

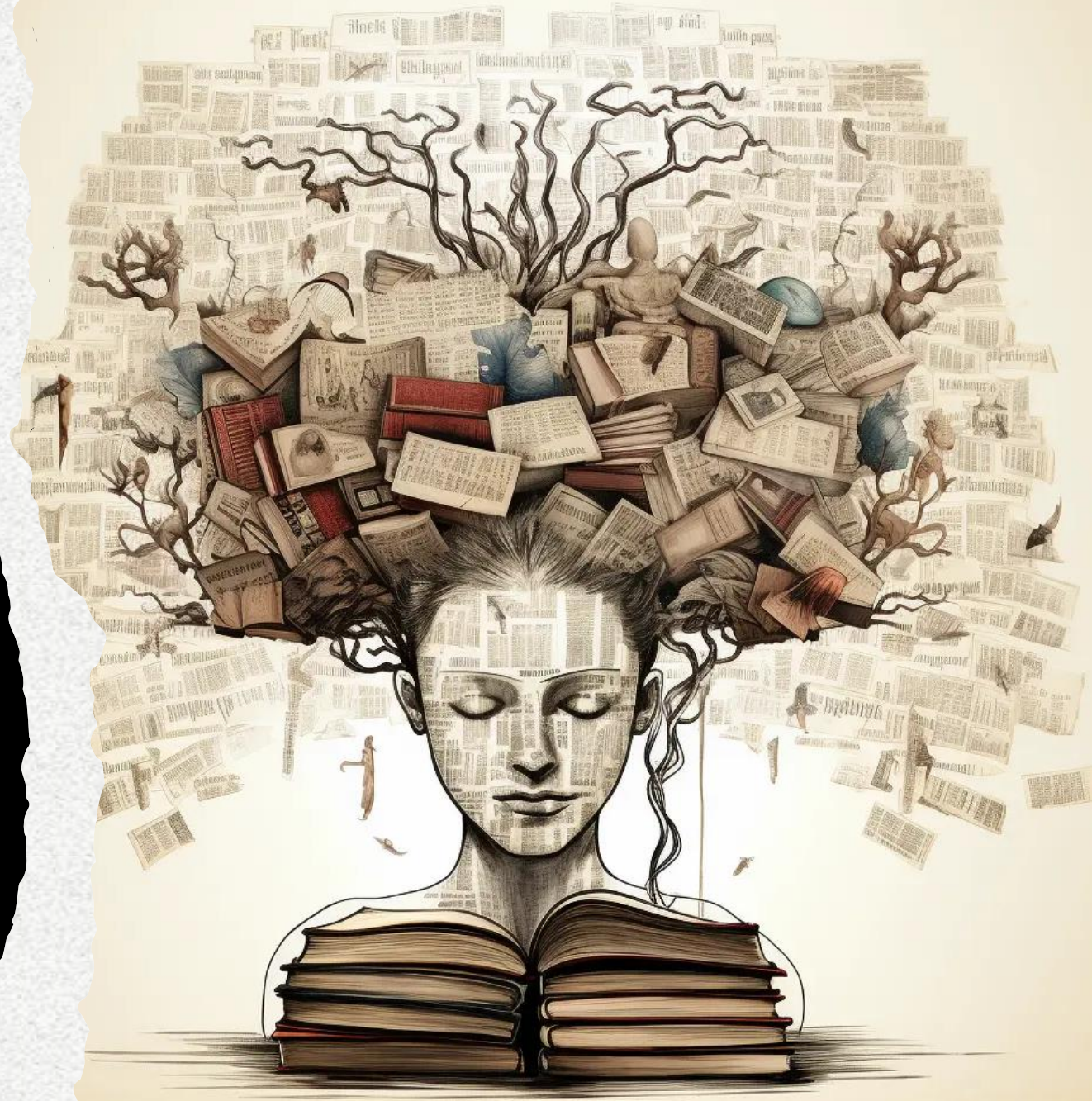


Mental Health Awareness

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Brief Video on Mental Health Affects on Students

<https://youtu.be/0c59oxkHfIY?si=eyvJu0wqAY56oald>



What is meant by mental wellness?

