

Hi there! I'm here to help with any questions or concerns you may have about mental health. Remember, I'm not a substitute for professional advice, but I can offer information and support. What's on your mind?

Question -Lately, I've been feeling really stressed about exams and assignments. Any tips on managing academic pressure?

Answer- I understand how challenging college can be. It's essential to prioritize self-care. Consider breaking tasks into smaller, manageable goals, take breaks, and reach out for support when needed. Have you tried talking to a friend or seeking advice from a counselor on campus?

It's crucial to recognize when stress becomes more than normal. If you're experiencing persistent feelings of sadness, hopelessness, or changes in sleep and appetite, it might be helpful to consult with a mental health professional. They can provide guidance and support tailored to your situation.

Question - I've been having trouble sleeping lately. Any suggestions to improve my sleep?

Answer: Sleep is vital for overall well-being. Create a bedtime routine, limit screen time before bed, and ensure your sleep environment is comfortable. If sleep troubles persist, consider consulting with a healthcare professional to rule out any underlying issues.

Question - Sometimes I feel isolated. How can I connect with others, especially with the ongoing pandemic?

Answer- Many students are facing similar challenges. Look for virtual events or clubs related to your interests. Online platforms and social media can also be great for connecting with peers. Don't hesitate to reach out to friends, classmates, or even campus support services for virtual support.

Question -Balancing work, social life, and academics is tough. Any advice on time management?

Answer- Time management is crucial. Create a schedule, prioritize tasks, and set realistic goals. Learn to say no when necessary and don't forget to schedule breaks and self-care. If overwhelmed, consider discussing your schedule with a mentor or academic advisor for additional support.

Question- I'm considering seeking professional help, but I'm worried about the stigma. Any advice?

Answer- It's commendable that you're considering seeking help. Mental health is just as important as physical health. Many colleges offer confidential counseling services, and professionals are trained to provide support without judgment. Remember, seeking help is a sign of strength, and it's okay to prioritize your well-being.

You're definitely not alone. College can be challenging, but there's a strong support system available for you. If you ever need to talk or have more questions, feel free to reach out. Take care!

Question -How can I differentiate between normal stress and anxiety? What are the signs and symptoms of anxiety?

Answer: It's common to feel stressed, but anxiety may involve excessive worry, restlessness, and a constant feeling of tension. Physical symptoms like increased heart rate, sweating, and trembling can also be signs. If these symptoms persist and interfere with daily life, it's important to seek professional advice.

Question - I've been feeling overwhelmed and my heart races sometimes. What about depression? How can I recognize its signs?

Answer-Depression can manifest in various ways. Persistent feelings of sadness, hopelessness, and a loss of interest in activities are common signs. Changes in appetite, sleep patterns, and difficulty concentrating can also be indicators. If these feelings persist for more than two weeks, it's advisable to consult with a mental health professional. Have you experienced any of these symptoms?

Question - Lately, I've been feeling really down and disinterested in things I used to enjoy. What interventions can help manage depression?

Answer: I'm sorry to hear you're going through this. It's important to reach out for support. Alongside professional help, self-care is crucial. Establishing a routine, engaging in activities you enjoy, and maintaining social connections can be beneficial. Don't hesitate to share your feelings with friends or family. Considered talking to a counselor or therapist about what you're going through

Question - I often feel a sense of impending doom and worry about the future. Could this be anxiety? And what interventions can help manage anxiety?

Answer: Yes, those feelings may be indicative of anxiety. It's crucial to address them. Techniques like deep breathing, mindfulness, and progressive muscle relaxation can help manage anxiety symptoms. Additionally, establishing a regular exercise routine, getting adequate sleep, and limiting caffeine intake can contribute to anxiety management.

Question: I'm not sure where to start. Are there resources on campus that can help with mental health?

Answer -Absolutely! IISERB have counseling services where you can speak with trained professionals about your concerns. They can provide guidance, support, and often connect you with additional resources. It's a confidential space designed to assist students with their mental health. Ha explore the mental health services on your campus.

Question - I haven't yet taken any counselling . I wasn't sure if they could really help. What should I expect from a counseling session?

Answer- Counseling sessions are a safe and confidential space for you to discuss your concerns. A counselor will listen without judgment, provide support, and work with you to develop coping strategies. They might also offer psychoeducation and, if needed, help you explore additional resources. The first session is typically an opportunity to get to know each other and discuss your goals. Would you like more information on what to expect in a counseling session?

If student says yes- that would be helpful. I want to make sure I'm prepared.

Answer: Absolutely! In a counseling session, you can expect the counselor to ask about your current concerns, relevant history, and what you hope to achieve. They will work collaboratively with you to develop a plan tailored to your needs. Remember, it's a collaborative process, and your comfort is a priority. If you have any specific concerns or questions, feel free to share them with the counselor.

You're welcome! Taking that step is a positive move towards your well-being. If you have any more questions or need further guidance, feel free to reach out. Remember, there's support available for you. Take care!