

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.


#1. Stress Management

- Know your personal signs of stress. Include coworkers, friends, roommates, etc. in your stress control plan because they can tell you when they see your stress signs “showing.”
- Once you identify major stressors in your life, like school, work, family concerns, and more, think ahead and plan how you will prevent or address them.
- Create a team culture and a buddy system where you can choose to spend free time exercising, relaxing, or talking together.
- Take time for yourself. Mentally disconnect from your stressors as completely as possible during your down time.
- Find constructive ways to release stress, such as:
 - *Choose physical activity that can be done safely like walking, stretching, and taking deep breaths.*
 - *Read or listen to music that is timed to your breath.*
 - *Practice healthy sleep behaviors. Train your body to downshift by getting into a routine sleep pattern.*


UWA Counseling Services

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Campus Emergency

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WELLNESS TIP AND
ENCOURAGEMENT
PROVIDED BY

UWA Counseling Services

SOURCE

www.SAMHSA.gov

**You don't have to
struggle silently.**



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 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.