

YOUR LIFE LOUNGE

Maintaining Good Mental Health Whilst Dealing with Uncertainty and Change

Starting or returning to uni is exciting, but there's a lot of change and unknowns, which can induce a cycle of anxiety. This is normal, and we've got solutions to making sure you're coping with life changes and building resilience along the way.

1

Check in with yourself. What are you feeling? Can you talk about this with someone you trust? It's important to be able to identify and acknowledge our emotions so that we can approach them with self-compassion and a plan to cope.

Don't look too far ahead. It's easy to get overwhelmed the further into the future we think about, so try to focus on the short-term. What do you have control over right now? Break down tasks into manageable chunks and start easy to build your confidence and motivation. **TIP:** Making a to-do list and checking off even the smallest of items gives you a dopamine boost (the hormone related to productivity, motivation and reward!)

2

Check out how to activate your daily DOSE "happy chemicals" more [here!](#)

BRAVO

3

What ARE the constants in your life? What can you keep the same? This can include close relationships, a comfort meal, an exercise routine or walking path, or a little morning/bedtime routine we keep. **TIP:** Get in the habit of journaling 3 things you're grateful for to remind yourself of the things that are going well. Research shows gratitude practice improves our mental health.

BE PRESENT. We can't be 100% in the moment all the time, but we can practice this skill using mindfulness techniques. Mindfulness is the acknowledgement of the present moment – our feelings, sensations, and thoughts – without judgement. There are hundreds of ways to practice mindfulness – it doesn't just have to be meditation! [Click here](#) to learn a bit more about how you can incorporate this into your routine.

4

5

Work on reframing your thoughts. Our thoughts, feelings and behaviour are intricately linked. Anxiety and worry are normal parts of life, but sometimes our thoughts are unhelpful and affect how we go about our lives. The good news is there are techniques you can do on your own to help change these negative thought patterns. [Every Mind Matters has a great overview of the Cognitive Behavioural Therapy \(CBT\) technique to identify, challenge and reframe these unhelpful thoughts.](#)

The 3 C's of Cognitive Therapy



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Identify the thought that came before the emotion



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Reflect on how accurate and useful the thought is



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Change the thought to a more accurate or helpful one as needed

Need additional support navigating through life changes?

[Register](#) with us at the Life

Lounge to get free, confidential support whilst you're at uni.