

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

Social media stressing you out?

Have you ever turned to social media for mindless scrolling, only to find yourself infuriated after looking at your news feed? Maybe you're experiencing technostress from social networking.

- **DON'T COMPARE** What you see on social media shouldn't form the basis for what you want your life to look like. Getting caught up in comparing your life to the picture-perfect versions of others you see on social media can lead to unrealistic ideas and unnecessary feelings of inadequacy.
- **SET LIMITS** Manage your social media time, and when time is up, quit the app, log out, or do whatever it takes to keep from being distracted by it.
- **CONSIDER** Is engaging in heated dialogue on social media worth sacrificing your mental well-being for the day or for longer?
- **CLEAN HOUSE** Evaluate the pages that you follow. If one is a continual source of frustration without benefit, it's as easy as tapping "unfollow."

>> FOCUS ON THE POSITIVES Social media helps us stay connected and informed, but it shouldn't be a source of stress. If you need to take a break from social media, follow the network's instructions for temporarily deactivating your account so you won't worry about what you're missing. Remember that you can be the difference someone else sees on their news feed, so use the platform to be a positive influence for your connections.

UWA Counseling Services

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LEARN MORE



The American
Institute of Stress

WELLNESS TIP AND
ENCOURAGEMENT
PROVIDED BY

UWA Counseling Services

SOURCE

AddictionCenter.com

Reject stressors.



ALABAMA | P | A | R | TOGETHER

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 Apartment Information Line at 1-888-442-1793 to be connected with appropriate staff and programs in West Alabama to provide vital resources and services.