

Counseling Services

Northwestern Oklahoma State University

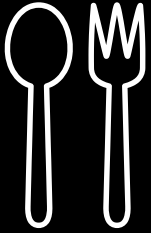


Resilient

Rangers



TIPS TO BOOST WELL-BEING



NUTRITION

CHECK NUTRITION LABELS, PORTION SIZES, PLAN MEALS, HEALTHY SUBSTITUTIONS, STAY HYDRATED, REDUCE SALT INTAKE



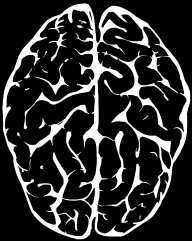
TIME-MANAGEMENT

PRIORITIZE TASKS, IDENTIFY PRODUCTIVE TIMES, BREAK DOWN TASKS INTO SMALLER, PLAN AHEAD, DAILY ROUTINE



MOVEMENT

WALK, BIKE, HIKE, SWIM, HIIT WORKOUT, DANCE, GARDEN, RUN, LIFT WEIGHTS, STRETCH, BALANCE EXERCISES



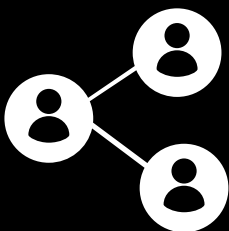
MINDFULNESS

MEDITATION, MINDFUL MOVEMENT, GRATITUDE, JOURNAL, TIME IN NATURE, MINDFUL EATING, YOGA, FOCUS ON YOUR FIVE SENSES



SLEEP

CONSISTENT SLEEP SCHEDULE, 7 - 8 HOURS EACH NIGHT, TURN OFF SOCIAL MEDIA NOTIFICATIONS ON PHONE, AVOID CAFFEINE & HEAVY MEALS IN THE EVENING



SOCIAL

JOIN CLUBS, VOLUNTEER, FITNESS CLASSES, CHURCH, STUDENT EVENTS, INTRAMURALS, COMMUNITY EVENTS

ANXIETY

SYMPTOMS



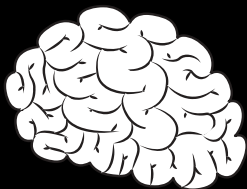
**Rapid
Heartbeat**



**Excessive
Worry**



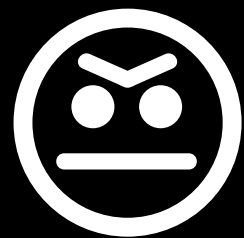
Insomnia



**Lack of
Concentration**



Shaking



Irritability



Sweating



Nausea



Avoidance

ANXIETY

Panic attacks are discrete episodes, with an abrupt beginning and specific end.

SYMPTOMS

- Rapid heart rate
- Feelings of impending doom
- Feelings of being out of control
- Abdominal cramping



COVID-19

If you develop these symptoms, call your doctor or visit cdc.gov/coronavirus.

SYMPTOMS

- Fever
- Dry cough
- Trouble breathing
- Extreme fatigue



OVERLAPPING SYMPTOMS

- Chills
- Shaking
- Sweating
- Chest pain
- Hot flashes
- Shortness of breath

Panic attacks are discrete episodes, with an abrupt beginning – peaking at about 10 minutes – and a specific end, usually within half an hour. If you have a persistent fever and cough, as well as trouble breathing, call your doctor or visit the Centers for Disease Control and Prevention at <http://cdc.gov/coronavirus>

MOBILE APPS

FREE WITH IN-APP PURCHASES



Anxiety Coach



MindShift



Sanvello



FearTools



INSIGHT
Peace in our Timer

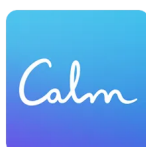
Insight Timer



Breathe2Relax



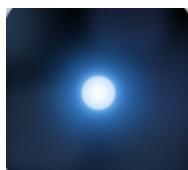
Headspace



Calm



**Self-Help Anxiety
Management**



Panic Relief



Shine



**Virtual Hope
Box**



Grounding Exercises



FIND A WORD IN THE
ROOM SAY EACH
LETTER STARTING
FROM RIGHT TO LEFT

THINK OF A COMMON
TASK...
DESCRIBE EACH DETAIL
STEP BY STEP

PICK AN OBJECT...
VISUALLY TRACE IT

PICK A SHAPE...
FIND 5 OBJECTS IN
THE ROOM THAT ARE
THAT SHAPE

COUNT DOWN BY A
NUMBER FROM 100

PICK UP AN OBJECT..
EXPLAIN IN DETAIL...
TEXTURES, COLORS,
WEIGHT, TEMPERATURE,
SOUNDS



CHALLENGE NEGATIVE

Thoughts

ASK YOURSELF

- What would I tell a friend if they had this thought?
- Is this thought helpful to me?
- What could I do in the moment that would be more helpful?
- What is the probability that this thought will happen?
- What is the evidence that my thoughts are true?
- What might be a more helpful way of thinking about this situation?
- Am I thinking of the whole picture?
- What have I done in the past that was successful to challenge a negative thought?



Stress Less



**WHAT HAS WORKED IN THE
PAST TO MANAGE STRESS?**



**NEW WAYS I WILL TRY TO
MANAGE STRESS?**



**WHAT HAS NOT WORKED IN THE
PAST TO MANAGE STRESS?**



Coping with COVID-19

**Take breaks
from the news**



**Make time to
unwind**



**Set goals
and priorities**



**Take care
of your body**



**Connect with
others**



**Focus on
the facts**

It can be difficult to cope with fear and anxiety, changing daily routines, and a general sense of uncertainty about COVID-19. Although people respond to stressful situations in different ways, there are steps you can take to help manage stress. Visit the Centers for Disease Control and Prevention for more information at www.cdc.gov/coronavirus. #shareNIMH



Helpful Resources

WEBSITES

The National Institute of Mental Health

www.nimh.nih.gov/index.shtml

Mental Health America

www.mhnational.org

Anxiety and Depression Association of America

www.adaa.org/

NWOSU Counseling

Click on title to access each link!

CRISIS RESOURCES

LIFE THREATENING EMERGENCY- CALL 911

CRISIS TEXT LINE

Crisis Text Line serves anyone, in any type of crisis, providing access to free, 24/7 support

Text HOME to 741741

NATIONAL SUICIDE PREVENTION LIFELINE

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources.

800-273-8255

ON-CAMPUS RESOURCES

COUNSELING SERVICES

Free counseling services for all enrolled NWOSU students. To schedule an appointment please click the link!

OFF-CAMPUS RESOURCES

COMMUNITY MENTAL HEALTH SERVICES

ONLINE TRAINING PROGRAMS

ALCOHOL ECHECKUP

Free online training provides accurate and personalized feedback about drinking and risk patterns.

CANNABIS ECHECKUP

Free online training provides accurate and personalized feedback about cannabis and risk patterns.

KOGNITO

A free online interactive training that includes techniques on how to talk to someone you are concerned about, how to recognize signs of distress, and what support services are available on-campus.

NARCAN

Free online video that will provide information on how to administer Narcan in response to an opioid overdose.

TITLE IX ECHECKUP

Free online training provides information about dating violence, sexual assault, stalking, and domestic violence.

ULIFELINE

Free online resource center, provides information regarding mental health. Complete a free self-assessment to learn insight about self.