Get sleep. Lack of sleep can decrease your ability to think rationally, stay focused, make good decisions and deal with stress. Aim for seven to nine hours of sleep each night.

Know your limits. Going to parties and hanging out with friends can be a stress reliever, but abusing drugs and alcohol can lead to bad judgment, insomnia, irritability, and depression.

Manage stress. Develop coping skills to deal with the challenges and pressures of life. Attend stress management and T’ai Chi classes available on campus.

Eat right. Eat a healthy, balanced diet. Eating foods with key vitamins and nutrients as well as limiting daily caffeine intake can have a positive impact on your mood.

Stay active. Work exercise into your schedule. Just 30 minutes of exercise three to five times a week can decrease fatigue, significantly improve mood and reduce stress.

Speak up. It’s important to speak up if you are concerned about your own or other’s feelings, thoughts, and/or behaviors. Take control of your emotional health by reaching out for help.

Seek help. If you or someone you know is experiencing depression, help is available. Student assistance is available through Student Counseling Services at (309) 438-3655. Support for faculty and staff is available through the Employee Assistance Program at (309) 659-3848.

The Student Counseling Services’ Lick the Blues campaign helps the Illinois State University community become aware of mental health concerns, particularly depression. The negativity that often surrounds emotional concerns may create fear and cause shame, which prevents people from seeking help. Become educated and STOP STIGMA! Below are things you can do to feel better.
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