

SURVIVE THE FALL

You can do hard things

Do's

- Look at syllabus and due dates.
- Schedule study time.
- Take advantage of office hours.
- Start assignments early.
- Find ways to stay involved in your degree field.
- Stay focused on end goal.
- Seek help when needed.
- Dial 988 for mental health crisis

Don'ts

- Procrastinate
- Over commit to extracurricular activities
- Don't forget to rest!
- Suffer in silence.

Contact Info

Yellow Ribbon Counseling

- yellowribboncounseling.com
- (254)213-3705

UMHB Counseling Services

- (254)295-4696

Self Care

1. Get 7-8 hours of sleep.
2. Stay hydrated!
3. Spend time talking to friends and family.
4. Go for a walk.
5. Take 5 minutes to meditate.
6. Take an art class.
7. Watch your favorite movie.
8. Learn to say NO.
9. Disconnect from devices.
10. Watch a funny video.
11. Wear something that makes you feel good.
12. Make a playlist with your favorite songs.

It is OK to NOT be OK.