CARING FOR THE WHOLE PERSON

REFLECT, CONNECT, AND PLAN AHEAD

Everyone has mental health. Here's one definition:

Mental health is your well-being. It is a general emotional state and frame of mind. It is something that should be looked after.

College students can often experience stress. They are dealing with less structure and support, increased responsibilities, changes in eating and sleeping habits, and an entirely new environment.

In order to have a plan in place to respond to stress and potential mental health challenges, it can be helpful for students to consider resources and strategies that have been useful in the past.

Use the following questions to reflect on what has worked in the past.

REFLECT

What strategies do you currently use to manage your emotional well-being?

What resources did you use during high school to support your mental health?

(If applicable) What systems did you use while in high school to manage your medications?

CONNECT

Here is some information about DU resources

- **Health & Counseling Center (HCC)**: Committed to care of body and mind and helping students to succeed in college and life, the HCC offers inclusive physical and mental health care, preventative care, health education, advocacy, and recovery support services.
- **Student Outreach & Support (SOS)**: Helps students succeed by connecting them to resources, developing a plan of action to meet their goals, and navigating challenging situations.
- **L.E.P. Executive Functioning Coach**: The emotional aspects of executive functions can include emotional control, impulse control, goal-directed persistence and mental flexibility. Practicing and mastering these skills can support a positive mental health experience.
- **Mental Health App** MYSSP: Call or chat anytime from anywhere, an app that provides mental health support when you need it.

Using your reflections on what has worked in the past, and your connections to the resources available at the University of Denver, create your game plan for responding to potential challenges below: