

School of Music

Mental Health Survey Summary

Spring 2021



Content / Trigger Warning:

This summary may contain information or content that some readers find upsetting. Support, resources, and recommendations on topics such as mental health, prevention of suicide or self-harm, identifying or reporting harassment and discrimination (identity or ability-based), and personal comments on family, loss, substance use, and identity challenges.

We acknowledge that this content may be difficult, and we also encourage you to care for your safety and well-being and avoid this information if needed.

Important disclaimer

This information is not medical advice. It is generic and does not take into account your personal circumstances, physical wellbeing, mental status or mental requirements.

Do not use this information to treat or diagnose your own or another person's medical condition and never ignore medical advice or delay seeking it because of something in this information. Any medical questions should be referred to a qualified healthcare professional. If in doubt, please always seek medical advice.

Summary Statement from Staff

In spring 2021, the School of Music student services staff distributed a mental health survey to all School of Music students (undergraduate and graduate). Answers were anonymous (unless students chose to self-identify). The information provided by students will help us better understand what the School of Music should focus on to support students this academic year and beyond.

A summary of this data is provided below, along with a plan to promote training and learning opportunities throughout the next year for students, staff, and faculty. We hope you will continue to help us connect and build a more inclusive environment in the School of Music.

Thank you!

Student Services Staff

KU School of Music, music@ku.edu

<https://music.ku.edu/>

Table of Contents

General Demographics & Survey Data

Mental & Emotional Health Information

University Support Services & Tools

Training and Learning Opportunities (for students, staff, and faculty)

