

T. Scott Smith Consulting

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Managing Stress, Mental Health, and Social Life in College

Educational Brochure for College Students

Overview

College life involves academic demands, social changes, and increased independence, which can contribute to stress. Students with autism may experience additional challenges related to sensory environments, social expectations, and changes in routine. Learning how to manage stress and mental health is an important part of college success.

Developing healthy coping strategies and knowing when to seek support can help you maintain balance, stay engaged in your studies, and protect your overall well-being.

Key Areas That Affect Well-Being

- Managing academic stress and workload
- Recognizing signs of anxiety, depression, or burnout
- Navigating social interactions and relationships
- Managing sensory overload in campus environments
- Maintaining healthy routines related to sleep, nutrition, and self-care

Student Well-Being Checklist

- ✓ Identify stress triggers and early warning signs
- ✓ Create a consistent daily and weekly routine
- ✓ Use campus counseling or mental health services when needed
- ✓ Schedule regular breaks and downtime
- ✓ Connect with supportive peers, groups, or mentors

Recommendations for Students

Managing stress is an ongoing process. Using supports early and consistently can prevent challenges from becoming overwhelming. Reaching out for help is a strength and an important self-advocacy skill that supports academic persistence and personal growth.

For More Information

For individualized guidance, transition planning, or vocational rehabilitation services related to college students with autism, please contact:

Dr. T. Scott Smith

Vocational Rehabilitation Counselor

collegeandautism.com

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