

# S.T.A.H.L. NEWS

## Students Talking About Healthy Lifestyles

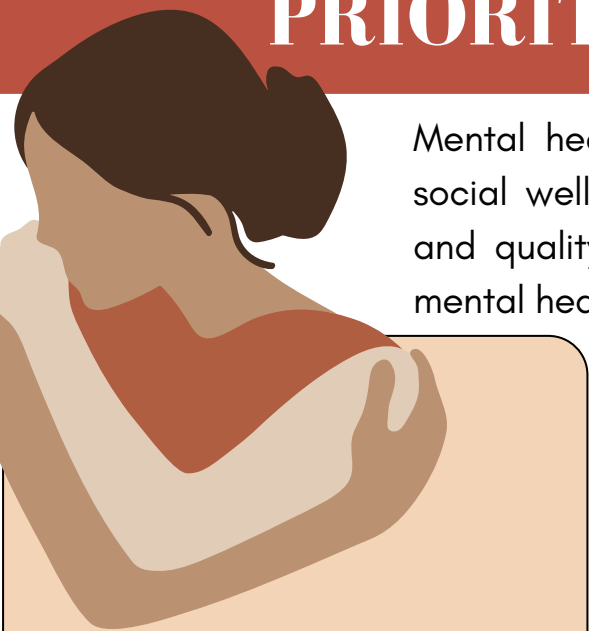
Brought to you by the IUP Counseling Center

### PRIORITIZING SELF-CARE

Mental health can include emotional, psychological, spiritual, and social well-being. Mental health is essential to your overall health and quality of life. **Self-care** can play a role in maintaining your mental health (National Institute of Mental Health). If you don't

practice self-care regularly, you're risking your well-being and inviting burnout.

By taking some time out to engage in self-care, you may relieve the pressures of everyday life and reset yourself to get back to a healthy point where you can be more productive again.



#### SELF-CARE TIPS:

- Make sleep a priority
- Try relaxation, meditation, or mindfulness exercises
- Add movement to your day
- Stay hydrated
- Spend time on your hobbies
- Make time for yourself
- Connect with others
- Take breaks
- Be kind to yourself
- Set boundaries



#### RESOURCES

##### **Clarity**

Free app for managing stress, anxiety, and low mood

##### **Down Dog**

Free app w/IUP email  
Meditation app to help you relax!

##### **Crisis Resources:**

Armstrong-Indiana Crisis Hotline  
1-877-333-2470/Text Hello to 741741  
National Suicide Prevention Lifeline  
1-800-273-8255 or 988  
Campus Police 724-357-2141

##### **IUP Tutoring Center**

103 Stabley Library;  
Walk-in peer tutoring assistance

##### **Disability Access and Advising (D2A2)**

246 Stouffer Hall;  
Accommodations and services for students with disabilities of all kinds, including learning, physical, hearing, vision, or psychological

### IUP WELLNESS COACHING



The Wellness Coaching Program is designed to help you achieve your goals across all topics, including sleep, stress, substance use, and social support.



IUP Center For Health & Well-Being

#### **IUP COUNSELING CENTER**

**MONDAY - FRIDAY**

**8 AM - 4:30 PM**

**WALK-IN HOURS**

**MONDAY - FRIDAY 1-3 PM**

**724-357-2621**

**CENTER FOR HEALTH & WELL-BEING, G31**

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