While You are Waiting to be Seen:

Check Out Our Online Resources: ➔ click here
- Drop-in workshops
- Pre-recorded workshops
- Support groups
- Apps, Podcasts, Websites, and more.

Self-Help Strategies and Tips: ➔ click here
- Stress relief
- Coping with trauma
- Coping during Covid-19
- Support for survivors of sexual assault
- And many more tips and strategies.

Quick Coping Strategies:
- Take a time-out: Practice yoga, listen to music, meditate etc. Stepping back from the problem helps clear your head.
- Consistently engage in consistent good self-care: sleep 8 hours a night, limit alcohol, exercise, eat healthy foods, drink lots of water, and schedule fun time etc.
- Eat well-balanced meals: Do not skip any meals, and keep healthy energy boosting snacks on hand.
- Limit alcohol and caffeine: Both can aggravate anxiety and trigger panic attacks
- Get enough sleep: When stressed, your body needs additional sleep and rest
- Exercise daily: to help you feel good and maintain your health
- Take deep breaths: Inhale and exhale slowly. Use a breathing pacer to help you engage in mind-full breathing
- Count to 10 slowly: Repeat and count to 20 if needed.
- Shift your perspective: Work to move your perspective which might be negatively skewed... What is working for you? What are you doing well? Try and focus on the positives in your life.
- Do your best: Instead of aiming for perfection, which is impossible, be proud of the work you have done.
- Accept that you can’t control everything: Put your stress into perspective, is it as bad as you think?
- Welcome humor: A good laugh goes a long way.
- Get involved: Find a way to be active in your community, this helps build a social support network.
- Look for anxiety triggers: Keep a journal and see if you can identify stressors.
- Talk to someone: Let someone you trust know that you’re having a hard time.

*Crisis Support is always available for students with immediate distress and needs that cannot wait safely until an appointment. Crisis consultations are at our Oak Lane office during business hours or at 540-231-6557 at any time.