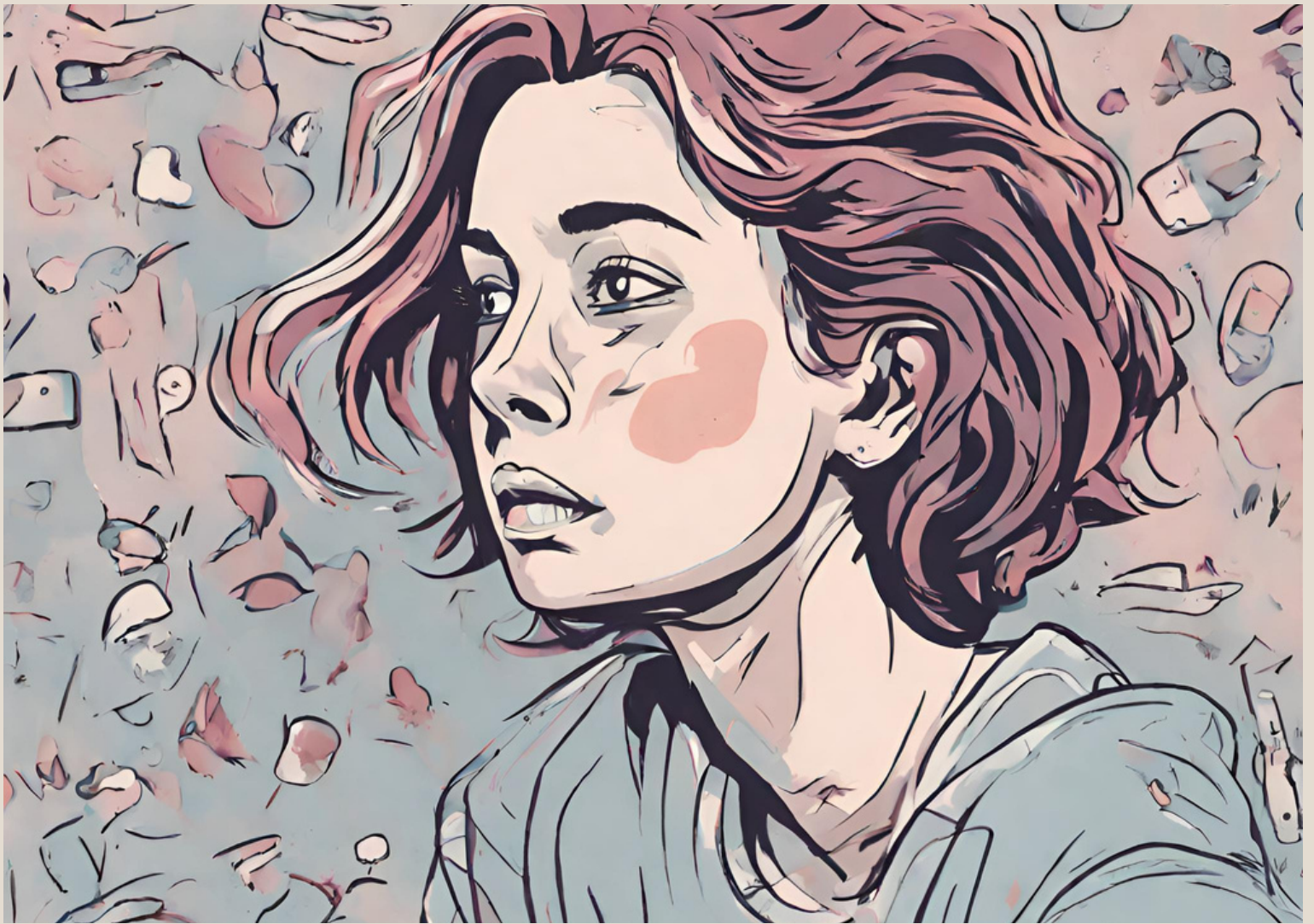


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VOL. 01

FOCUSING ON MENTAL HEALTH IN COLLEGE



NINA NOEL

Leading the Soul

HOW IMPORTANT IS MENTAL HEALTH IN SCHOOL?

