

The Office of Student Success & Retention presents

# Blaze

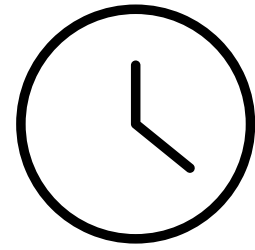


Don't burn out

# TIME MANAGEMENT



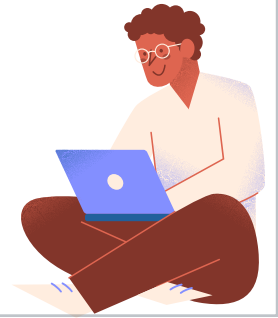
Create a to-do list



Prioritize tasks

Awareness reduces stress

Reduces procrastination






Create a to-do list

Prioritize tasks

Be aware of deadlines to reduce stress & procrastination

Rate and match the tasks 1-3 with 1 being the most important task and 3 being the least important task. To prioritize the tasks, pretend it is Monday.....

	Start writing paper that's due in two weeks	Complete math homework due Friday
	Study for PSYC exam that's in two days on Wednesday	

Rate and match the tasks 1-3 with 1 being the most important task and 3 being the least important task. To prioritize the tasks, pretend it is Monday.....

Answer Key:

1 = Study for PSYC exam that's in two days on Wednesday

2 = Complete math homework due Friday

3 = Start writing paper that's due in two weeks



Students usually cram due to:

- lack of time management
- procrastination
- work-life-school balance

Relying repeatedly on cramming does not produce consistent positive effects in the long run.

Yes, you may have passed, maybe even barely, the exam, but how much stress, anxiety, and fatigue was created by cramming?

# POLL



Does VSU offer FREE counseling services to students?

YES

NO

+ Add Answer

Please complete the poll by answering the question, "Does VSU offer free counseling services to students?"