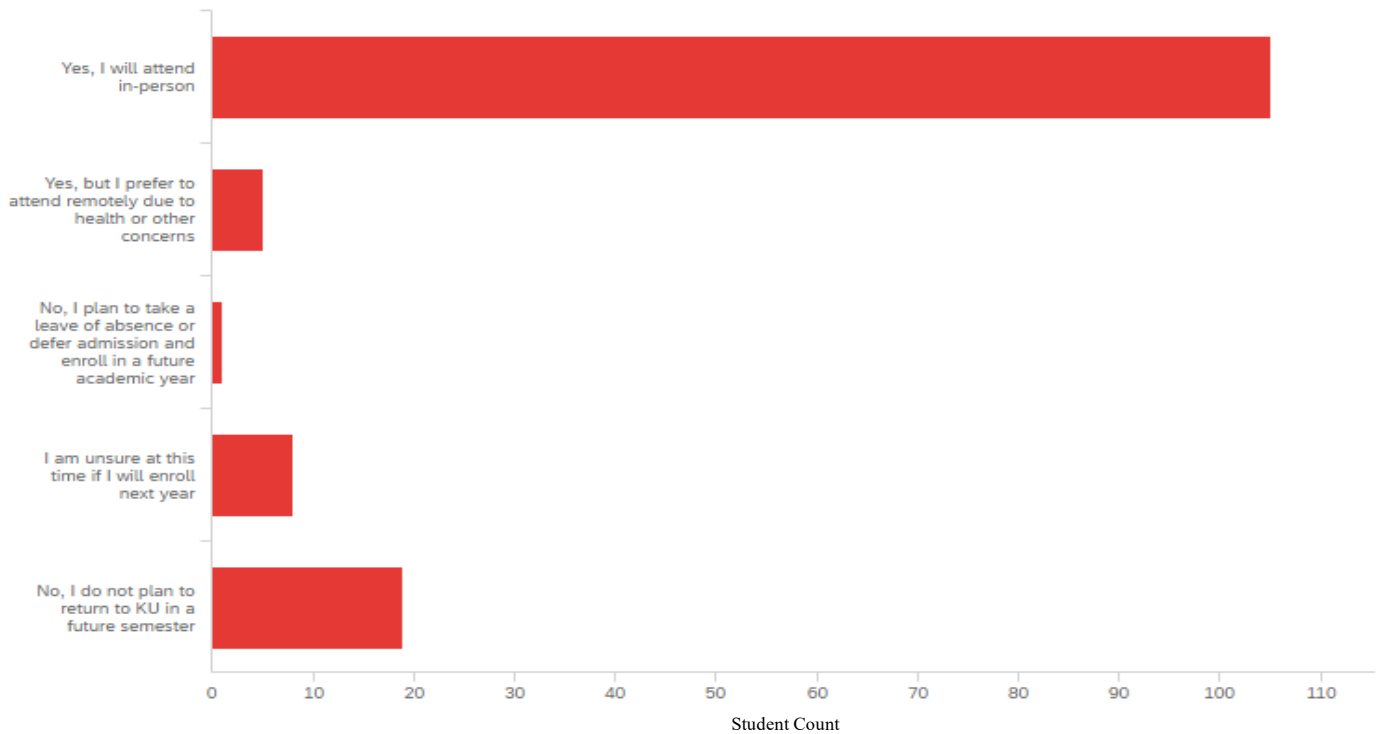
Campus & Community Resources

Additional Resources

General Demographics & Survey Data

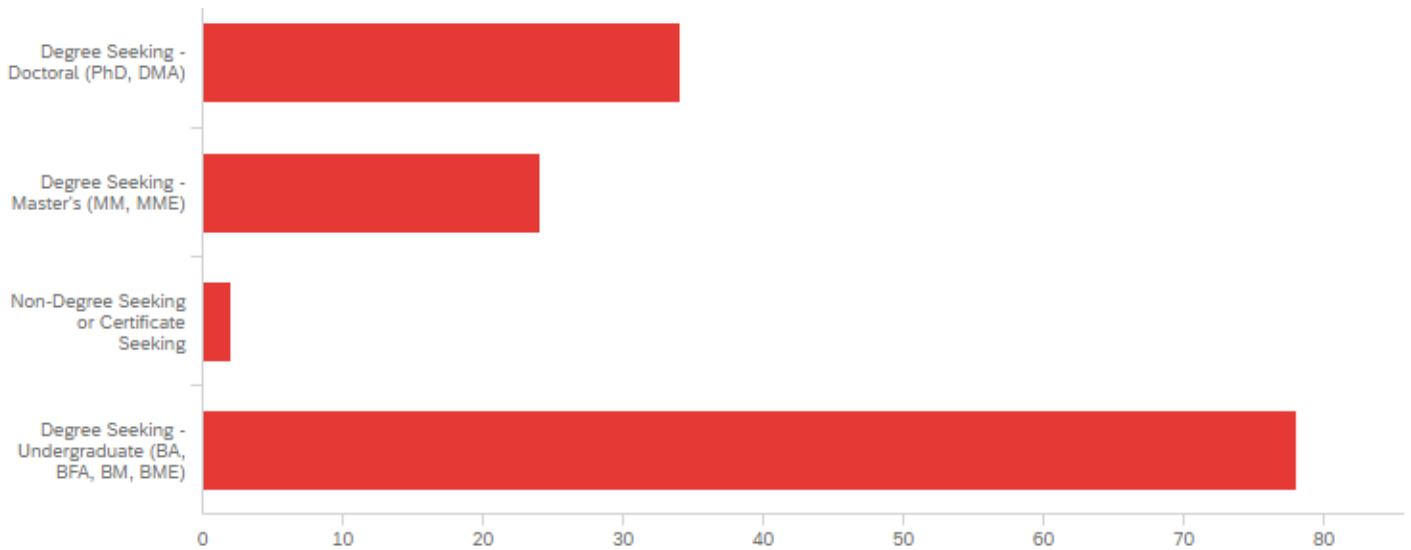
We had 138 students complete the survey (21% of the school's student population).

Do you intend to enroll in fall 2021/spring 2022?



