Mental Health Minute

Take a minute to check-in with yourself. Ask “how am I doing?”. Your mental health is important every day!

When you need help:

Seeking **support** in a **timely manner** is vital and can **help you** get back on track!

**Start here:**

- **SU Wellness Centre** (370MSC, ucalgary.ca/wellnesscentre)
- **Student Success Centre** (TDFL 3rd Floor, ucalgary.ca/ssc)
Did you know that 41.6% of students indicated stress negatively affected their academic performance? You’re not alone!

**What can I do?**

Seeking **support** in a **timely manner** is important and can **help you** get back on track!

**Start here:**

The Student Success Centre has learning support, advising support, writing support and online support (TFDL, 3rd floor)
Did you know that in the last 12 months, 61.4% University of Calgary students reported having more than average or tremendous stress? Tip: Taking a mindfulness break can reduce your stress.

Seeking support in a timely manner is important and can help you get back on track!

Where can I find more tips to reduce my stress?

Start Here:

The SU Wellness Centre has drop-in mindfulness sessions for students. Check online at ucalgary.ca/wellnesscentre for a schedule of events.
The Campus Community Hub offers drop-in peer support.
65% of University of Calgary students said they felt lonely in the past year. Be social – say “hi” to someone. Ask them how they’re doing!

Seeking **support** in a **timely manner** is important and can **help you** get back on track!

**What else can I do to create social connection?**

**Start here:**

The Campus Community Hub offers drop-in peer support. The Unwind program from the Leadership and Student Engagement Office offers students a chance to connect and do something social.
Mental Health Minute – Procrastination

...Procrastinating? Course outlines can help you create a study schedule to stay on track of papers, exams and assignments. Utilize goal-setting to help you achieve academic success!

Seeking support in a timely manner is important and can help you get back on track!

What can I do to get back on track?
Start here:

The Student Success Centre and SU Wellness Centre offer supports including workshops and advising on a variety of topics such as time management and stress management.
Mental Health Minute – Exams

Exams can be a stressful time! The University of Calgary is here for you with many different resources and spaces for you to study, unwind and de-stress. There’s something for everyone!

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What’s available for me?

Start here:

• **WRAP Up** – Tutoring and writing support sessions, de-stress activities in the TFDL foyer at the end of each semester
• **Campus Community Hub** – a quiet space to unwind with free coffee and snacks
• **SU Wellness Centre** – Wellness workshops (i.e., exam anxiety, motivation & procrastination, etc). Schedule available online ucalgary.ca/wellnesscentre.