

hello Summer

Student Life
Advisor Program
AVAILABLE
OVER THE
SUMMER!

Don't Forget!



- The Student Life Advisor Program here to support you over the summer
- Counseling is provided for students at convenient times & locations
- 24-Hours, Toll-Free Crisis Line Number
- Call a counselor 24/7/365 to assist with an urgent problem or crisis
- Interpreter available if necessary
- Call 800.448.8326 to get set up today! FREE!



6 Summer Ways to Stay Mentally Healthy

1

GET MOVING



Regular exercise is not only good for physical health but also has numerous mental health benefits. Take this opportunity to try out new exercise interests you may have!

2

ESTABLISH A ROUTINE



While it's tempting to stay up late and sleep in during the summer, it's important to maintain a balanced routine. Set a regular sleep schedule and try to wake up and go to bed at consistent times.

3

STAY SOCIAL



Reach out to friends and family members, plan outings or get-togethers, and spend quality time together. Engaging in positive social interactions can provide support, reduce feelings of loneliness, and enhance overall well-being.

4

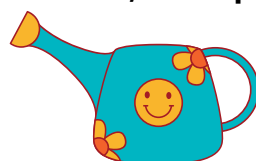
DO A WELL-BEING CHECK IN



Check in with yourself to see if your current coping skills are working for you. Practice deep breathing, go for walks, and practice setting healthy personal boundaries.

5

HOBBIES



Summer break is an excellent time to explore new hobbies or indulge in existing ones. Engage in activities that bring internal joy and fulfillment can enhance mental well-being.

6

SET 2024 SCHOOL YEAR GOALS



Think about things that you enjoyed over the last year. How will you continue to do more of that in the upcoming year? What are new goals? How will you know you've met these goals?

CALL US!



800.448.8326