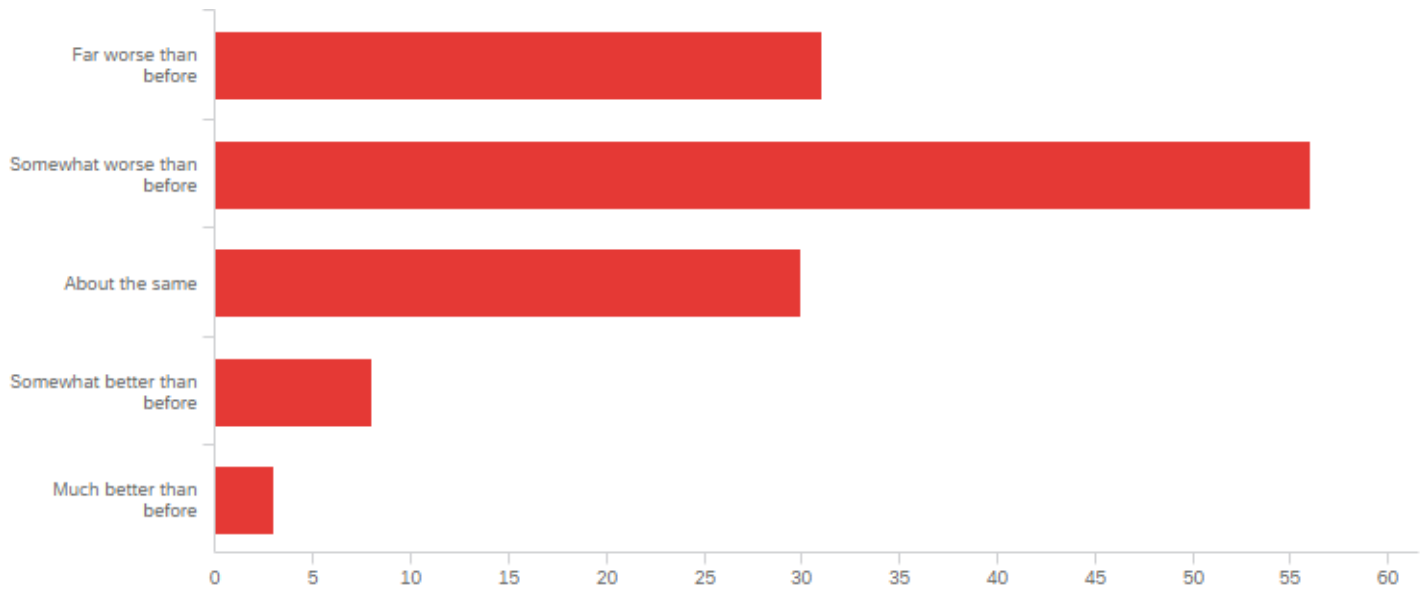
76% of students who completed the survey plan to return in the fall 2021 semester.

Enrollment Plan/Level:



Respondants were 42% graduate students and 56% undergraduate students in the school.

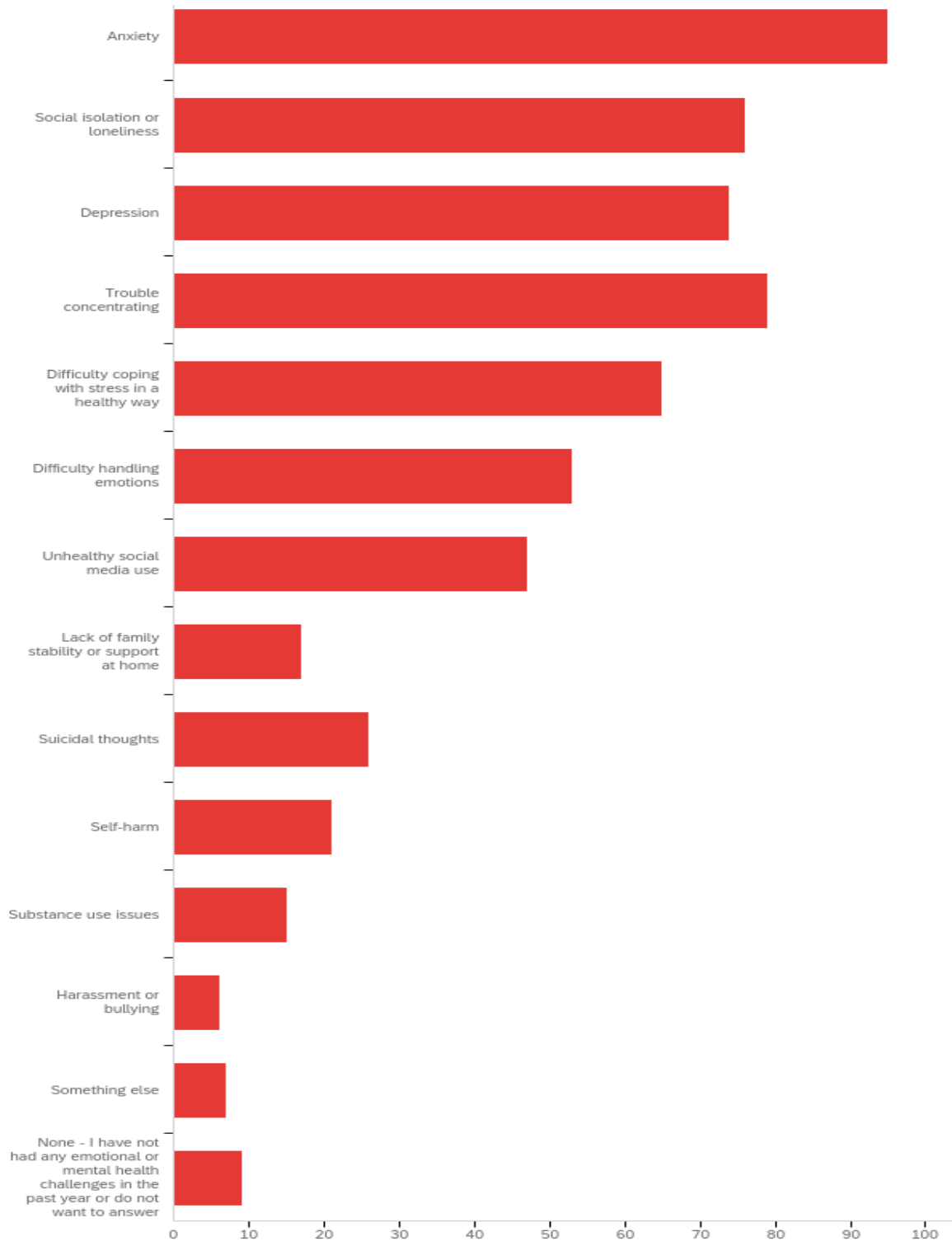
How would you say your emotional health has been, compared to before the COVID-19 outbreak?



