

TAKE CARE OF YOURSELF DURING YOUR STUDIES

A personal guide



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Association canadienne
pour la santé mentale
La santé mentale pour tous



Regional Resiliency
Résilience Régionale

MENTAL HEALTH IS...

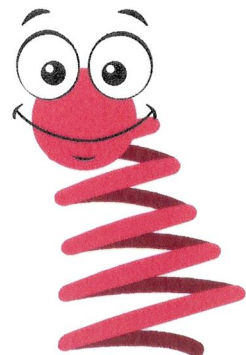
A state of
wellbeing



- Feeling comfortable, happy, and healthy
- Being proud of yourself
- Having a role and a goal in life
- Being able to manage stress and difficult situations
- Feeling good about yourself and while around others.

Resiliency is the ability to face
the difficult events of life.

- Look at challenges as learning experiences
- Make choices that improve your wellbeing
- Share your concerns and stressful thought and feelings
- Create a positive image of self
- Keep hope
- Take care of yourself



MENTAL HEALTH IS ALSO...



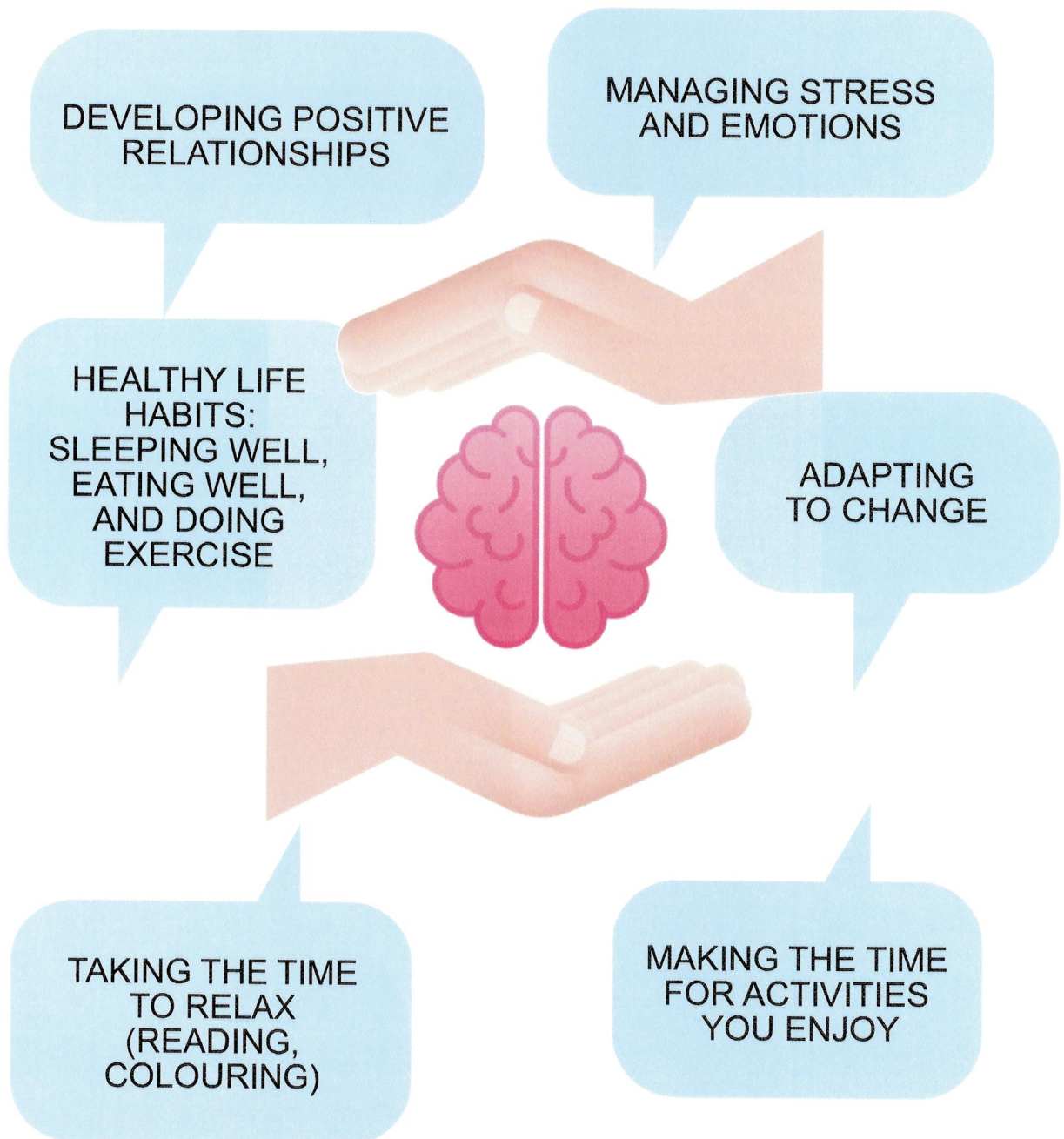
Balance

- Planning time for yourself and to study every day
- Enjoying your favourite activities and pastimes
- Reflect :
 - What can wait?
 - What can be shared or delegated?
 - Set your tasks list in order of priority

Flexibility

- Be open to others
- Adapt to situations
- Accept change

MAINTAIN A GOOD MENTAL HEALTH WITH:



