

GOVERNMENT SCIENCE COLLEGE, VERAVAL

ADVISORY FOR PSYCHOSOCIAL SUPPORT & MENTAL HEALTH PROMOTION OF COLLEGE STUDENTS

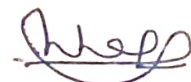
- Concern about one's own health status
- Concern about effectively managing one's life demands while choosing to isolate for one's own safety and safety of others
- Loneliness associated with feeling of being cut off from the world and from friends and family
- Stigmatized or singled-out
- Anger and frustration about not being able to accomplish your tasks or finish one's course or dissertation on time
- Boredom and frustration because of not being able to work or engage in regular day-to-day activities
- Uncertainty or ambivalence about the situation
- A desire to use unhealthful coping behaviors that interfere with normal routine such as excessive late nights and over-eating
- General worry and concern about the pending exams

ROLE OF STAFF FOR PSYCHOSOCIAL SUPPORT & MENTAL HEALTH PROMOTION OF COLLEGE STUDENTS

There is a need to acknowledge the effect of prolonged stress on emotional health of students, conduct activities that can help them deal with the same and identify the best way forward to enable learning, psychosocial wellness and physical health. Some of the tips and resources given below for psychosocial support might be useful in finding out the best way to cope and recoup:

SUGGESTIONS & PRACTICAL TIPS FOR STUDENTS

- **Identify, Label and Accept Your Feeling:**
It's important to know and observe yourself to understand how your thoughts and emotions are impacting you so that you know when to seek help.
- **Learn to Communicate Effectively:** Most of our life, we communicate with our self (self-talk) and this is dependent on the tape that runs in our heads. If we do not make an effort to keep away from negative events and ideas, we are bound to communicate the same negativity to others through our thoughts, mood and behaviour
- **Connect and Interact with Your Family:**
Share your concerns with anyone in your family and discuss your thoughts and



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concerns freely. It is important to take other's perspective too, to know if we are perceiving things the way they are.

- **Ensure Balanced Diet and Nutritious Food:**

Eat healthy balanced diet and keep yourself well hydrated. Eating well is important for both body and mind. Deficiency may show mood and sleep changes also. Therefore, choose healthy and homemade food.

- **Set an Everyday Me-Time:**

Work on strength-based skills for a living. Keep an eye on your areas of improvement but do not let them over ride you.

- **Avoid Excessive Exposure to Media:**

Double check the news you read or hear. Avoid misleading news and rumours.

- **Maintain A Routine and Take Care of Your Body:**

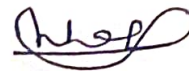
- Stick to a scheduled routine for sleep, study, recreation and nutrition.
- Eat healthy and avoid excessive use of caffeine, alcohol, or other substances.

- **Infuse Some Variety Into Daily Activities Like:**

- Read a book of your interest
- Monitor time spent on social media
- Engage in or develop a hobby

- **Identify Your Strengths:**

Remind yourself that you have been through difficult times before and you have accomplished many things. Think back to the difficult times in your life and your past successes with compassion and an open heart and reflect on what you learned about your unique strengths.



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