

10 THINGS YOU CAN DO FOR YOUR *Mental Health*

Try some or all of the 10 tips below to help find the right balance in your life during uncertain times.

1 VALUE YOURSELF

Treat yourself with kindness and respect, and avoid self-criticism. Make time for your hobbies and favorite projects, or broaden your horizons. You deserve to take care of yourself.



2 TAKE CARE OF YOUR BODY

Taking care of yourself physically can enhance your mental health, reduce stress, and improve your mood. Eat nutritious meals, stay hydrated, [exercise](#), and get enough sleep.

3 SURROUND YOURSELF WITH GOOD PEOPLE

Make plans with supportive family members and friends, or seek out activities where you can meet new people, such as a [student org](#), class or [support group](#).



4 GIVE YOURSELF

Volunteer your time and energy to help someone else. You'll feel good about doing something tangible to help someone in need — and it's a great way to meet new people. Find opportunities to engage [here](#).

5 LEARN HOW TO DEAL WITH STRESS

Like it or not, stress is a part of life. Lean and practice healthy coping skills: [Exercise](#), take a nature walk, listen to music, take a break when needed, or try [journaling](#) as a stress-reducer.



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6 QUIET YOUR MIND

Try meditating, [mindful activities](#), or reaching out spiritually through prayer. Relaxation exercises and prayer can improve your state of mind and outlook on life. In fact, research shows that meditation may help you feel calm and enhance the effects of therapy.



7 SET REALISTIC GOALS

Decide what you want to achieve academically, professionally, and personally, and write down the steps you need to realize your goals. Aim high, but be realistic and don't over-schedule. You'll enjoy a tremendous sense of accomplishment and self-worth as you progress toward your goal.

7

8 BREAK UP THE MONOTONY

Although our routines make us more efficient and enhance our feelings of security and safety, a little change of pace can perk up a tedious schedule. Alter your jogging route, plan a road-trip, take a walk in a different park, hang some new pictures, or try a new restaurant.



9 AVOID ALCOHOL AND OTHER DRUGS

Keep alcohol use to a minimum and avoid other drugs. Sometimes people use alcohol and other drugs to "self-medicate" but in reality, alcohol and other drugs can prolong and/or aggravate problems. Seek campus [recovery resources](#).

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10 GET HELP WHEN YOU NEED IT

Seeking help is a sign of strength — not a weakness. And it is important to remember that treatment is effective. Call [CAPS](#) (518-442-5800) to schedule an initial consultation.

