

Your mental health matters.



College can be stressful, so prioritizing your mental health will hopefully make things a lot less overwhelming and easier to manage.

The main thing to remember as you read through this info is to think about it without judgement. Your feelings are valid, so if you recognize that you're experiencing a lot of distress or are operating from a place of fear most of the time, that's okay. We're all about recognition right now and relating the info here to our own lives. Trust the process.

Stress happens

Stress is a healthy and normal thing- it actually means that our body's response system is working for us!

Stress can end up being detrimental though (*aka distress*) if we're overstimulated, which can leave us feeling exhausted, anxious, and forgetful.

Learning to pick up on warning signs can help us find our optimum amount of stress (*aka eustress*). Tuning in and becoming more self-aware of our own warning signs can help us find that balance.

Thoughts

Our self-talk and how we respond to others is, in not-so scientific terms, the little voice in our head. The way this voice interprets information can determine how we think about ourselves and the world.

A fixed mindset is typically associated with negative self-talk, self-criticism, and self-doubt.

A growth mindset is typically associated with a shift in thinking to look at stress in a new way, focusing on growth opportunities.

Emotions

All emotions tend to be either comfortable or uncomfortable. Comfortable emotions are usually rooted in love and uncomfortable emotions are usually rooted in fear.

Even emotions that are rooted in fear give us insight on how we're really doing (*and they're nothing to be afraid of*). **Remember:** there are no "bad" feelings, just uncomfortable (*and informative*) ones!

By examining emotions, we can figure out why our body and mind are reacting to something. Here's an example of how you can break down an uncomfortable emotion and dive a bit deeper into it:

When I feel anxious...

My body reacts by tensing up.

I start to think about what I could have changed in the past.

The first thing I want to do is think about how I could have done something differently.

A more specific emotion could be overwhelmed.

An underlying fear could be that I compare myself to others and think I'm not enough.

Behaviors

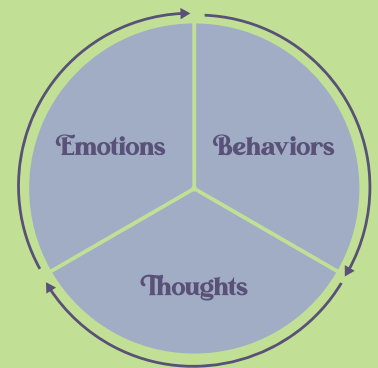
Shame can show up in many ways: we can do it to ourselves or we can do it to others. Shame is when we reach those moments of feeling "less-than". It can be easy for us to use shame in our lives, but it can be a lot harder to recognize when we're doing it.

Perfection, blame or shame can show up in our lives as:

Perfectionism Favoritism Gossiping Back channeling Comparison Blaming Teasing
Self worth tied to productivity Cover ups Bullying Harassment Discrimination

Wheel of awareness

Our goal? We want to become more self-aware! Now, how do we make that happen? As people, we're always experiencing thoughts, behaviors, and emotions no matter what's going on. Focusing on these three can help us increase our mindfulness and be more in tune to when we're feeling a bit burnt out!



Ways to Recharge

Coping mechanisms are the things we do to recharge, destress, and calm down. Healthy coping mechanisms can include:

Disconnecting from media

Getting together with friends

Going for a workout

The healing process



Suicide prevention: Save a life

Being there for the people you care about is important. Your role as a caring friend can potentially help save someone's life if you know what to look for. Here are a few quick tips on how to help a friend that is considering suicide or is in crisis:

Warning signs:

Giving away possessions, verbal cues, withdrawal, isolation, talking about death, dying, or suicide, changes in mood, behavior, or substance use.

Take action:

Express concern, ask directly about suicide, listen with empathy,

Reach out for help

911: if in crisis and immediate danger

Student counseling center: if not in immediate danger



Remember: you are there to support your friend as much as possible, but you still need to make sure you're prioritizing your own mental health as well.

Empathy is the antidote!

Empathy with ourselves and others will help us shift our mindset to help us begin to understand and share the emotions of another. Remember to be patient with yourself when you start this process. It can be overwhelming (and sometimes discouraging) when you find yourself stuck in a certain pattern of thinking. Extending kindness to yourself as you grow is so important!

Here's an example of how you can phrase a goal when you recognize you're using a barrier to empathy:

I will reduce my use of the barrier of empathy of judgment and instead begin to strive to be more non-judgmental and understanding when I listen.

Our inputs are what we're taking in and can also affect our outlook and worldview. Some positive things we can take in are: patience & grace, kindness & acceptance, and support from others.

on campus resources

THERAPY ASSISTANCE ONLINE (TAO)

Online self-help tools available free to all Texas Tech students. Learn more at <https://www.depts.ttu.edu/scc/tao>

STUDENT COUNSELING CENTER

SWC 201 | 806.742.3674 | counseling.ttu.edu

STUDENT HEALTH SERVICES

SWC | 806.743.2848
www.depts.ttu.edu/studenthealth

RISK INTERVENTION & SAFETY EDUCATION (RISE)

Drane 247 | 806.742.2110 | rise.ttu.edu

DEAN OF STUDENTS

SUB 201 | 806.742.2984 | deanofstudents@ttu.edu

FAMILY THERAPY CLINIC

806.742.3074 | Human Sciences 164 | Sliding scale starting at \$10 per session for TTU students. Call to schedule.

PSYCHOLOGY CLINIC

806.742.3737 | Psychology 1st floor
Call to schedule an appointment.

QPR

Question. Persuade. Refer.
Offered by the student counseling center.
Email amanda.wheeler@ttu.edu to register for this one hour training on how to save a life.

RAIDER RECHARGE

806.742.2110 | 1 on 1 wellness coaching for students utilizing a holistic approach to well-being.

THE BODY PROJECT

Two day body image workshop.
Email rise@ttu.edu to register.

off campus resources

VOICE OF HOPE RAPE CRISIS CENTER

806.763.3232 | 806.763.7273
voiceofhopelubbock.org

LUBBOCK POLICE DEPARTMENT

Emergency: 911 | Non: 806.775.2865
lubbockpolice.com

STARCARE 24/7 CRISIS LINE

Lubbock: 806.740.1414
Toll-free: 800.687.7581

UNITED STATES CRISIS TEXT LINE

Text HOME to 741741

NATIONAL SUICIDE PREVENTION LIFELINE

1.800.273.8255

THE TREVOR PROJECT

1.866.488.7386 | Free crisis helpline for LGBTQIA+ youth.



Scan to download these resources to your phone

You're not alone.

6.2%

of TTU students say their social relationships are *not* supportive or rewarding

8.5%

of TTU students believe they do *not* lead a purposeful or meaningful life.

9%

of TTU students are *not* optimistic about their future.

ttu crisis helpline
24/7/365 | 806.742.5555