68% of students said their emotional health is worse or far worse than prior to the pandemic.

How much are you concerned with the following...			
Situations	Extremely Concerned	Slightly or Moderately Concerned	Not Concerned at All
How long the pandemic will last	26%	61%	13%
Racial unrest in this country or in my country	54%	35%	11%
Caring for your mental health	52%	41%	9%
Falling behind in academics	36%	36%	28%
Preparing emotionally for the upcoming school year	38%	33%	31%
A parent, caregiver, or family member contracting COVID-19	21%	49%	32%
Your personal sense of safety and security	18%	47%	35%
Caring for your physical health	35%	53%	12%
Falling behind in sports, music/performance experience, or extracurricular activities	44%	35%	21%
Political unrest in this or other countries or in my community	45%	44%	10%

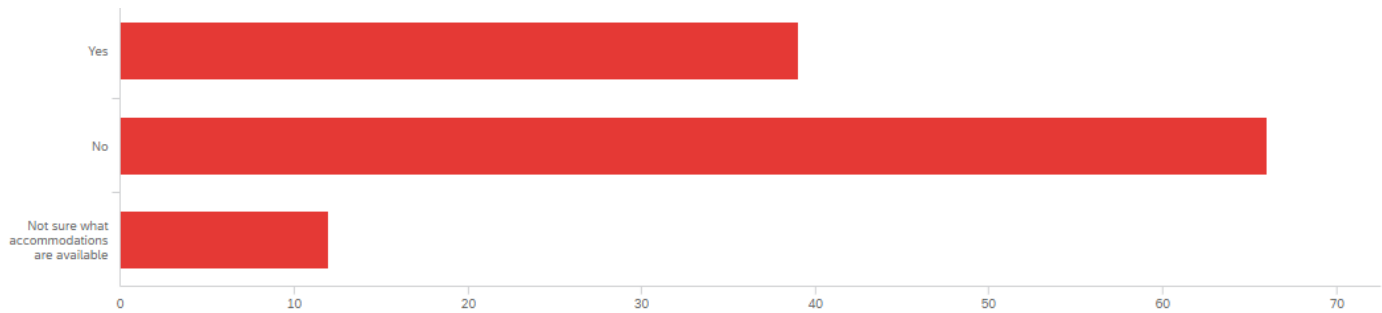
Which of the following mental or emotional health challenges have you experienced in the past year?



If you have experienced something not listed above, please include it here:

- “Lacking self-confidence or belief in myself to succeed”
- “Mental health problems with family, divorce, and instability”
- “PTSD and sexual harassment”

Have you sought out services or accommodations for a diagnosed physical or mental health disability?



