

S.T.A.H.L. NEWS

STUDENTS TALKING ABOUT HEALTHY LIFESTYLES

Brought to you by the Indiana University of Pennsylvania Counseling Center

Mental Health Awareness

Anxiety and Depression are the most common mental health issues among college students, and the COVID-19 pandemic has increased the percentage of students experiencing mental health concerns.

Common Symptoms of Depression

- feeling sad, empty, hopeless
- lack of interest or pleasure
- appetite/weight change
- changes in sleep
- feelings of worthlessness
- difficulty concentrating

Common Symptoms of Social Anxiety

- fear of being negatively evaluated in social situations
- avoidance of social situations
- intense anxiety during social situations

Common Symptoms of Generalized Anxiety

- excessive and consistent worry that is difficult to control
- restlessness, fatigue, difficulty concentrating, irritability, muscle tension, sleep disturbance

Resources for Connections

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

Ways to Improve Mental Health

- **Talk therapy:** offered free of charge at the IUP Counseling Center and the Center for Applied Psychology
- Exercise
- Prioritize sleep (6-8 hours per night)
- Spend time outdoors
- Schedule pleasurable activities
- Increase social engagement (e.g., joining new clubs or committees)

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

Did you know?

You are not alone! More than 33% of college students in the U.S. experience mental health struggles (American College Health Association, 2020).

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

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



togetherall



IUP
Student
Life
Calendar



IUP
Crimson
Connect

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

-Charlie Heaton