

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

## Current Stress Level: MAX

Whether we're excited about our plans or dreading them, we are likely to experience stress related to what's ahead of us. Stress knows no age and affects everyone differently. However, there are some coping mechanisms to help alleviate the effects that stress has on a person's physical and mental well-being.

- **ROUTINE** Get in the habit of studying, working, exercising, and sleeping at certain hours to fit in all the things you need to do in a day.
- **LIMITS** Fun and relaxation have to be part of your routine just like work, so give yourself time to recharge.
- **BREAKS** Your eyes and mind need a chance to a rest, and after a break you can feel refreshed and ready to go.
- **REALISTIC** Be realistic about your goals and understand that you can only do so much in a day or week to avoid over-commitment.
- **BALANCE** While you might want to go to class, work, play a sport, and participate in clubs and social activities, the reality is that sooner or later you're going to get run down by trying to do so much. Focus on doing the things you truly love and forget about the rest.

>> **GET HELP** If you're feeling overwhelmed, reach out and ask for help from professors, co-workers, and friends. They may be able to help you manage your projects or find more creative ways to study and work.

### UWA Counseling Services

@ [jcoleman@uwa.edu](mailto:jcoleman@uwa.edu)

☎ 205-652-3651

📄 Foust Hall 7

### Campus Emergency

☎ 205-652-5555

LEARN MORE



WELLNESS TIP AND  
ENCOURAGEMENT  
PROVIDED BY

UWA Counseling Services

SOURCE

Rutgers University Wellness

**Take care of YOU.**



ALABAMA | P | A | R | T | O | T | O | G | E | T | H | E | R

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.