequate rest, food and exercise
- Acknowledge signs of stress and recognize your limits
- Prioritize demands and take regular breaks
- Stay connected; talk about the challenges
- Ask for help
- Find ways to relax and calm yourself
- Foster appreciation for yourself and others
- Acknowledge the positive aspects of your life

INJURED

Significant functional impairment

- Take care of your body; move, eat and rest
- Acknowledge difficulties and their impact
- Attend to your most important responsibilities
- Make arrangements to cover commitments you are not able to meet
- Reach out for professional help
- Be kind to yourself
- Talk with people you trust; resist withdrawing
- Engage in calming activities

ILL

Clinical disorder. Severe and persistent functional impairment

- Professional help is needed
- Seek counselling (from a mental health professional) or see a physician
- Tell someone you trust that you are struggling; let them help you find the services you need
- If you feel unsafe, please get help right away

SELF CARE AND SOCIAL SUPPORT

PROFESSIONAL CARE

Signs your actions are helpful:

- You feel a sense of relief and increased hope
- You feel more alive and engaged
- You are kinder toward yourself and others
- You are more confident in your ability to cope
- You feel good about making good choices
- You feel respected, helped, cared about, understood
- You feel more connected
- You gradually feel better across time

Signs your actions are less effective:

- You feel worse / more stressed
- Your anger, agitation, anxiety or resentment grow
- People are pushed away
- You end up feeling regretful
- Your difficulties are magnified

**THANK
YOU**

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**UNIVERSITY OF
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A STUDENT COUNSELLING SERVICES RESOURCE

This information is not intended to be a substitute for an informed discussion with a health care professional