# College Mental Health: Practical Strategies Worksheet

This worksheet provides a set of evidence-based strategies that students can use to improve mental health and manage stress during college. Check off the strategies you already use, and circle or highlight the ones you’d like to try.

## Daily Wellness Habits

☐ Maintain a consistent sleep schedule (7–9 hours per night).

☐ Eat balanced meals with protein, whole grains, and healthy fats.

☐ Stay hydrated throughout the day.

☐ Exercise at least 20–30 minutes most days (walk, yoga, gym).

☐ Get outdoors daily for sunlight and fresh air.

## Stress & Anxiety Management

☐ Practice mindfulness or meditation for 5–10 minutes daily.

☐ Use grounding techniques (like 5-4-3-2-1 sensory exercise).

☐ Try deep breathing or progressive muscle relaxation.

☐ Limit alcohol, nicotine, and recreational substances.

☐ Take short breaks during study sessions to recharge.

## Academic Strategies

☐ Break big assignments into smaller, manageable steps.

☐ Use a planner or calendar to stay organized.

☐ Study in a distraction-free environment.

☐ Seek tutoring, office hours, or study groups early if you struggle.

☐ Set realistic academic goals (progress, not perfection).

## Social & Emotional Support

☐ Stay connected with friends and family regularly.

☐ Join clubs, organizations, or peer groups to reduce isolation.

☐ Reach out when you feel lonely or overwhelmed.

☐ Practice gratitude (journal 3 positives daily).

☐ Limit social media scrolling and online comparisons.

## When to Seek Extra Help

☐ Learn what mental health services your campus offers.

☐ Know how to contact counseling or health services.

☐ Consider telehealth options if on-campus resources are limited.

☐ Reach out for professional help if symptoms persist or worsen.

✔ Remember: It’s normal to face challenges in college. Using these strategies can improve balance and well-being, but if symptoms interfere with daily life, reaching out for professional support is an important next step.