

# MENTAL HEALTH MATTERS!

## 01. What is stress?

Stress is how your body reacts to a difficult situation.

It often happens with difficult events like job interviews or money issues.

Once the situation is over with, stress usually goes away.



## 02. What is anxiety?



Anxiety is a feeling of fear and worry about everyday situations that lasts longer than usual.



It's the fear about what could happen, even if there is no reason to be scared.

The body's "fight or flight" system kicks in, often without notice

## 03. What is depression?



Depression includes feeling sad, hopeless, and losing interest in things you normally enjoy doing.

It's a deep, lasting sadness that can affect how you think, feel, and behave. It can impact your daily life if left untreated.

## 04. What is test anxiety?



Test anxiety can look like: nausea, feeling dizzy, having a hard time breathing, headaches, tight muscles, sweating, and feeling hot.

It can feel like: comparing yourself to others, feeling bad about yourself, trouble remembering things, feeling like you have to work harder, anger, fear, shame, disappointment, and sadness.

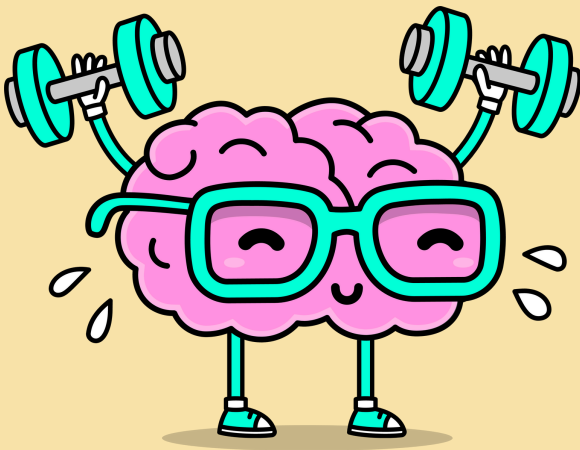
It can come from: having trouble with tests in the past, fear of failure, or pressure from others.

## Worried about classes? Try tutoring!



OCC has FREE tutoring! Check out the [Learning Center](#) for tutoring up to two times per week for each class. They can help with studying, understanding classes, and even writing essays!

The Learning Center is in the Gordon Student Center in room G202 and is open Monday through Friday, 8:30am-4:30pm. Call 315-498-2103. They also have after-hours tutoring!



## FOR MOTIVATION/ PROCRASTINATION



Change the negative things you say about yourself to positive ones.



Make small, easy to do goals. If something doesn't work out, try again!



Give yourself rewards! Do something nice for yourself when you finish your goals.



Be patient. It takes 21 days to get into a new habit!



Have a question about classes? Ask your student navigator or go to office hours for your professors.

**When is it time to get help for mental health?** When thoughts and feelings are causing problems with your grades and relationships, or when it doesn't get better.

**OCC offers free counseling!** Come to G230 or call 315-498-2675 (even after hours or in crisis). 988 is available 24/7 via call or text. Campus Safety can also be reached by phone at 315-498-2311.

# MENTAL HEALTH IS IMPORTANT!

*We all feel stressed sometimes which can make it hard to focus. Here are some things you can do to help relieve that stress and be able to focus on the things you need to get done!*

## FOCUSED/BOX BREATHING

Breathe in for a count of 3, hold for a count of 3, breathe out for a count of 3, hold for a count of 3. Repeat until you feel more calm.

## 5-4-3-2-1 GROUNDING

Name 5 things you can see, 4 things you can hear, 3 things you can feel, 2 things you can smell, and 1 thing you can taste.

## GET A SNACK

This tells your body that you're not in danger. You wouldn't be eating if you were being chased by a lion!

## BLOG

If you're nervous about an event, write about it for 15-20 minutes before it happens. Your fears will be out of your head and you can think clearly.

## TALK TO SOMEONE

Talk to someone you trust, such as a friend or family member, or set up an appointment with a licensed counselor.

## LISTEN TO YOUR BODY

Be kind to yourself. Give yourself a chance to rest when you need to.