# THERAPY

VSU Campus Resources

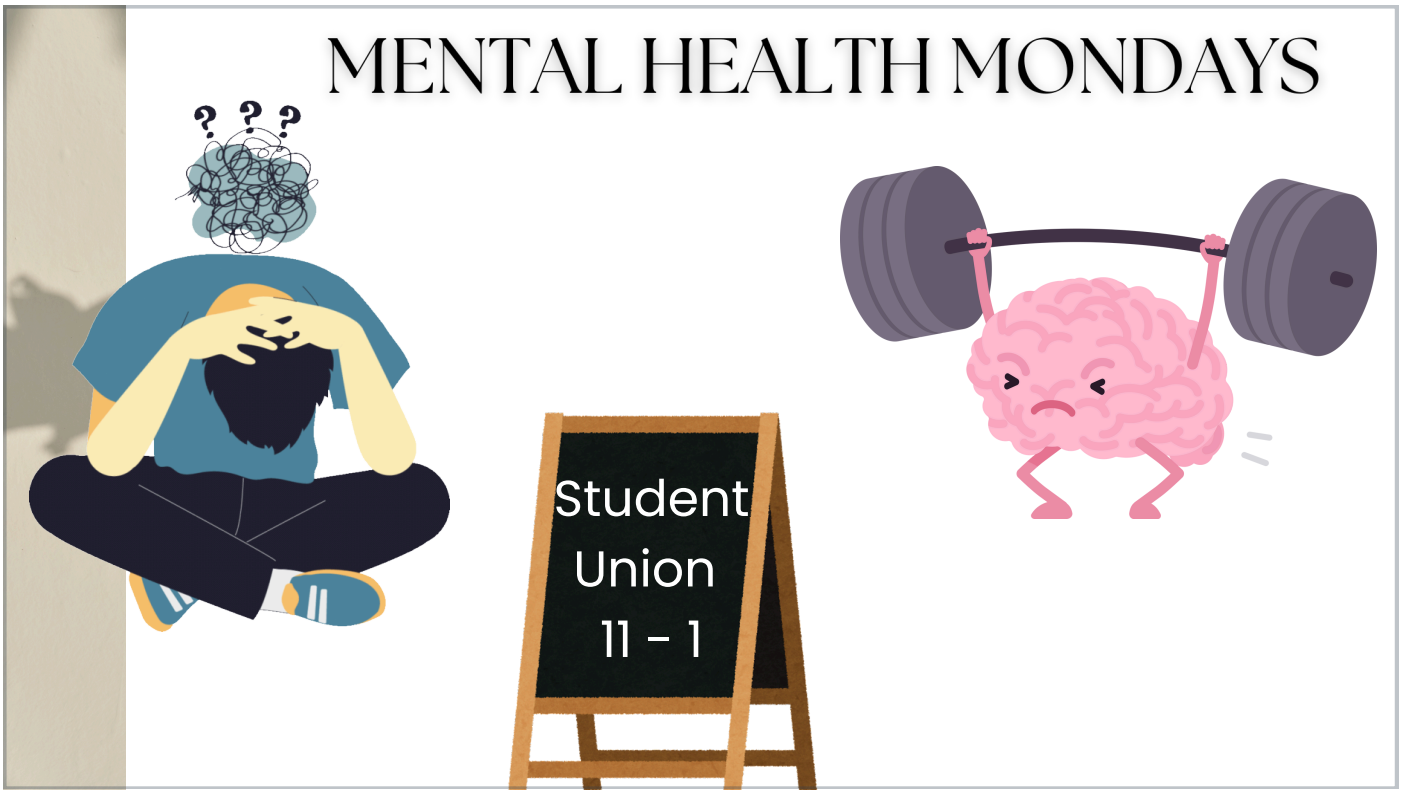


- Counseling Center
- Marriage & FamilyWorks Department



On campus resources to support mental wellness.

# MENTAL HEALTH MONDAYS



Presented by the Counseling Center on Mondays in the Student Union 11-1

Each week a topic related to supporting mental health (ADHD, Stress etc) is discussed along with ways to cope.

# Stress vs Anxiety

Generally a response to an **external** cause, such as taking a big test or arguing with a friend.

VS

Generally **internal**, meaning it's your reaction to stress.

## How are they different?

### Stress:

Goes away once the situation is resolved.

Can be positive or negative. For example, it may inspire you to meet a deadline, or it may cause you to lose sleep.



### Anxiety:

Is constant, even if there is no immediate threat.

Usually involves persistent feeling of apprehension or dread that doesn't go away, and that interferes with how you live your life.

## How are they similar?

Both stress and anxiety can affect your mind and body. You may experience symptoms such as:

- Excessive worry
- Uneasiness
- Tension
- Headaches or body pain
- High blood pressure
- Loss of sleep

## Ways to Cope?

- Prioritize tasks and set a schedule.
- Incorporate regular routines that focus on self-care.
- Build a support network.
- Engage in mindfulness or deep breathing exercises.
- Reach Out for Professional Help if Needed

For more information or to speak with a Licensed Professional, contact the Counseling Center (229) 333-5940

This is an example of content presented during Mental Health Mondays.



# POLL

12pt

How many hours of sleep do you receive each night?

