MENTAL HEALTH - A WAY OF LIFE

everyday simple mental health tips

Student Counselling Unit Mental Health Awareness Series
Oct 2022

PLAN YOUR DAILY ROUTINES

boost your focus and productivity

- helps in adapting quickly & managing stress/anxiety
- divide your time clearly as work & non-work times
- include breaks to maintain your clarity of thought
- NB: be rational with the expectations you set for yourself

BREATH IN AND OUT... RELAX

remember to take care of yourself

- prioritize your physical and mental health
- exercise regularly, eat healthy food & sleep thoroughly
- pick a physical activity of your choice e.g. yoga/stretches
- try breathing exercises & meditation - it improves concentration

HAVE A SUPPORT NETWORK

people in your life that help you achieve your goals

- be active in groups you like
- spend time with loved ones
- keep in touch over social media or the phone.
- join a support group

LIMIT YOUR TIME ONLINE

disconnect from the internet

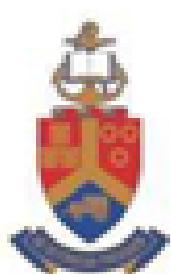*while social media helps us stay connected, overusing it may be quite detrimental*

- avoid frequently searching symptoms of any disease or checking the latest COVID statistics
- not everything you see online is true or real
- taking a break from the internet can help you to:
    - reprioritize more personal forms of interaction
    - it might help you to relax a little bit more
    - free up time for other things

USEFUL RESOURCES:

- Self help resources: https://www.up.ac.za/student-counselling
- Academic Support, consult with your Student Faculty Advisor
- 24 hour support, call the UP Careline on 0800 747 747
- Therapy/counselling, email studentcounselling@up.ac.za

REFERENCE:
Hiremath, P., Suhas Kowshik, C. S., Manjunath, M., & Shettar, M. (2020). COVID 19: Impact of lock-down on mental health and tips to overcome. Asian journal of psychiatry, 51, 102088. https://doi.org/10.1016/j.ajp. 2020.102088