

# HSC CANDIDATE MENTAL HEALTH MONTH SUPPORT CARD

Aim: provide stress reduction activities to reduce the impact of anxiety on HSC students and their families.

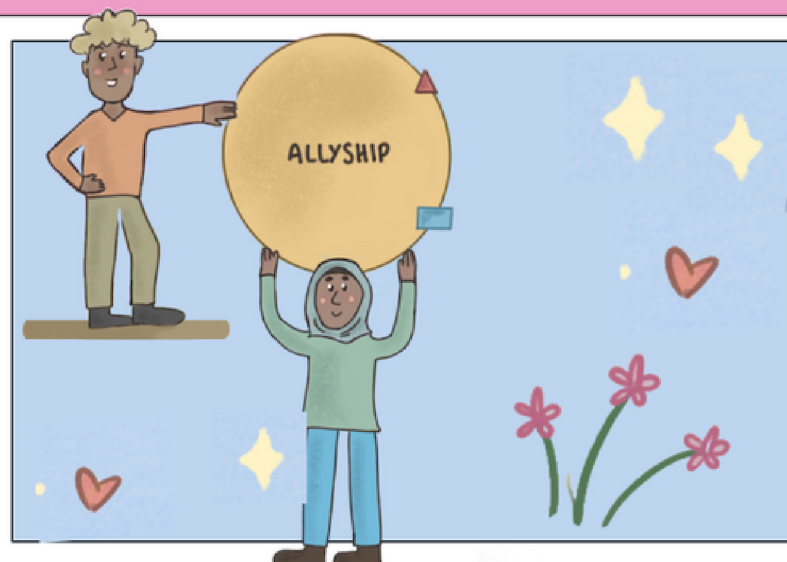
## INCREDIBLE INDIVIDUALS



- *Take charge* - of your mental health.
- *Take time out* - in nature, hobby, activities away from the computer and your desk.
- *Make a study plan and act on it* - make a list. Plan in bite size chunks, this will help your stress levels.
- *Challenge your thinking* - if your friend was feeling the same level of stress you are, what advice would you give to them?
- *Remember* - not all stress is bad. Stress as a motivating force is positive. If it gets to be an overwhelming emotion, seek help.
- *Use breathing techniques for emotional regulation* - this helps manage the flight or fight response our body's way of helping us deal with threats or danger.
- *Fuel your body* - good food, quality rest, stay active.

## AMAZING ALLIES

- *Talk about it* - remember, you're not in it alone
- *Share* - the experience with your friends who are going through the same experience
- *Be supportive* - of one another
- *Reach out* - seek help from one of the mental health services available
- *Make gratitude or affirmation cards* - for your friends



## PRIZED PARENTS & FAMILIES

- *Check in* - ask open ended questions
- *Support* - Sometimes just sitting with someone, acknowledge their feelings and not try to problem solve is the best way to help.
- *Make sure your children know about resources and services available.*
- *Show* - that it's OK to take charge of your mental health and reach out to a professional.
- Make family self-care a priority