Our emotional, psychological, and social well-being are all components of our mental health. This disorder influences our thoughts, feelings, and behaviors and impacts our capacity to manage daily stress. We will always experience some form of mental health problems throughout our lives because it is an ongoing issue.



What is the impact of mental health on college students?

Students with poor mental health may experience difficulties in many areas of their lives, including difficulty in school and obtaining good grades, difficulty remembering information, negative peer relationships, and poor physical health.



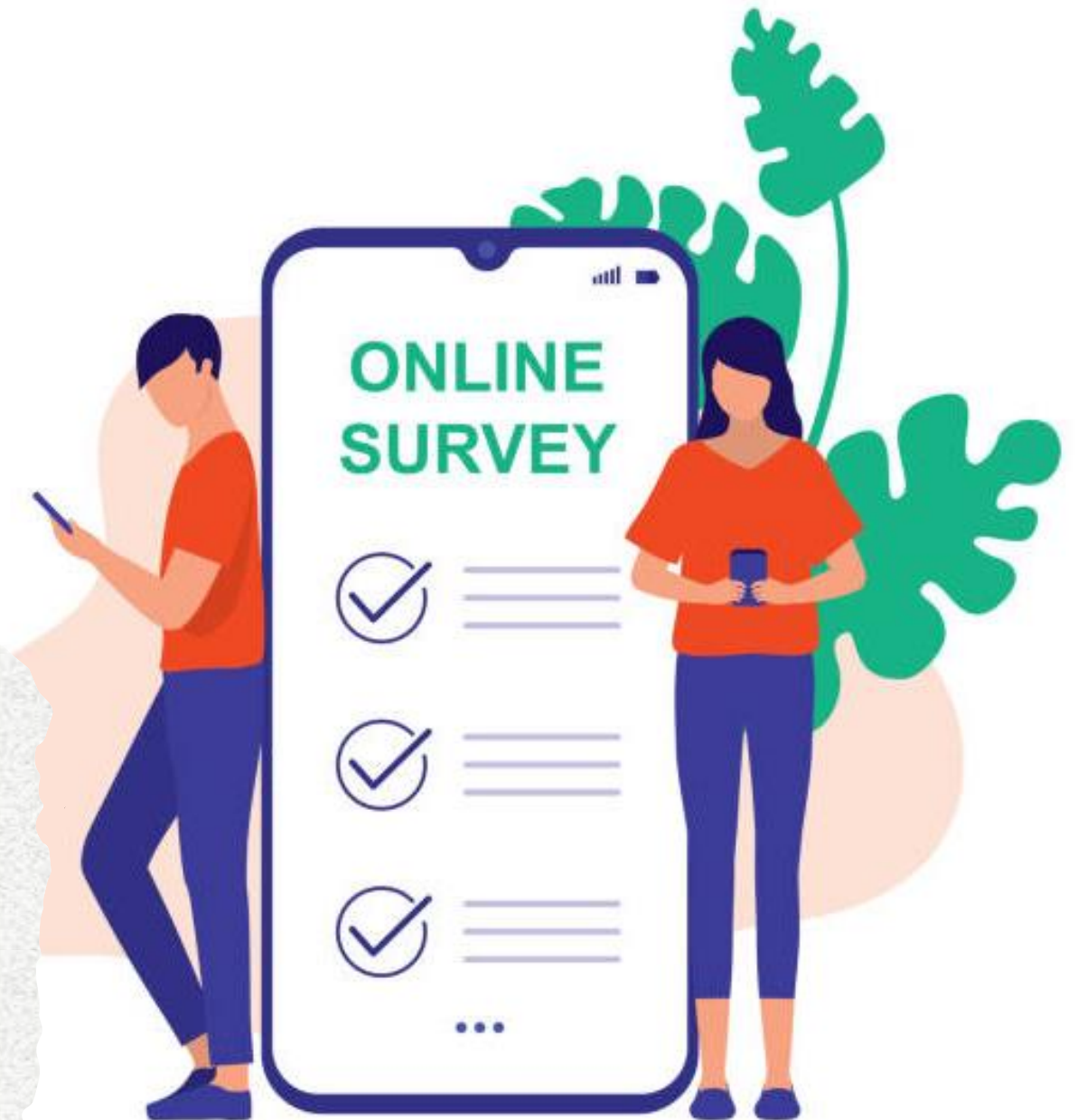


College Students' Early Warning Signs

- Overeating or under sleeping
- Avoiding social interactions
- Having little to no energy
- Sensation of numbness or insignificance
- Feeling abandoned or powerless
- Having extreme mood swings
- Feeling very confused, tense, furious, angry, or anxious

Creating a Website and Form

We developed a website survey to inquire about the mental health of university and college students. Eleven questions are included in the questionnaire, including your gender, your