Knights Care Kit

Middle Georgia State University

THERE IS NO NEED TO BE ANYTHING OTHER THAN YOU ARE RIGHT NOW. YOU ARE LOVED AS YOU ARE.

There is no need to pressure or be cross with yourself for being in the situation you are in if it's one you are unhappy with.

IT IS WHAT IT IS, FOR NOW. THINGS CAN CHANGE.

Oh, they absolutely can, I promise. And it's time to accept yourself in the moment, whatever the circumstances and think kindly of yourself.

Miranda Hart

BeWell@MGA

Resources Available for YOU

Counseling Services

Macon Campus - Student Life Building 266 Phone: 478.471.2985

Cochran Campus - Georgia Hall First Floor Phone: 478.934.3080

Hours of Operation: Monday - Friday: 8:00 a.m. - 5:00 p.m.

BeWell 24/7 Support Line: 1.833.646.1526

National Suicide Prevention Hotline: 988 or 1.800.273.TALK (8255)

Georgia Crisis Access Line: 1.800.715.4225

Ask for help when you need it!

Tips to keep your balance or re-balance yourself

1 – Value Yourself

Treat yourself with kindness & respect, and avoid self-criticism.
Make time for your hobbies & favorite projects or try something new.

2 – Take Care of Your Body

Taking care of yourself physically can improve your mental health. Be sure to:
Eat nutritious meals * Avoid smoking & vaping * Drink plenty of water * Exercise, which helps decrease depression & anxiety and improve moods * Avoid alcohol & other drugs * Get enough sleep. Researchers believe that lack of sleep contributes to a high rate of depression in college students.

3 – Surround Yourself with Good People

People with strong family or social connections are generally healthier than those who lack a support network * Make plans with supportive family members and friends, or seek out activities where you can meet new people, such as a club, class, or support group.

4 – Learn How to Deal with Stress

Stress is a part of life. Consider adding the following into your daily routine:
* One-Minute Stress Strategies * Walk and/or exercise * Play with your pet * Journal your thoughts * Smile and laugh. Research shows that laughter can boost your immune system, ease pain, relax your body and reduce stress.

5 – Give Yourself

Volunteer your time and energy to help someone else. You'll feel good about doing something tangible to help someone in need, and it's a great way to meet new people.

6 – Quiet Your Mind

Try meditating, mindfulness and/or prayer. Relaxation exercises can improve your state of mind and outlook on life.

7 – Set Goals

Decide what you want to achieve academically, professionally, & personally. Write down the steps you need to realize your goals. Aim high, be realistic, and don't over-schedule. You'll enjoy a sense of accomplishment & self-worth as you progress toward your goals.

8 – Get Help When You Need It

Seeking help is a sign of strength — not of weakness. This is important to remember. People who get appropriate care can recover from big and small set-backs and be successful.

Adapted from the National Mental Health Association/National Council for Community Behavioral Healthcare

One Minute Stress Strategies

Focus Breathing

When our minds are filled with stressful thoughts, our bodies become stressed. This will help you take a break from stressful thoughts.

1. With your eyes closed, shift your attention to the tip of your nose.
2. As you breathe in, become aware of the air entering your nostrils.
3. As you breathe out, be aware of the sensations of air passing back out. Do this several times.
4. Repeat several times: breathe in… breathe out… breathe in… breathe out…

Deep Breathing

When tense, we often breathe from the upper chest. A full, deep breath helps relieve tension.

1. Take a deep breath, letting your abdomen expand fully.
2. Hold it for about 3 seconds.
3. Let your breath out all at once (with a sigh, if you want).
4. As you exhale, relax your jaw and shoulders. Think calm…

Tension Release

1. Tense your muscles, one area at a time, & enjoy the relaxation upon release.
2. Take a deep breath & hold it as you curl your toes for about 5 seconds, then let your breath go all at once. Don't ease off — let go completely!
3. Next clench your calves, thighs, buttocks, arms, shoulders, jaws & finally squeeze our eyelids. Feel the tension leave your body — aaah!

Ideal Relaxation

1. Picture a place (real or imagined) where you can be totally relaxed.
2. With your eyes closed, take a moment to visualize an ideal place to relax. Make it any place attractive to you.
3. Using all senses, feel yourself in comfortable clothes, hear pleasant sounds, see beautiful colors.
4. Visit this spot whenever you need to relax. Take a mini-vacation!

