

study rest teach work learn think live play train

# be well.

*Of all the things we have to do, all our tasks and responsibilities, we must be well. We care about your well-being, and UWA Counseling Services can help if you are experiencing struggles that affect your ability to function and enjoy your daily life.*

APRIL IS NATIONAL STRESS AWARENESS MONTH

## Play the High-Low Game

Sometimes, sharing the worst part of our day with someone can relieve a load of stress. Likewise, sharing the best part of our day with someone can be a reminder that there was, in fact, something good about the day.

**GET TOGETHER** You can make this a game and “play” it with friends and family in person, on video call, through group messages, or any other way that you enjoy talking and sharing with others.

**HOW IT WORKS** Taking turns, each person shares the high or low point of his or her day. Take extra time to help each other sort through the lows and find something good about even the worst situations.

**HERE'S A TWIST** You may even share this game with a stranger you meet during the day, of course being careful with information you would consider confidential.

>> Even on the days you can't get together or find time to try this with others, taking time to reflect on the highs and lows of your day can be cathartic. You may realize that the worst part of your day wasn't so bad after all, and maybe re-telling the best part of your day makes it that much better.

### UWA Counseling Services

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📍 Foust Hall 7

### Campus Emergency

☎ 205-652-5555

LEARN MORE



**ADAA**

Anxiety & Depression  
Association of America

WELLNESS TIP AND  
ENCOURAGEMENT  
PROVIDED BY

UWA Counseling Services



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1-888-442-1793

Any individual, including but not limited to, children, older adults, individuals with disabilities, healthcare professionals, first responders, and administrators working on the frontlines who are experiencing stress or anxiety related to COVID-19, may call the Alabama Apart Information Line at 1-888-442-1793 to be connected with appropriate staff and programs in West Alabama to provide vital resources and services.