4

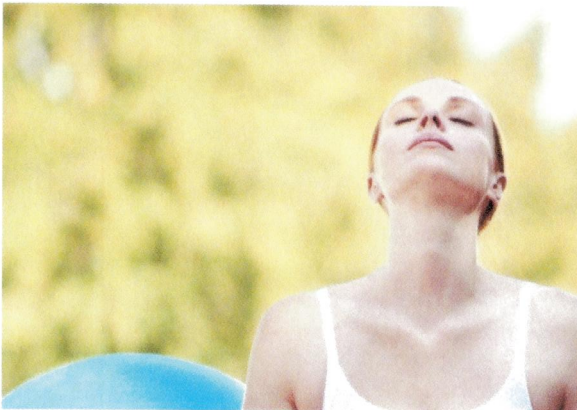
TIPS FOR STRESS MANAGEMENT



RELAX



SLOW DOWN



BREATHE



LAUGH



Less stress

Better self-control

Better learning

Better sleep

More focus

Better memory

Relaxation breath

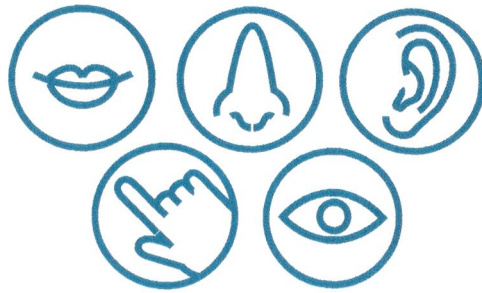
1
Inhale through
the nose
4 secs

2
Hold your
breath
7 secs

3
Exhale
through
the mouth
8 secs



USE YOUR 5 SENSES TO PRACTICE MINDFULNESS



MINDFULNESS IS THE PRACTICE OF APPLYING YOUR 5 SENSES DURING ANY GIVEN MOMENT, ALL WHILE TAKING A BREAK TO FOCUS ON OURSELVES WITHOUT JUDGEMENT.

1. **SENSATIONS**

- IDENTIFY 5 THINGS THAT YOU CAN TOUCH AND/OR FEEL (E.G. YOUR CHAIR, A TABLE, YOUR PENCIL, ETC.)

2. **EYESIGHT**

- IDENTIFY 4 THINGS THAT YOU CAN SEE AROUND YOU

3. **SOUNDS**

- IDENTIFY 3 THINGS THAT YOU CAN HEAR

4. **SCENTS**

- IDENTIFY 2 THINGS THAT YOU CAN SMELL

5. **TASTE**

- IDENTIFY SOMETHING YOU CAN TASTE (E.G. YOUR WATER)



ALWAYS
BELIEVE IN
YOURSELF

EVEN IN THE DARKEST
MOMENTS

REMEMBER THAT YOU ARE
YOUR LIGHT

BENEFITS OF MANDALAS?


Allows you :

- To take a moment for yourself
- To focus on the present moment
- To reduce stress and anxiety
- To let go.





Draft your wellness plan below:



Good luck!