

**I FEEL
STRESSED!**

- Get enough sleep - see a doctor or counsellor if necessary
- Eat well enough for good nutrition - and watch the excess coffee, etc.
- Get some exercise frequently. It releases a lot of the built-up tension and lifts the spirits, too.
- De-stress with things that you know help you relax - Music? Time with friends?
- Learn a relaxation exercise, or meditation, to allow mind and body to rest and
- restore themselves. This can take a little practise, but can really make a difference.

I've tried everything...

Sometimes the pressures are such that it's really hard and maybe not very productive to keep on trying to do it alone. Friends may not have the answers, or the problems may be really private ones - or it's all getting too hard and you can't see a way through. If you are beginning to feel like this - DO GET HELP. The counsellors are available to talk with you confidentially about the problems, and help you find some answers - they can also help with any academic problems that may have developed.

Counselling Support is available to assist students with personal difficulties that are affecting their study.

The service provides:

- Individual Counselling by appointment
- Telephone Counselling by appointment
- Mental health emergency response

Counselling Support

Ground Floor, Horace Lamb Building

The University of Adelaide

Ph: +61 8 8313 5663

After hours support: 1300 167 654 or sms 0488 884 197

This pamphlet was written by Flinders University Health and Counselling Services and has been reprinted as part of a collaborative project between the counselling services at Flinders and Adelaide University. Modified by Student Life Counselling Support.

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