current academic standing, the kind of major you are pursuing, the extent to which your mental health has deteriorated since the start of the semester, and whether you have a support network you can lean on in difficult times.

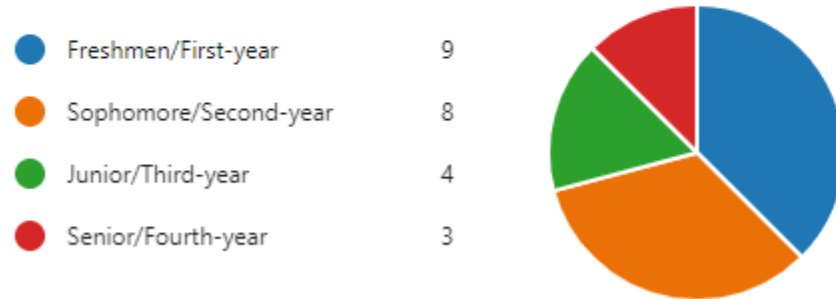


Demographic:

Gender, Academic Status, and Chosen Major heavily affect student's mental health due to work-load and pressure.

3. Your current academic status:

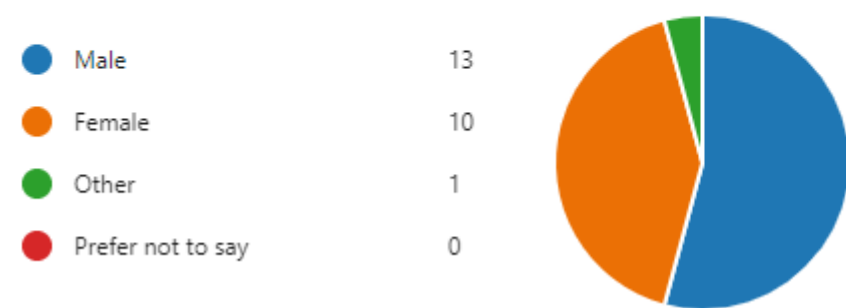
[More Details](#)



1. Gender:

[More Details](#)

[Insights](#)



3 respondents (13%) answered **Communication** for this question.



Mental State:

We asked students to rate their mental health level since starting university, and if they dealt with this in the past.

5. How has your mental health been since starting/attending college?
Please rate on a scale of 1-5 (1 being horrible and 5 being great)

[More Details](#)



7. Have you dealt with mental illness in the past? (i.e. during High School or in your personal life)

[More Details](#)

[Insights](#)



Emotions:

We took note on how student's felt emotionally and gave them a set of feelings related to mental health to check off.

