



EVEN POSITIVE CHANGE CAN BE HARD.

It is not uncommon for new or returning students, to struggle with the adjustment to, or back to, life on campus. There are things you can do to help:

- ⇒ **Prioritize and take care of your basic needs.** Your mental and physical health are connected. It can help you feel emotionally better if you take care of your basic needs. Do your best to eat a balanced diet, schedule enough time to sleep, exercise regularly, and avoid the abuse of alcohol or other drugs.
- ⇒ **Create a manageable routine.** Take note of what helps you feel better, and make those behaviors a habit. For some that maybe taking a shower every morning, making your bed, studying outside of your room, or changing into new clothes by a certain time. Even if it is something small, it can be a step in the right direction.
- ⇒ **Establish a good support system.** Stay connected to friends and family from home while working on making new relationships at SU. If you are struggling to connect you can reach out to Housing and Residence Life staff or look for clubs through The Center for Student Involvement and Leadership (CSIL).
- ⇒ **Do what you can to make your new room feel like home.** Think about what made your house feel like a home. Even if it is something small, like putting up the same pictures or keeping the same routine, this may help you start to see your new environment as home.
- ⇒ **Be aware of your expectations.** You may have expectations that cause you to feel worse if not met, like assuming you would love college right away, make a lot of friends during the first few weeks, or be best friends with your roommates. Try to be patient with yourself, making friends and adjusting to a new environment can take time, and that is okay.
- ⇒ **Stay mindful when using social media.** While social media may help you to feel connected to those from home, it can also result in unhealthy comparisons. Remember, most people only post when they want to show something off, that does not mean you are the only one struggling. Everyone also reacts to change differently. If you feel negatively impacted by social media you may want to limit your exposure, or only go on at certain times of the day.
- ⇒ **Use the supports available to you at SU.** There are many ways to seek support at SU. You can learn more about resources available on SU's website. You can also talk to faculty or staff who you are already connected to, and they may be able to refer you to additional resources.
- ⇒ **Know your mental health resources.** You can access multiple mental health services through the Counseling Center. Visit the Counseling Center's Services page for more information. You also have access to free tele-mental health resources through TimelyCare, including 24/7 access to support through their TalkNow feature. Visit [TimelyCare.com/](https://www.timelycare.com/) Salisbury or the Counseling Center's TimelyCare webpage to learn more.

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