(https://uhs.umich.edu/oneminute)

What is Mindfulness?

Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us.

Mindfulness involves acceptance, meaning that we pay attention to our thoughts and feelings without judgement in a given moment. When we practice mindfulness, our thoughts tune into what we're sensing in the present moment rather than rehashing the past or imagining the future. Since we are fully aware of the present situation, we are able to adjust our mindsets and attitudes quickly.

How do I do it?

Journaling allows you to consider what is going on in your life and helps you be aware of decisions you make. The prompts to the right can help get you started. Pull out a pen or a keyboard and start writing.

Meditation involves paying close attention to the moment by using your thoughts, sensations, and emotions. This is done through breathing exercises that calm your mind to allow greater focus on the here and now. Listening to mindful music or audio meditations is a great way to get started. Look for free resources in the QR Code or search on You Tube.

Mindful.org

Mindful Prompts

- Sit quietly and just think for five minutes. What thoughts go through your head?
- What are the things I look forward to the most every day?
- Some areas that I'd like to improve in my life include:
- What are the three qualities I love most about myself?
- What are my top fears? How are these fears holding me back?
- How am I impacting other people around me daily?
- What do I want to achieve in the next week, month, and year?
- What things in my life can I be grateful for today?
- What things in my life make me smile? How can I incorporate them into my life more?
- How do I feel about myself right now?
- What can I do to lower my stress levels?
- What things make me feel alive and fulfilled?

Smile
Rejuvenate
Pamper Yourself
Smile At A Stranger
Play A Game
Turn Off Your Phone
Watch Cartoons
Run
Reward Yourself
Stretch
Take A Deep Breath
Sing
Play Cards
Recharge
Draw
Take A Nap
Sit Outside
Stargaze
Laugh Out Loud
Visit A Friend
Be Thankful
Sit By A Pond
Join A Club
Express Yourself
Dance
Be Optimistic
Take A Walk
Call A Friend
Go To An Event
Keep A Journal
Donate Blood
WordItOut

"Self-care is never a selfish act -
it is simply good stewardship
of the only gift I have, the gift I was
put on earth to offer others.
Anytime we can listen to the true self
and give the care it requires, we
do it not only for ourselves, but for
the many others whose lives we touch.

PARKER J PALMER

Tools for Daily Self-Care

Your physical health can make a big impact on your mental health, so make time for it and make sure that the way you treat your body reflects the way you want to treat your mind.

- Eating a balanced and nutritious diet
- Breathing exercises
- Affirming thoughts or prayers
- Listening to music
- Practicing gratitude
- Sleeping
- Mindfulness or meditation
- Exercising & spending time outside
- Reading a story, an article, or a book
- Creating – think coloring, drawing, painting, writing, etc.

Tools for Every Now & Then

There will be times when you need to look outside yourself for help. It's always a good idea to have a few tools available to you as you effectively manage your mental health and overall well being. Turning to resources can help with large & small life events or large & small issues that have you stressed or anxious.

- Counseling
- BeWell@MGA
- Support Groups
- Social groups you can connect with
- A close friend you can confide in.

Self-Care Checklist

Today I:

- ❑ Checked in with myself___
- ❑ _____
- ❑ _____
- ❑ _____
- ❑ _____

I Am Grateful For:

Right Now I:

Feel:
See:
Hear:
Smell:
Taste:

My Self Care Goals for Tomorrow:

_____

_____

_____

_____

_____

_____

Useful Contacts

Accessibility Services
478.934.3023
www.mga.edu/accessibility-services

Campus Police
478.934.3002
www.mga.edu/police

Career & Leadership Development
478.471.2714
www.mga.edu/center-career-leadership-development

Counseling Services
478.471.2985 or 478.934.3080
www.mga.edu/counseling-services

Campus Culture & Community
478.471.3627
www.mga.edu/campus-culture

Library
478.471.2709
www.mga.edu/library

Residence Life
478.934.3027
www.mga.edu/residence-life

Student Health Clinic
478.934.3080
www.mga.edu/health-clinic

Student Life
478.471.2710
mga.presence.io

Student Success Centers
478.471-2057
www.mga.edu/student-success-center

Title IX
478.471.3627
www.mga.edu/title-ix

Wellness Centers
478.471.3624 or 478.934.3125
www.mga.edu/recreation-wellness

KNIGHT STRONG
MIDDLE GEORGIA STATE UNIVERSITY