9. Do you feel like your friends or family have been supporting you recently?

[More Details](#)

Yes	19
No	1
Maybe	4
Not sure	0



10. What emotion(s) are you feeling the most today?

[More Details](#)

Anxious	16
Nervousness	6
Sadness	5
Low Self-esteem	9
Angry/Frustrated	6



11. How is your body feeling lately?

[More Details](#)

Insights

Tired	7
Lazy	2
Overstimulated	8
Decent Overall	7



12. What makes you feel excited or joyful these days?

[More Details](#)

Hanging out with friends or lov...	17
Spending time by myself (medit...	4
Going out (shopping, eating, or ...	2
Nothing	1



Our Research Results

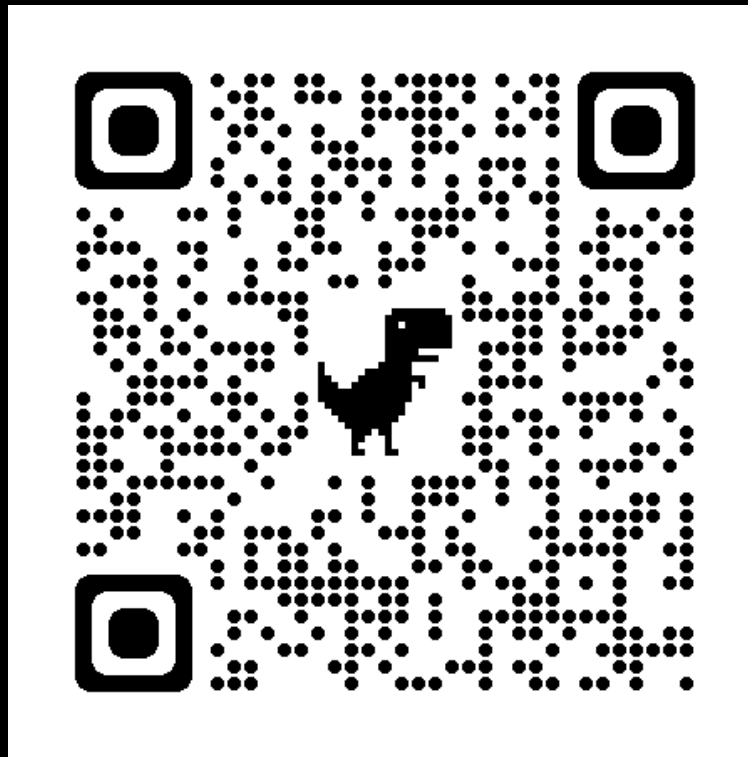
Students in college this semester saw a decline in mental health. Just 43% of students displayed mental health symptoms during their high school years, whereas over 50% of students had no mental health issues prior to beginning college. Consequently, only 78% of the participants report having a reliable support network, and 22% report having no one to turn to during these difficult times. These days, anxiety and low self-esteem have been their most common feelings. causing them to withdraw from social gatherings and activities.



Our Website

Please take a few minutes to browse our website,
scan this QR code to head over to our website!

