

STEPS TO FOLLOW	YOUR RESPONSES				
1. Identify Your Stress Factors	My stress factors are exam sessions, presentations, not knowing the future, being unprepared, lots of homework, and social isolation.				
Think about times in your life					
you've been stressed, sad,					
anxious, frustrated, angry, or					
hopeless. When you understand					
which situations are likely to have					
a negative impact on you, you					
can prepare yourself to handle					
them if they arise.					
2. Get Ready For Self-Care	Some Self-Care is take breaks, doing skin care, journaling, video games, and talk with my friends. As well to connect with my O-week advisor.				
Self-care means taking care of					
yourself and ensuring you recharge					
to support your overall well-being.					
Make a list of activities you can					
practice daily or use when you spot					
your personal warning signs.					
3. Gather Your Personal Support Network	Siri: 8329432003				
Personal support from other people can help you. Think about who	Yaritz: 3462794490				
you can check-in with to talk, ask for help, and get support when you	Mom: 712 805 9334				
feel stressed, anxious, or overwhelmed. This might include family,					
friends, community leaders, a peer supporter, therapist, or spiritual					
or faith leader. Make a list with their contact information so you can					
reach them when needed.					
Who is YOUR PERSON?					
4. Nutrition	To make sure I am at the absolute pinnacle of my health I am going to take supplies to make sure I have all of my vitamins met. I will make sure to note out as				
What will you do to ensure that your diet and nutrition is helping					
and benefiting your mental health.					
5. Getting Involved	I will join BSU and MOB to get a community to connect with others. I will join other clubs like the one mentioned before. In the summer I am going to LinkedIn with				
What activities do you plan to participate in? How will these activities					
ensure that you are able to socially adapt, network and					
make connections.					
6. Physical Activities					
What physical activities will you do to benefit your mental health?	I will take daily walks around the campus and I will take advantage of my tuition paying and go to the gym. I will find people to walk with in the morning.				

