



S.T.A.H.L. NEWS

STUDENTS TALKING ABOUT HEALTHY LIFESTYLES...WORDS OF WHIZ-DOM

Brought to you by Counseling Center and Health and Wellness Promotion at the Center for Health and Well-Being

September 7, 2020

Anxiety and Depression



Anxiety and depression can impact us in a variety of ways. We can feel more irritable, sad, nervous, and physically ill; we can isolate ourselves, act out, or do more sleeping, eating, or procrastinating; we can also start to doubt ourselves, turn away help from others, and question our own value. Although anxiety and depression are normal in life, if we do not cope with them effectively, they can build up and significantly disrupt our lives.

When we feel depressed or anxious, it is easy to forget our best coping skills, and often very easy to cope in ways that do not work well for us. We need to make a personal commitment to prioritizing our self-care and make a concerted effort to use our best coping skills often.

COMMON SYMPTOMS

Anxiety	Depression
"Overthinking"	Loss of energy
Increased heart rate, breathing	Loss of interest
Uncontrollable worry	Feeling neutral or numb feelings
Muscle tightness, tension	Sadness
Feeling overwhelmed	Low self-esteem
Difficulty falling asleep	Pessimism/hopelessness

HOW TO DEAL WITH STRESS AND ANXIETY DURING COVID 19

- Take care of your body
- Connect with others
- Take breaks
- Seek help when needed
- Avoid self-criticism
- Strive for balance
- Connect to your values



Source: <https://emergency.cdc.gov/coping/s>

Check out IUP's Counseling Center's website, www.iup.edu/counselingcenter, for free, self-help resources and to determine whether professional consultation would be helpful.

HELP IS AVAILABLE

On campus:

The Counseling Center: 724-357-2621

Center for Applied Psychology: 724-357-6228

Off campus:

Armstrong-Indiana Crisis Hotline: 1-877-333-2470

Community Guidance Center: 724-465-5576

National: Text *Hello* to 741741

Health and Wellness Promotion

G59 Suites on Maple-East

Phone: 724-357-4799

www.iup.edu/health-wellness



@iupaware

@iupranger1



HEALTH AND WELLNESS PROMOTION EVENTS

EVENTS	DATES	TIMES	LOCATION
Meditation Mondays	Sept. 7, Sept. 14, Sept. 21, Sept. 28	1:00 p.m.	Zoom: 980 6363 9075
Motivational Mondays	Sept. 7, Sept. 14, Sept. 21, Sept. 28	ALL DAY POST	Instagram: @IUPAWARE/ @IUPRANGER1
Wellness Wednesday	Sept. 2, Sept. 9, Sept. 16, Sept. 23, Sept. 30	ALL DAY POST	Instagram: @IUPAWARE/ @IUPRANGER1
Thursday Kahoot Nights	Sept. 3, Sept. 10, Sept. 17, Sept. 24	7:00 p.m.—8:30 p.m.	Zoom: 92040316527
Fresh Food Fridays	Sept. 4, Sept. 11, Sept. 18, Sept. 25	ALL DAY POST	Instagram: @IUPAWARE/ @IUPRANGER1
Just Paws (Ranger)	Sept. 7, Sept. 10, Sept. 14, Sept. 17, Sept. 21, Sept. 24, Sept. 28 Sept. 9, Sept. 16, Sept. 23, Sept. 30	Monday & Thursday 9:00 a.m.—3:00 p.m. Wednesday 3:00 p.m.—8:00 p.m. BY APPOINTMENT ONLY	G59 Maple East
Just Paws (Bam Bam)	Sept. 8, Sept. 15, Sept. 22, Sept. 29	Tuesday 2:00 p.m.—4:00 p.m. BY APPOINTMENT ONLY	G59 Maple East
Just Paws (Sapphire)	Sept. 7, Sept. 14, Sept. 21, Sept. 28	Monday 4:30 p.m.—6:30 p.m. BY APPOINTMENT ONLY	G59 Maple East

To schedule an appointment with a therapy dog, go to: <https://iupranger.setmore.com>