

While you are in the process of connecting to a community provider, you may ask what you can do in the meantime. Here are some things you can do to try to alleviate some of the distress you may currently be experiencing (*this list is for informational purposes only and is not intended to diagnose or treat any conditions – it cannot substitute for a consultation with a medical or mental health professional*):

- **Stick to a routine.** Get dressed, go to class, keep to the structure you normally have during your day.
- **Eat healthy food regularly.** Skipping meals robs you of the energy you need to cope.
- **Talk to supportive friends or family members.** Isolating yourself can make things worse.
- **Keep a journal** of your thoughts and feelings. Note any patterns or questions you’d like to discuss in counseling.
- **Get some sleep.** Most people need from 7 to 9 hours of sleep every night. Try to go to bed and get up at the same time every day.
- **Do some kind of physical activity** that you enjoy. This can be running, swimming, playing sports, working out. Even walks around the campus and neighborhood can help you feel better emotionally and help reduce stress.
- **Avoid using alcohol or drugs** as a way to “self-medicate.” This includes caffeine.
- **Find activities that are relaxing or soothing** to you. Listen to your favorite music, take hot baths, meditate, paint a picture.
- **Care for yourself spiritually.** Go to church, attend chapel, or just enjoy nature. Pray, read uplifting books, speak to a trusted pastor or spiritual mentor.
- **Find humor** in life. Spend time with those who make you laugh. Watch a comedy or read a funny book.
- **Distract yourself temporarily** from your difficulties - watch TV, play a game, go window shopping.
- **Recall what has helped you before** in similar situations. Make a list of these things and try to do them.
- **Check out the UCC website at <http://www.apu.edu/counselingcenter/>.** Our website contains links to information on a variety of emotional health topics and common self-help strategies, and free online assessment tools.

In addition, below is a brief list of on campus resources where you can obtain support, guidance, and assistance:

On Campus Resources:

- Academic difficulties: Academic Success Center (626-815-3886); advising@apu.edu
- Career concerns: Career Center (626-815-2103); career@apu.edu
- Emotional issues: University Counseling Center (626-815-2109); ucc@apu.edu
- Financial concerns: Undergraduate Enrollment Services Center (626) 815-2020; uesc@apu.edu
- Health issues: Student Health Center (626-815-2100); healthcntr@apu.edu
- Sexual assault: Title IX Office (626-815-2065); titleix@apu.edu
- Learning or other disability: Accessibility and Disability Resources (ADR) disabilityservices@apu.edu
- Spiritual concerns: Office of Campus Ministry (626-815-3855); campusministry@apu.edu
- Victim of a crime: Department of Campus Safety (626-815-3898); csafety@apu.edu