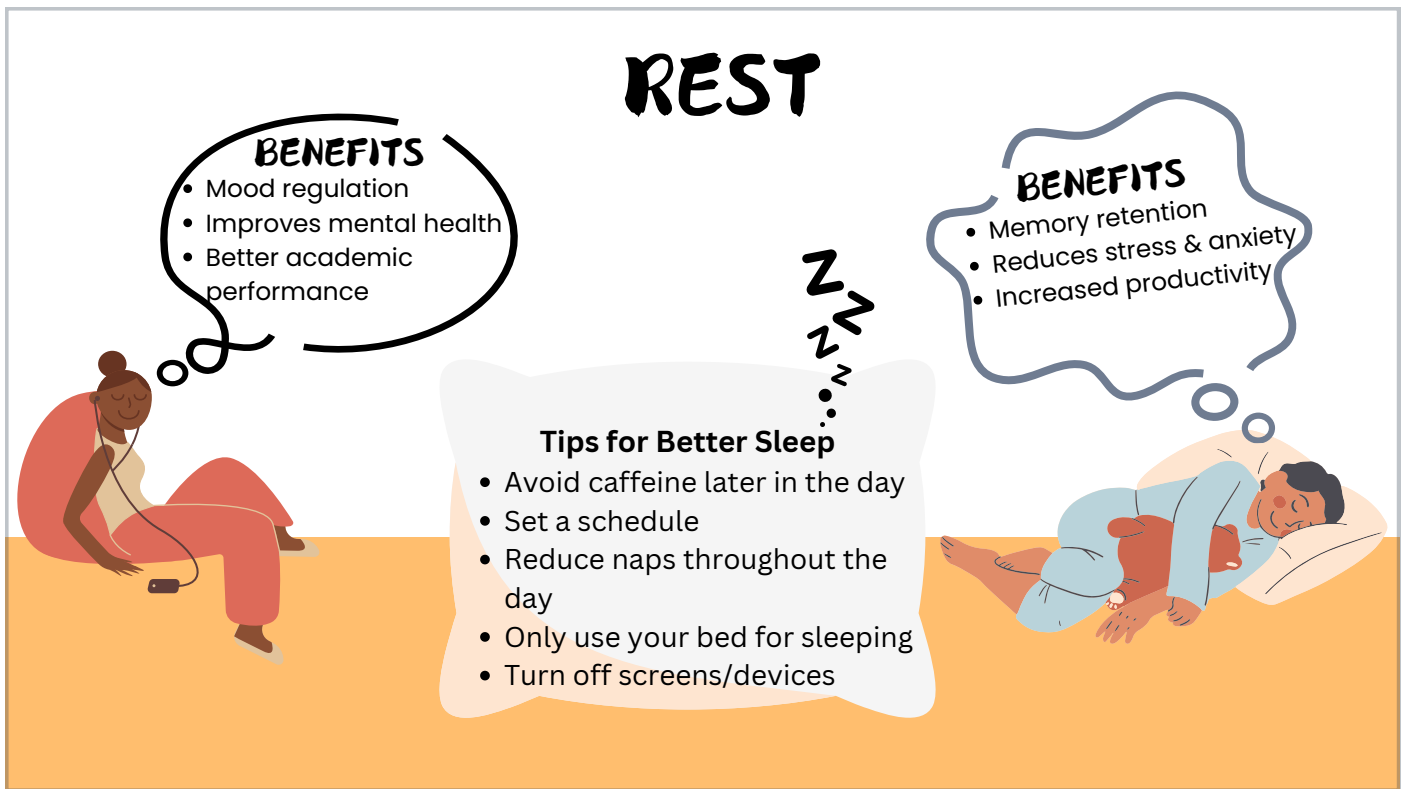
Less than 5 hours

Between 6 and 8 hours

More than 8 hours

+ Add Answer

Please complete the poll by answering the question, "How many hours of sleep do you receive each night?"



### Benefits

- Mood regulation
- Improves mental health
- Better academic performance
- Memory retention
- Reduces stress & anxiety
- Increased productivity

Improvise and discuss cons of lack of rest

### Tips for Better Sleep

- Avoid caffeine later in the day
- Set a schedule
- Reduce naps throughout the day
- Only use your bed for sleeping
- Turn off screens/devices

# SELF-CARE

*is simply "re-filling the cup you pour from."*

*~ Operation Nikki (Social Media Content Creator)*



Yes, academics are important, but don't let your academics consume and overwhelm you at the expense of decreasing your mental, emotional, and physical stamina.



Benefits include:

- stress management
- boost immune system
- better mental health
- boosts self-esteem

In the Nearpod, students will interact by clicking through the carousel of slides on the left side of their screen.

## Self-Care to Relieve Stress

Take a walk outside.  
Meditate for 10 minutes.  
Do a yoga session.  
Call a friend or family member.  
Read a book for pleasure.  
Journal your thoughts.  
Listen to your favorite music.  
Try deep breathing exercises.  
Cook a healthy meal.  
Drink herbal tea.  
Watch a movie or show you enjoy.  
Take a power nap.  
Declutter your room.  
Practice gratitude.  
Go for a run or jog.  
Visit the counseling center.  
Draw or paint something.  
Write a letter to a friend.  
Try a new hobby.  
Take a long, warm shower.  
Explore a new part of campus.  
Attend a fitness class.  
Watch a funny video.  
Practice positive affirmations.  
Dance like no one's watching.  
Take a scenic drive or walk.  
Go to a campus event or concert.  
Create a playlist of uplifting songs.  
Visit a local coffee shop.  
Try knitting or crocheting.  
Spend time with your favorite people.  
Watch a documentary.  
Do something creative (crafts, DIY).  
Unplug for an hour.  
Have a picnic outside.  
Write down what's bothering you.  
Practice self-compassion.  
Try guided imagery.  
Set small, achievable goals.  
Visit the campus library.  
Engage in random acts of kindness.  
Try progressive muscle relaxation.  
Reflect on your personal achievements.  
Make a list of things you're thankful for.

Make a vision board.  
Do a puzzle or brain game.  
Try a new recipe.  
Light a scented candle.  
Stretch your body.  
Volunteer for a cause.  
Take a break from social media.  
Listen to a podcast.  
Join a club or group on campus.  
Write a poem or short story.  
Play a board game with friends.  
Plan a weekend getaway.  
Do a digital detox.  
Spend time in nature.  
Watch the sunset or sunrise.  
Treat yourself to your favorite dessert.  
Have a spa day at home.  
Organize your study space.  
Try aromatherapy.  
Write down your goals.  
Practice a new language.  
Go to bed early.  
Read inspirational quotes.  
Listen to an audiobook.  
Explore a new hobby or interest.  
Cook a meal from a different culture.  
Take a break to enjoy a snack.  
Take a day trip to a nearby town.  
Write out your bucket list.  
Practice grounding techniques.  
Have a no-technology day.  
Build a blanket fort and relax.  
Spend time in a quiet space.  
Visit the campus recreation center.  
Try a new workout routine.  
Write a letter to your future self.  
Play an instrument or learn a new one.  
Go window shopping.  
Try adult coloring books.  
Make time for laughter and fun.



Carousel slide #2

Self-care examples

To complete the survey, click here



[SURVEY](#)

**Any questions?**

Thank You for  
joining us

☎ (229) 333-7570

✉ [success@valdosta.edu](mailto:success@valdosta.edu)

📍 2nd Floor of Odum Library



Are there any questions?

Please click the survey link at the top of the screen and complete the questions.