FEELING ANXIOUS?
LET SAINT LIAM HALL SUPPORT YOU.

Worried about school? Trouble Sleeping? Overwhelmed by stress?
Check out these resources for both prevention and treatment.

CHECK OUT BROCHURES & APPS
Pick up a brochure at the UCC with helpful tips for: test anxiety, time management, overcoming procrastination, perfectionism, social anxiety, and more!
*Visit ucc.nd.edu/self-help/anxious-try-this for details and for information about apps!

CONSIDER SKILL-BUILDING
There are many programs on campus to help you build skills to stay balanced and gain power over worries:
- McWell’s Mindfulness Program - Meets once/week for 4 weeks.
- McWell’s Drop-in Yoga - Tuesdays at 2:00
- McWell’s Stress Management Workshops - first Fridays at 3:00.
- Campus Ministry’s Zen Meditation on Thursdays at 5:15 @ CoMo
*Explore days/times by visiting respective websites.

VISIT RESTORATIVE CAMPUS SPACES
Envelop yourself in a serene environment that empowers you to prevent, reduce and manage stress. We suggest reserving and trying the following spaces:
- UCC’s Inner Resources Room - find light therapy, biofeedback, negative ion therapy and more. Reserve online at ucc.nd.edu
- McWell’s Restorative Rooms - the Zen, the Break Room, and the Living Room. Reserve online at mcwell.nd.edu

GET BETTER SLEEP
Improve your physical, emotional, and cognitive health through sleep! Aim for 7-9 hours each night, and incorporate short naps into your schedule.
Visit McWell in Saint Liam Hall to join the sleep program and pick up a sleep toolkit.

ENGAGE IN TAO
TAO stands for Therapy Assisted Online and is an evidence-based online intervention to treat anxiety.
- Secure videoconferencing with a psychologist.
- Daily logs to practice and reinforce skills.
- Engage in TAO at anytime and anywhere.
*Join TAO by calling the UCC at 574-631-7336.

JOIN A GROUP
Explore group counseling as an option. Groups include:
- Social Anxiety Group - learn to confront your social anxiety head-on
  Wednesdays from 3:30-4:45
- Ride the WAVE with ACT! - Acceptance and Commitment Therapy, you can accept, choose, and take action toward building the life you want.
  Mondays from 3:00-4:15
- Making the Order: Getting Mentally Tough about Schoolwork - may be a good fit for you if you struggle with academic performance anxiety.
  Wednesdays from 3:00-4:00
*To join a group, call the UCC at 574-631-7336.

SEEK BRIEF INDIVIDUAL COUNSELING
In individual counseling, you can learn a variety of evidence-supported skills from a licensed mental health professional that can empower you to better manage your anxiety.
Call the UCC at 574-631-7336 to learn more.

CONSULT ABOUT MEDS
Sometimes the addition of medications can help in managing severe levels of worry and anxiety.
Seek information from providers in the UCC or UHS.

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