67% of students have not sought out accommodations (47% graduate / 53% undergrad)

Of those who have utilized accommodations, the following accommodations have worked well:

- Homework deadline extension
- Reduced course load
- Course withdrawals without penalty
- Tutoring
- Study skills training
- Time management training
- Adjustments in test time
- Adjustment in testing setting (e.g., a quiet room)
- Assistive technology (e.g., noise canceling headphones)
- Increased availability of academic advisors
- Mentoring and coaching
- Excused absences for treatment
- Medical leave of absence
- Transition/readmission supports
- Housing or work accommodations

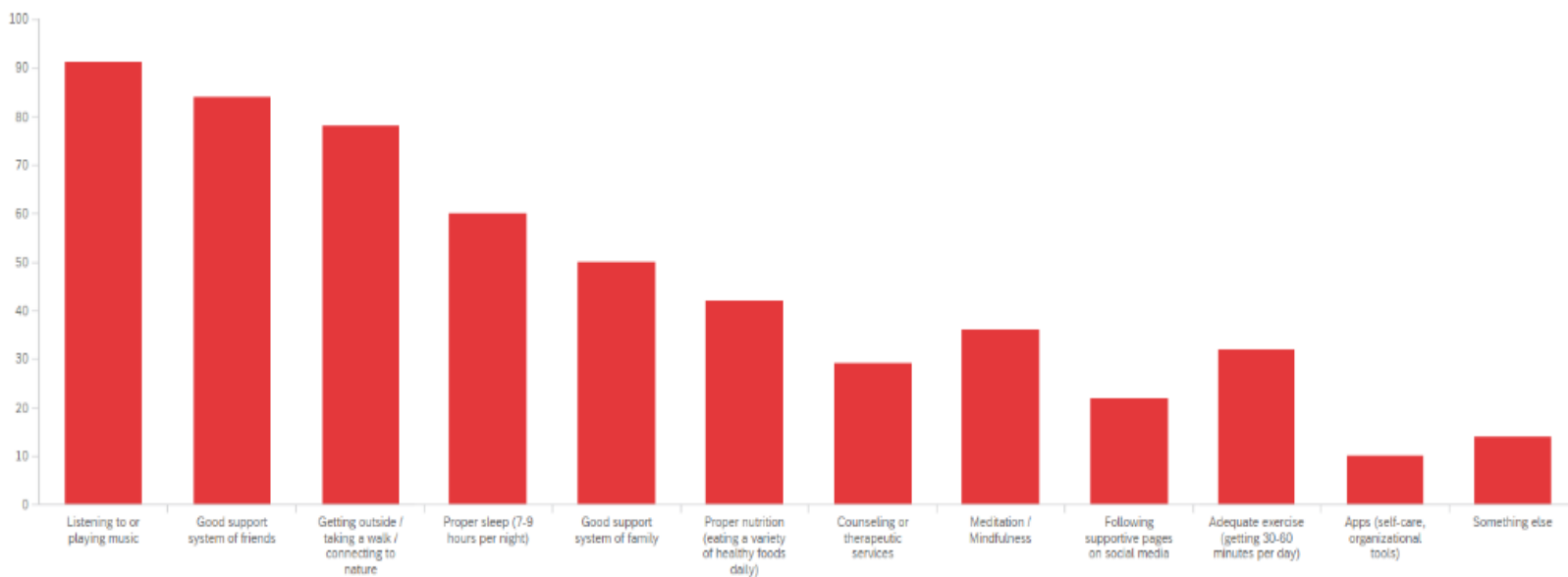
Homework deadline extension and reduced course load were the most requested accommodations.

What other accommodations have worked well for you?

- “Medication or mindfulness practices”
- “Seeing a psychiatrist”
- “Recorded classes – Online classes have been a wonderful way to create a controlled environment (which empowers me to better manage my symptoms).”
- “Exercise and talking to my therapist”

What tools are you currently using to care for your emotional health (select all)?

- Listening to or playing music
- Good support system of friends
- Getting outside / taking a walk / connecting to nature
- Proper sleep (7-9 hours per night)
- Good support system of family
- Proper nutrition (eating a variety of healthy foods daily)
- Counseling or therapeutic services
- Meditation / Mindfulness
- Following supportive pages on social media
- Adequate exercise (getting 30-60 minutes per day)
- Apps (self-care, organizational tools)



Listening to music, having a good friend support system, and getting outside or connecting to nature where the most helpful ways students have managed their emotional health.

