Owning Your Wellbeing

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Today

{ Trends
  Stress
  Growth Mindset
  How to Help
}
Why is wellbeing important in college?

Everyone comes to college to be successful. Stress, anxiety, sadness, fear, loneliness are part of being a student. Stretching in distress. Academic success takes effort. How you manage these is key.
Characteristics of High Achievers

• They set goals
• They learn from failure and disappointment
• They show stubborn perseverance (relentlessness)
• They work hard
• They pursue continuous improvement (growth mindset)
• They maintain a sense of perspective
• They thrive on pressure
• They are very consistent
• They surround themselves with positive people
29.3 percentage of college students who reported feeling very lonely in the past 2 weeks
7.4 percentage of college students reporting that relationship difficulties have contributed to academic difficulties
26.7 percentage of college students who report having an extremely hard time falling asleep 3 or more days out of the past 7 days.
57.6 percentage of college students rating their overall level of stress in the past 12 months as more than average or tremendous
Common Barriers to Success

ASU Students in the Past 12 Months

- Academic responsibilities: 42.6%
- Stress: 31.9%
- Being overcommitted: 27.3%
- Anxiety: 22%
- Sleep difficulties: 21.6%

Source: American College Health Association – National College Health Assessment, 2016
What does stress look like?
Pay Attention to your Experience

![Diagram showing the relationship between stress level and performance. The diagram illustrates a bell curve with the y-axis labeled as 'performance (physical & mental)' and the x-axis labeled as 'stress level'. The curve is divided into three stages: low stress with healthy tension, peak performance, and high stress with imbalance and breakdown.](Image)
Academic Indicators

- Missed assignments
- A drop in grades
- Any negative change in classroom performance
- Repeated absences from class
- Deterioration in quality of work
Physical Indicators

- Deterioration in physical appearance
- Visible changes in weight
- Appearing sick or ill
- Lack of personal hygiene
- Coming to class bleary-eyed, hung over, or smelling of alcohol
- Excessive fatigue
Personal/Interpersonal indicators

- Unusual tearfulness
- Expressions of concerns by peers
- Expressions of hopelessness/worthlessness
- A “sense” that something is wrong
- Social isolation/withdrawal
- Erratic/Unpredictable behavior
- Exaggerated behaviors (more or less)
- Unprovoked anger/hostility
Ways to Manage Stress
Create Balance

- **Physical**
  - Exercise, muscle relaxation, proper nutrition, massage,
  - Keep current with your medical examinations
  - Complete Personal Wellness Profile on ASU Wellness site

- **Emotional**
  - Healthy forms of expression of feelings, communication skills, emotional coping skills (self-talk), humor/laughter

- **Behavioral**
  - Behavioral coping skills (time management), play, self-care, get sleep

- **Spiritual**
  - Prayer, meditation, meaning, quiet time, and practicing presence

- **Community-Interpersonal**
  - Social supports, hobbies, group sports, resources, counseling
Focus on Self-Care

Self-care will improve your life.
Enormous amounts of evidence supporting the link between self-care and positive life-variables.

Self-care is the pathway to improving your functioning in college.

It is one of the things we have control over no matter who we are.
Mindset

A set of beliefs and attitudes about ourselves and our most basic qualities (intelligence, talent, personality)
Growth Mindset

Our most basic qualities can be cultivated and developed.
Fixed Mindset

Our most basic qualities are fixed traits.
Neuroplasticity

“The lifelong capacity of the brain to change and rewire itself in response to the stimulation of learning and experience” (Fernandez & Goldberg, 2009)
Neuroplasticity occurs:

- In the early stages of development;

- after brain injury, when the brain is healing and rewiring itself;

- when individuals seek out mental stimulation (novel, challenging, and variety-filled learning situations)

(Fernandez & Goldberg, 2009)
Why does Mindset matter?
embrace challenges
persist in the face of setbacks
see effort as a path to mastery
learn from criticism
find lessons and inspiration in success of others

avoid challenges
give up easily
see effort as fruitless or worse
ignore useful, negative feedback
feel threatened by the success of others

Leads to a desire to look smart and therefore a tendency to...
Leads to a desire to learn, and therefore a tendency to...

As a result, they may only work and achieve less than their full potential.
All this confirms a deterministic view of the world.
All this gives them a greater sense of free will.
Empathy vs. Sympathy

Brené Brown on Empathy
What does help look like?
Student in Distress

- Be curious
- Ask questions
- Listen
- How is this affecting others in the group/community
- Be present
- Non-judgmental
- Have empathy for the person
- Know when to refer to campus resources
Recall a Time…

When you were experiencing a challenge or crisis.

- What were your thoughts?
- What were your feelings?
- What were your behaviors?
- What helped?
- What didn’t help?

You have the skills to help
TAO Connect

- Free, self-help tool for emotional wellbeing
- Tools to
  - Manage your stress
  - Calm your worry
  - Improve your mood
  - Enhance your relationships
- Thepath.taoconnect.org
Feedback from students who attend counseling services:

- Counseling is confidential
- Counseling is Helpful
- The vast majority of students who see us tell us
  - we have a welcoming environment
  - it helps with problems
  - helped w/ academic work
  - we were sensitive to cultural differences
  - they would recommend to a friend
  - services helped them to remain in school
Campus Safety Resources

• ASU Police Department
  – Emergency: 911
  – Non-emergencies: (602) 496-3456

• ASU Counseling Services
  – Business hours contact: 480-965-6146
  – EMPACT (after hour services) 480-921-1006

• Dean of Students – 480-965-6547
  – DeanofStudents@asu.edu

IF SOMEONE IS IN DANGER CALL 911
Next Steps

Self Care, Self Care, Self Care!

How will you incorporate Growth Mindset into your life?

What are 3 action steps you will take after today to Owning Your Wellbeing?

How can you help a fellow student TODAY?

Identify 3 people on campus who you trust to talk to
Be Strong Enough to Stand Alone, Smart Enough to Know When You Need Help, and Brave Enough to Ask For It