VOL. 01



“MENTAL HEALTH IS A BIG DEAL.” - EMILY BELLANDO

BY NINA NOEL

College, often dubbed as the best years of one's life, is a rollercoaster ride of academic challenges, social upheavals, and personal growth. Beneath the surface of these transformative experiences, a silent battle wages on—the battle for mental well-being. In this exploration, we unravel the intricate threads of mental health in college, delving into statistics, personal narratives, and expert insights to shed light on the multifaceted challenges faced by students.

As we plunge into the realm of mental health statistics, the numbers speak volumes. A staggering 77% of college students find themselves grappling with moderate to serious psychological distress, highlighting the pervasive nature of the issue. Depression, a silent intruder, affects 27% of college students, casting a shadow on the ostensibly idyllic college experience. These figures, though alarming, are merely the tip of the iceberg, prompting a critical examination of the factors contributing to the mental health maze.

For many students, the journey through college is synonymous with academic challenges. The demanding nature of coursework, coupled with the pressure to excel, takes a toll on mental well-being. A resounding 89% of students facing academic challenges admit that their mental health is adversely affected. This symbiotic relationship between academic stress and mental health concerns raises questions about the support systems in place and the resilience of students in navigating these challenges.



“IT FEELS LIKE A NEVER ENDING TUG-OF-WAR.”



FROM A COLLEGE PERSPECTIVE

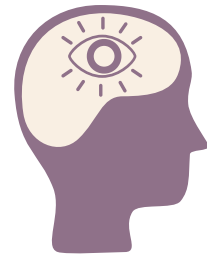
EMILY BELLANDO

Emily Bellando is a full-time college student at the University of Tampa and is set to graduate with a bachelors in PR and Advertisement in May of 2024. When asked about her mental health journey from freshman year to senior year of college, Emily states, “Mental health in college is a big deal. It's super important because the whole college experience can be stressful. There's a ton of pressure with classes, exams, and just adjusting to the whole new scene, no matter what year you are. Plus, being away from home can mess with your head. It was harder when I was a freshman, but I've adjusted now that I am a senior. And as for me, yeah, I think my mental health took a hit since college started. The workload is intense, and I've had my share of all-nighters and stress. Working late hours at my part time job is difficult too since I have to work nights as I have school during the day. Sometimes it feels like I'm drowning in deadlines. I've definitely felt the impact of mental health concerns. There were times when I couldn't shake off the anxiety, and it affected my focus and overall well-being. It's not easy, but I've learned to reach out for help when I need it.”

“SELF-CARE IS A MUST.”

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In a poignant revelation from a recent study involving 1000 undergraduates, 51% reported a worsening of their mental health since starting college. This alarming trend prompts reflection on the factors contributing to this decline and the role of colleges in fostering environments that nurture positive mental health. According to the National Alliance on Mental Illness (NAMI), a significant proportion—75%—of mental illnesses begin by age 24. This statistic underscores the critical importance of understanding and addressing mental health concerns during the college years, as they often serve as a catalyst for long-term well-being. Despite the growing awareness of mental health issues, a surprising 60% of students believe that their institutions could be doing more to advocate for student mental health. This discrepancy between perception and reality raises questions about the efficacy of existing support structures and the responsibilities of colleges in safeguarding the well-being of their students. In the following, Emily tells us her opinion on mental health awareness in college how she prioritizes self care when she is struggling with school.



“Sometimes, you have to be intentional about it, almost like scheduling self-care into your calendar. But those moments where you can just be yourself and not worry about deadlines or exams are priceless. It's all about striking that balance, even if it means saying no to some social events or working on your assignments with a friend. In the end, it's a learning process, and you figure out what works for you. Balancing everything is an ongoing challenge, but finding that equilibrium between

academics, social life, and personal time is crucial for a more fulfilling college experience.” Continuing on, she says expresses her concern for the lack of mental health awareness in university.

