

What students and parents need to know before college starts..

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Why is college so challenging?



- ▶ There is a lot of work put in to achieving grades, activities, and other things to qualify to get in---not much emphasis on what it will be like once you get there
- ▶ Social---communal living, roommates, dorm life
- ▶ Academic---scheduling classes, going to class, work outside of class
- ▶ Formal and informal social---the importance of both
- ▶ The juggle of all of this...it was all structured for them in HS

The 3 fundamentals of self care



- ▶ Eating---do I eat 3 square meals a day? Do I snack? What does my body enjoy eating or digesting?
- ▶ Sleeping---what time do I go lay down? How long does it take me to go to sleep? What can be done to help if I am struggling with this?
- ▶ Exercise---do I have to? I don't like exercise
- ▶ What are the benefits of 20 min plus of any level of exercise (where your heart rate is raised above resting)
- ▶ These 3 fundamentals are super important and reachable to most

When should I get support?

- ▶ 'I feel sad a lot'
- ▶ 'I restrict what I eat each day'
- ▶ 'I smoke weed on a regular basis---it helps me stay calm'
- ▶ 'Nobody knows it but I cut myself sometimes'
- ▶ 'Sometimes I wonder what it would be like if I just wasn't here'

Common mental health issues students may encounter

- ▶ What is depression? Am I depressed?
- ▶ 'I am isolating the way I have been told and now I don't want to be around people'
- ▶ Anxiety---doesn't everyone have it?
- ▶ How much stress is too much?
- ▶ What do I do if I am worried about a friend?

How do you manage your stress?

- ▶ 5 senses----understanding how a human being make sense of the world allows us ways to manage our stress levels
- ▶ Breathing techniques---it can be like a reset to your phone
- ▶ Listening to music
- ▶ Seeing friends
- ▶ Playing video games
- ▶ Movies / shows
- ▶ Connecting with family members---siblings, parents...



Why do we do any of this?

- ▶ Many young adults are suffering with anxiety and depression—this creates roadblocks to so many happy life events
- ▶ Many are not getting help because they feel alone, so they don't reach out
- ▶ How many of you have known someone who has completed or attempted suicide?
- ▶ This is significant because you are growing up in an intense world where many people are experiencing poor mental health
- ▶ What can young adults do? Be **willing** to speak with a parent, pediatrician, therapist, coach, teacher or other trusted adult
- ▶ Be **honest** about how you are really feeling.
- ▶ Try to use some suggestions people make—even if you are unsure if they will help

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