

Get The Stress Out

Remember to take _____ when you feel worried or stuck.

Remember to take breaks when you feel worried or stuck.

Do something relaxing every day. _____, _____, and _____,-- anything to _____ off the _____.

Do something relaxing every day. Sing, dance, and laugh--anything to burn off the energy.

Take Care Of Your Body

A _____ body can _____ you _____ stress.

A healthy body can help you manage stress.

Get _____ to _____ hours of sleep, eat _____ food, stay _____ and _____ regularly. Go _____ on the caffeine.

Get 7 to 9 hours of sleep, eat healthy food, stay hydrated and exercise regularly. Go easy on the caffeine.

Shorting yourself on sleep, and especially pulling an all-nighter, robs you of energy and your ability to concentrate.

A healthy diet improves your ability to learn. Don't skip breakfast.

Don't Suffer In Silence

Get support, _____

Get support, whether from family, friends, your academic advisor, campus counseling center, or a trusted online community.

A heart-to-heart talk _____

A heart-to-heart talk with someone you trust can help you get rid of toxic feelings and may even give you a fresh perspective.

Remember, _____ nothing to be ashamed of.

Remember, depression and other mental health conditions are nothing to be ashamed of.

Depression is not a _____ of weakness, and _____ help is a sign of _____. (sign, seeking, strength)

Depression is not a sign of weakness, and seeking help is a sign of strength.

Telling someone you are _____ is the _____ step toward _____ better. You will need the _____ of a mental _____ professional to beat _____.

_____ therapy, _____ medication or a combination can be very effective.¹

Telling someone you are struggling is the first step toward feeling better. You will need the help of a mental health professional to beat depression. Talk therapy, antidepressant medication or a combination can be very effective.²

¹ <https://www.mhanational.org/stressed-or-depressed-know-difference#:~:text=Know%20the%20Difference.%20Stress%20is%20good%20if%20it,Depression%20is%20more%20serious%20and%20long-lasting%20than%20stress%2C>

² <https://www.mhanational.org/stressed-or-depressed-know-difference#:~:text=Know%20the%20Difference.%20Stress%20is%20good%20if%20it,Depression%20is%20more%20serious%20and%20long-lasting%20than%20stress%2C>