

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 tranquil 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 Fort, 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 anyplace.

***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 3:20-4:50.
- **Ride the WAVE with ACT!** With Acceptance and Commitment Therapy, you can accept, choose, and take action toward building the life you want. Mondays from 3:30-4:45.
- **Making the Grade: 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.