

Everything Is Awful and I'm Not Okay

Feeling overwhelmed? Try these tips to help you eat, sleep, exercise, and connect to get yourself back on track.

Eat

Have you eaten in the past three hours? **Grab a nutrient-rich meal with protein and fibre**, or browse the **FRESH Education Library at the WEC** for meal ideas. Are you hydrated? Have a glass of water.

Sleep

Are you sleepy and fatigued but **resisting going to sleep**? **Put on pajamas, make yourself cozy in bed, and close your eyes for fifteen minutes—no electronic screens allowed**. If you're awake after that, you can get up again; no pressure.

Exercise

Have you stretched your legs in the past day? If not, do so right now. If you don't feel like going for a run or to the gym, just **walk around the block**, then keep walking as long as you please. If the weather's bad, go to the mall just to walk around and do some window shopping. **Don't feel like walking? Why not dance!** Move your body to the length of an upbeat song.

Connect

With Yourself: Feeling gross? Why not **take a shower and put on some clothes** that you like. Paralyzed by indecision? **Give yourself ten minutes to figure out a game plan** for the day. Feeling ineffective? **Complete a small task right now** (respond to an email, load the dishwasher), then celebrate your success. Or, **connect with Learning Skills Services** for some tips. Are you feeling emotional about something? Good, you're human! **Humans need emotions to survive**. For example, anger can give you the energy to get something difficult done. Dance, run, chop wood, or rant about it in a journal. If your emotions feel too overwhelming to manage, **reach out to Student Health Services or Psychological Services**.

With Others: Have you said something kind today? Do so, **to yourself and to another person**.

Make it genuine: Wait until you see something really wonderful about someone, and tell them about it.

Have you had a hug from friends or cuddle time with pets? **Don't be afraid to ask for support**.

Come see us at the Wellness Education Centre – we can help!

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Based on <http://eponis.tumblr.com/post/113798088670/everything-is-awful-and-im-not-okay-questions-to>



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