<https://tofuusoup.github.io/COM163-mental-health/>



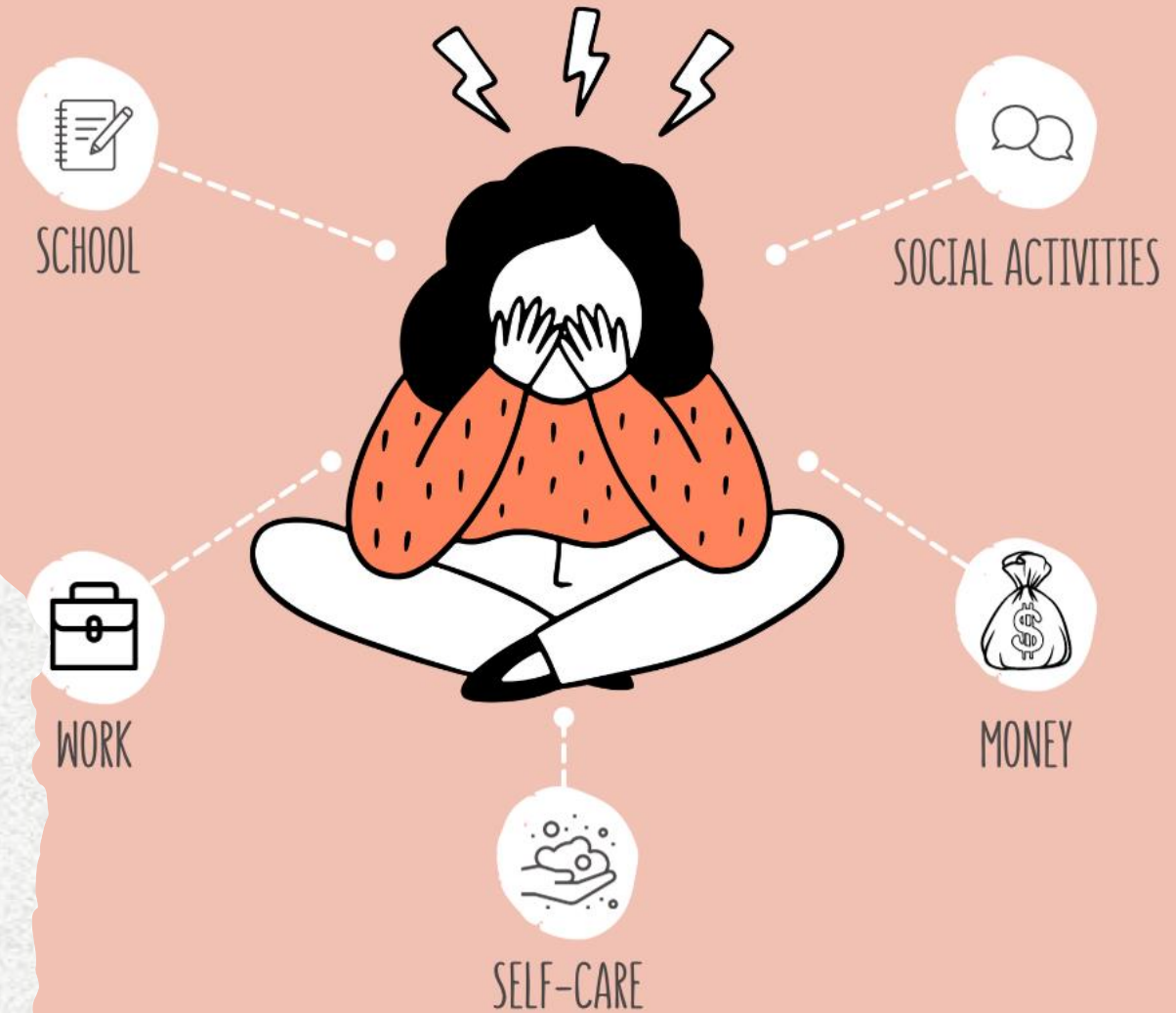



A brief video addressing Mental Health

[https://youtu.be/DxIDKZ
HW3-
E?si=WXCXfbe5MAA306
33](https://youtu.be/DxIDKZHW3-E?si=WXCXfbe5MAA30633)

Advice on Mental Health for College Students

- Establish a healthy schedule that does not cause you stress.
- Remind yourself that you can't do everything at once and give yourself a break.
- It's okay to ask for assistance.
- Practice mindfulness to reduce stress.
- Exercise, rest, and good diet are ways to take care of your body.





It's not about perfect. It's about effort.
And when you bring that effort every
single day, that's where transformation
happens. That's how change occurs.

Jillian Michaels

References

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- Suicide Prevention Resource Center. (2020, October). Consequences of Student Mental Health Issues. Suicide Prevention Resource Center. <https://sprc.org/settings/colleges-and-universities/consequences-of-student-mental-health-issues/#:~:text=Mental%20health%20problems%20can%20affect%20a%20student>
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