

The MAPS Committee Fall 2020 Workshop Series

Mental Health in University: Exam Prep!

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MAPS

Remember that Mental Health and Mental Illness are different sides of a continuum and require different services!

Concordia Mental Health Resources : [CLICK here to see ALL the info you need on Concordia's website!](#)

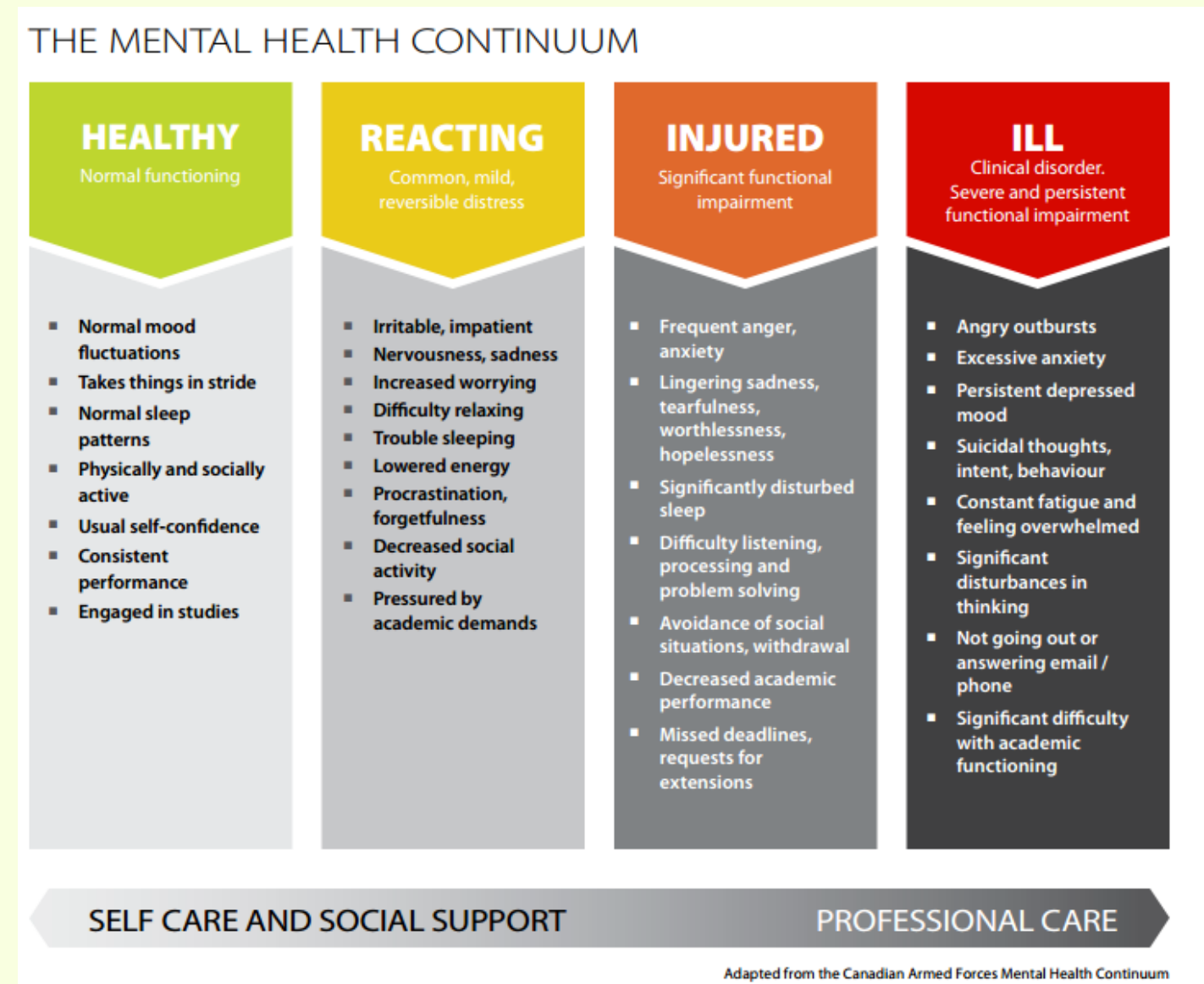
- Self-help tools
- Listening and referral services
- Treatment options (psychologists, psychiatrists)

Stronger than Stigma: A student-run initiative focused on helping students overcome the social barriers that surround mental health. [@stsconcordia](#)

FYIs:

- You have 10 FREE psychotherapy sessions with Concordia's [Counselling and Psychological Services!](#)
- You can get a referral to psychologists/psychiatrists that are covered by your health plan!

COVID-19 Considerations: Many services are now providing teletherapy online as opposed to in-person services.



Self-Care = "Any activity we do deliberately in order to take care of our mental, emotional, and/or physical health."

- It is NOT something that we force ourselves to do, or something we don't enjoy doing.
- Self-care is key to living a balanced life: Stick to the basics, actively plan, stay aware.

Evidence-Based Tips:

- Time management
 - Organization and goal-setting: e.g., Make SMART goals (Specific, Measurable Attainable, Realistic, Timely)
 - Effective studying techniques: Start early, spread out your studying, quiz yourself
 - Sleep Hygiene: Avoid stimulation (screens) before bed, create a bedtime routine, minimize time spent in bed NOT sleeping
- Stress management
 - General tips: Practice Mindfulness
 - Distress tolerance: Practice Radical Acceptance

Care for your peers! Look out for others who may be having a tough time - not everyone responds to stress in the same way and not all strategies will work for everyone.

Exam Preparation:

[7 Secrets to Acing Exams](#) by Concordia University

Check out the [Student Success Centre](#) for more help!

- ✗ Cut back on other commitments
- 🍏 Eat a healthy diet and avoid too much caffeine
- 🌙 Get a good night's sleep!
- 📅 Get information from your instructors and map out your study plan
- 👥 Find a friend to study with (remotely)
- 🕒 Allow yourself some breaks!
- 🧠 Learn to manage stress
- 🎁 Plan a post-exam reward!

Zen Den guest speaker information:

- **Zen Dens** = "A space for you (as a Concordia student) to connect with yourself, your peers, and wellness professionals (working inside and outside of Concordia)"
 - Currently on Zoom!
- Services include: active listening, wellness workshops, dancing...
- Speak with a [Peer Wellness Ambassador](#) to learn more!