“We need to move beyond awareness campaigns and focus on tangible support. Mental health services should be accessible, and colleges should actively promote a culture of well-being.”

-Emily Bellando

START BY PRIORITIZING SELF-CARE

“SELF-CARE IS NOT A LUXURY; IT’S A
NECESSITY.”



The whirlwind of college life, with its academic demands, social pressures, and newfound independence, can be exhilarating but also overwhelming. In this chaos, the concept of self-care emerges as a lifeline—a deliberate and essential practice to safeguard one's mental, emotional, and physical well-being. As a college student, navigating the labyrinth of responsibilities can be hard, here's an insight into what self care is all about.

In the fast-paced environment of college, prioritizing self-care might seem impossible.

However, it's crucial to recognize that self-care is not indulgence; it's a prerequisite for sustainable success and happiness. Balancing academic commitments, social interactions, and personal growth requires a well-nourished, resilient individual, making self-care an integral part of the college experience.

Self-care isn't a one-size-fits-all concept. It's a personalized journey of discovering what rejuvenates your mind and body. For some, it might involve setting aside quiet moments for reflection, practicing mindfulness, or engaging in activities like yoga

or meditation. Others may find solace in creative outlets such as writing, painting, or playing music. Experimenting with different activities helps identify what resonates with you, allowing you to build a sustainable self-care routine.

When asked what she does for selfcare, Emily states, "College can be overwhelming, and it's easy to neglect yourself. For me, taking a walk in the park with my favorite music is my go-to self-care ritual. It's a simple act, but it makes a world of difference and really clears my mind if I am struggling that day."

“END THE STIGMA
AROUND MENTAL
HEALTH. EVERYONE
IS STRUGGLING IN
THEIR OWN WAY.
JUST BE KIND AND
BE
UNDERSTANDING.”

- EMILY BELLANDO



The complex tapestry of mental health challenges among college students demands a comprehensive and nuanced approach. As we confront the statistics—77% experiencing psychological distress, 27% grappling with depression, and a myriad of other concerns—it becomes evident that colleges play a pivotal role in shaping the mental well-being of their students.

Initiatives must span from inclusive support structures and awareness campaigns to institutional policies that prioritize mental health. Only through a holistic and collective effort can we hope to transform the college experience into a period of growth, resilience, and positive mental health for every student.

NINA NOEL

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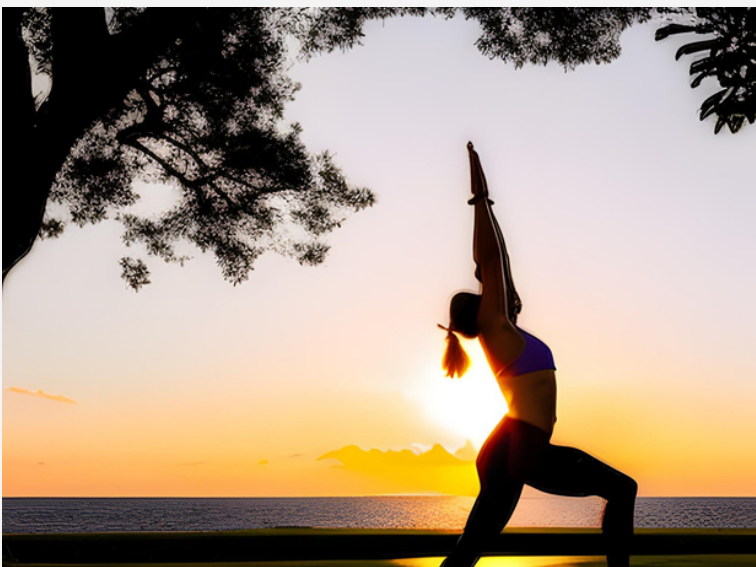
LEADING THE SOUL

with Nina Noel

MONTH YEAR

ISSUE NUMBER

WELNESS & SELF-CARE



WITH NINA NOEL
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