

# 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](http://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](http://ucc.nd.edu)**
- **McWell's Restorative Rooms** - the Fort, the Break Room, and the Living Room. **Reserve online at [mcwell.nd.edu](http://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.**

