

S.T.A.H.L. NEWS

STUDENTS TALKING ABOUT HEALTHY LIFESTYLES

Brought to you by the Indiana University of Pennsylvania Counseling Center

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Connections on Campus

As a result of the COVID-19 virus, U.S. adults age 18 and older revealed experiencing negative emotions and mental health issues since being isolated.

Feelings reported during the isolation include: anger, frustration, sadness, anxiety, stress, and even depression.

More than 7/10 adults indicated during a nation-wide survey that COVID-19 has made it more difficult to connect with friends. They also reported that this is the longest they have gone since seeing close relatives and friends.

Resources for Connections

- Crimson Connect
- IUP Student Events Calendar
- IUP Counseling Center
- Faculty Members

Other Forms of Connection...

- Connect with nature (walk, kayak, hike)
- Journal
- Join new clubs or committees
- Connect with Faculty members!
 - Try a new hobby or interest
 - Mindfulness
 - Deep Breathing
 - Schedule self-care

Positive Mental Health and Intrinsic Motivation comes as a direct result in how connected we feel to others and organizations.

What makes us feel connected?

- Limit Distractions (i.e. put your phone away!)
- Feeling seen & heard by others.
- Direct Eye Contact & Authentic Communication

New Ways to Connect!

Togetherall is a safe, online community to share feelings anonymously and get support to improve mental health and wellbeing. In the community people support each other, safely monitored by licensed and registered mental health practitioners.

www.togetherall.com



IUP Student Life Calendar

IUP Crimson Connect



Did you know?

The top 3 mental health issues reported by college students seeking services include:

1. Depression
2. Anxiety
3. Academic Distress

Establishing support systems on campus can help alleviate mental health concerns.

"A lot of the things that we do in life are to find connection."

-Charlie Heaton