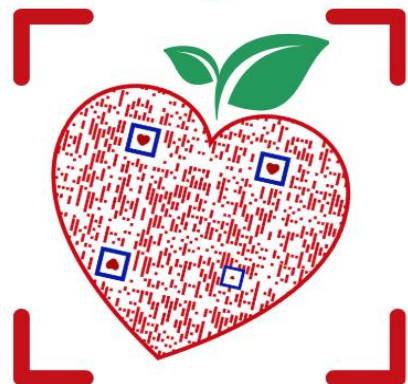




SCAN ME



**College
Stress**



**Moorpark College
Student Health Center**

Reduce Stress

Tips and Tricks

Create a schedule and make a plan

- Note when assignments are due. Create a schedule for doing your work.

Exercise

- Pick up a campus walking map and exercise brochures from the MC SHC

Get creative

- Swing by the MC SHC for mindfulness coloring pages.
- Try to find a creative hobby like playing music, painting, or writing.

Reach out for help

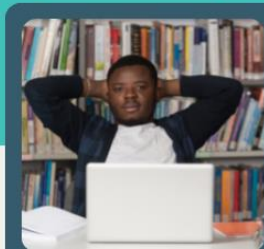
- Go to office hours or reach out to your instructor for support.
- The MC Teaching and Learning Center offers free tutoring for students.
- Students with disabilities can contact ACCESS for accommodations.

Try our self-paced Mindfulness Training

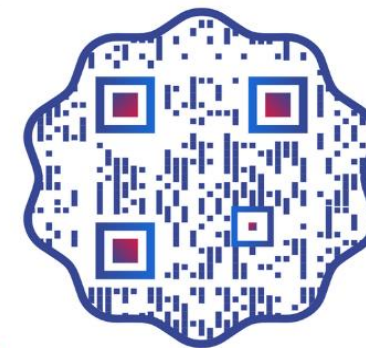
Mindfulness Training is an empirically validated method to increase the strength, endurance and flexibility of your mind.



It's like going to the gym for your brain - through repeated practice of simple exercises, you will develop greater mental attention, focus, concentration and emotional balance.



Scan Me 



Visit the Moorpark
College Student
Health Center for
more resources and
information.

**Mental
health
matters**

More Information:

Tel.:(805) 378-1413

7075 Campus Drive,
Administration Building Room 111
Moorpark, CA 93021

<https://www.moorparkcollege.edu/departments/student-services/health-center>

Discrimination Statement: Moorpark College is committed to providing an equal opportunity to students, employees, and the public, regardless of race, color, religion, gender, national origin, disability, age, sexual orientation, marital status, or veteran status. Please call (805) 378-1403 or see the catalog for more details.



Things to Avoid

Isolation

College is stressful. But, having a support system can help drastically. Consider joining a campus club or organization. Try to find one person to connect with in each class. Stay in touch with your support system, whether that is family, friends, or other people who listen and support you.

63% of college students report experiencing anxiety in the last year and 87% report feeling overwhelmed by all they had to do (American College Health Association, 2018)

Procrastination

- Reduce distractions
- Did you know that you can set a time limit on Instagram and Snapchat? Consider limiting your daily use of social media, especially when you have assignments to finish.
- Set deadlines
- Set your own deadlines prior to assignment due dates to help you stay on track or account for unforeseen incidents.
- Reward yourself
- When you finish a task, reward yourself. It can be something small like a short walk, 15 minutes of phone time, or talking with a friend.
- If it helps, try a studying technique like the Pomodoro method
- Methods like the Pomodoro method help provide structure to work.

Poor Diet

Avoid skipping meals
Eating regularly can help regulate glucose which can enhance academic performance.

Consider what you eat
Avoid sugary and "bad" fat foods. To help curb temptations, try to stock up on healthy snacks when you know you will be busy. Raider Central offers free food to students.



Negative Self-Talk

Practice a growth mindset. Do not talk down to yourself. If you "fail," think of it as you are not there yet.

Sleep Deprivation



Over caffeination.
Did you know it can take 10 hrs for caffeine to clear your system?



Pulling an all-nighter/not sleeping regularly.
A lack of sleep can increase cortisol levels.



Drinking alcohol to sleep.
Alcohol can actually disrupt sleep patterns.



Call 805-378-1413

To schedule a mental health session.

Mental Health

For Moorpark College students, a team comprised of Psychologist, Marriage Family Therapist, and trainees provide free mental Health Counseling. Counseling is short term, up to 6 visits per semester. Counseling is available for

- Anxiety
- Depression
- Drug and Alcohol Use Issues
- Grief
- Isolation
- Partner Violence
- Relationship Difficulties
- Social Injustice/Micro-Aggression
- Stress Management
- Other Concerns



We can help connect you to outside resources too!

