

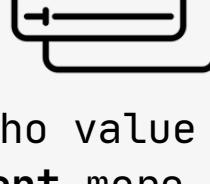
# INSIGHTS FROM A LARGE UNIVERSITY MENTAL-HEALTH SURVEY

## STRESS, SLEEP, EMOTION REGULATION, AND SUPPORT-SEEKING

### HOBBIES & EMOTIONAL REGULATION

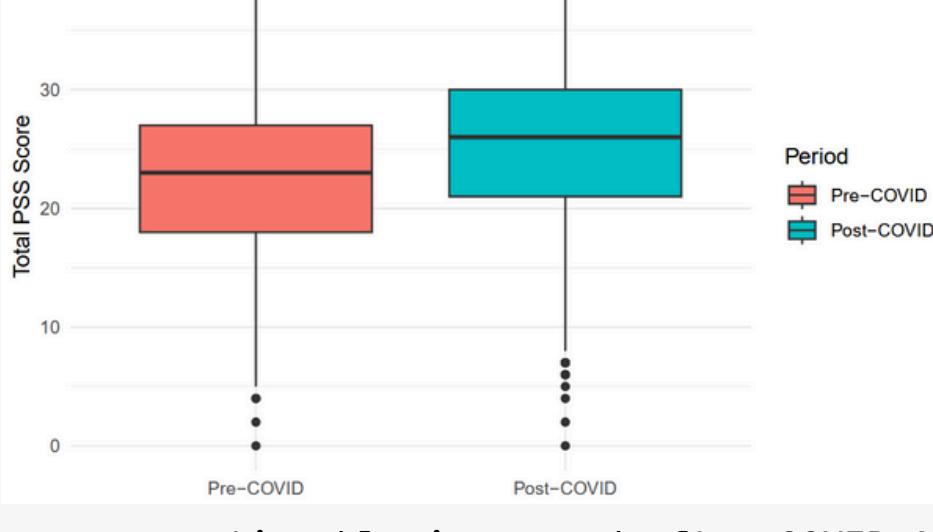


Those with **athletic hobbies** have slightly *improved* emotional regulation.



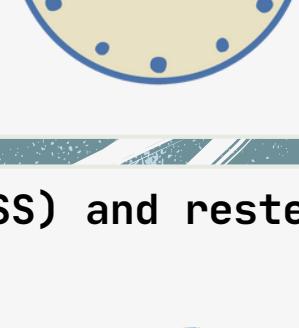
Those who value **online content** more have slightly *worsened* emotional regulation.

### STRESS INCREASED AFTER COVID-19



Stress scores noticeably increased after COVID-19. The post-COVID distribution shows a clear rise in perceived stress across students.

HALF OF STUDENT REPORTED DIFFICULTIES IN REGULATING EMOTIONS AT LEAST A THIRD OF THE TIME



### Depression Anxiety Stress Scale(DASS) and rested response.



Those that don't feel well-rested tend to have more frequent signs of stress and anxiety.

### REFERENCES

-Reeves, J. T. H., & Paterson, T. S. E. (2022). *University Student Mental Health* [Data set]. Scholars Portal Dataverse.

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