If you have used something or some activity not listed above, please include it here:

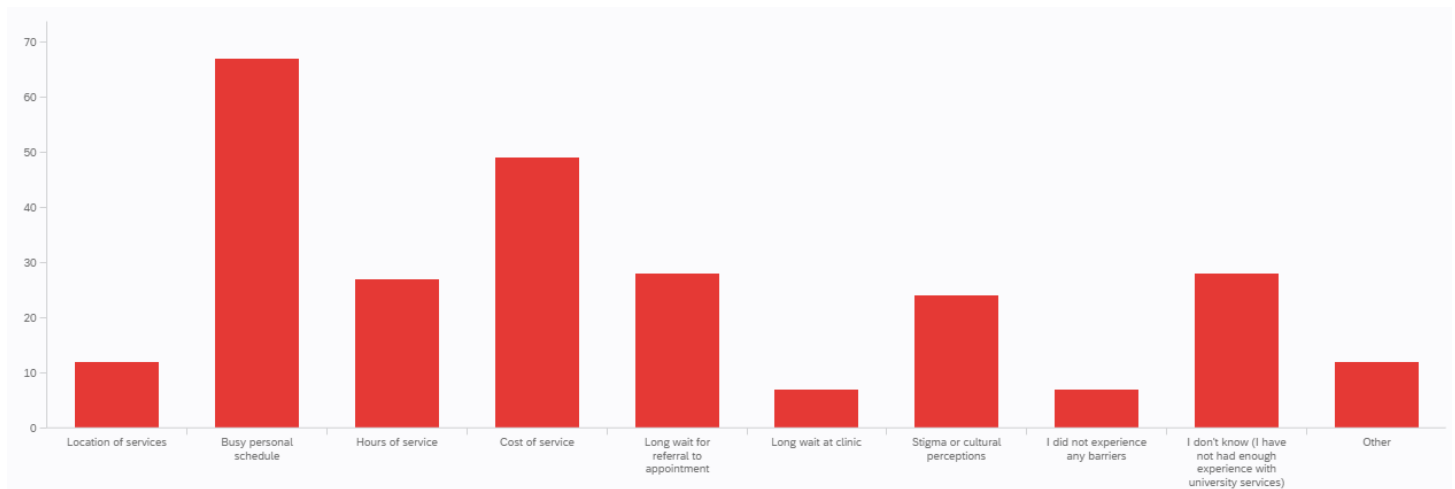
- “Stress baking, then eating, then working out cyclically”
- “Joining ensembles”
- “Painting”
- “I have disabilities, and my coping mechanisms includes a strict daily timetable, which also helps my mental health.
- “Medication”
- “Future planning”
- “An active faith life”
- “ASMR Videos”

How important is it to you that the University of Kansas offer the following awareness activities, events, or services?

Activities or Services	Extremely Important	Somewhat Important	Not that Important	Not Important at All
Telehealth or telemental health options (online services)	37%	48%	9%	6%
Mental health information during orientation	50%	39%	8%	3%
Regular check-ins with school administrators	39%	38%	16%	7%
Student support groups to discuss various stressors and planning for milestones	30%	47%	17%	6%
Regular meetings with faculty advisors or professors	50%	42%	5%	3%
Mental Health First Aid and Safe Zone training for students, staff, and faculty	49%	34%	13%	4%
Student organizations or peer-run groups that focus on mental health	26%	50%	19%	5%
School organized social events with peers	24%	44%	26%	6%
Food pantry or campus cupboard (free food resources)	51%	28%	13%	7%
Performance or service opportunities outside of KU	48%	35%	14%	3%
Professional development activities (educational seminars, public lectures, and panels)	37%	45%	14%	4%
Awareness raising events (e.g., poetry slam, fairs, concerts, food events, contests, etc.)	35%	37%	21%	7%
Peer-to-peer support/mentoring/coaching	27%	49%	20%	4%
Student Focus Groups within the School	18%	46%	31%	5%

All activities listed were considered extremely or somewhat important by the majority of students.

What barriers, if any, exist in accessing mental health and other support services on campus?



The biggest barriers to accessing mental health supports were a busy personal schedule and the cost of services.

What other barriers have you experienced?

- “Mental or Personal Barriers – I have a difficult time reaching out or asking for help.”
- “Paperwork required and same day appointments”
- “Lack of appointments for perceived minor mental health issues”
- “Eligibility requirements post-graduation”
- “Quality of counseling”
- “Limited number of sessions”
- “Due to the severity of my symptoms, I was no longer able to be seen at CAPS, and I could not afford anywhere else.”
- “Inability of CAPS to provide level of services needed, and a long wait for services outside the university.”

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Mental Health has been on the rise during the pandemic. To put these results into context, here are a few other resources or studies that frame these outcomes as consistent and/or different from other studies on mental health in college students both before and during the pandemic.

- **American College Health Association – Mental Health Resources & Reports**
<https://www.acha.org/ACHA/Resources/Topics/MentalHealth.aspx>
- **JED Survey of College Student Mental Health in 2020**
<https://www.jedfoundation.org/news-views/survey-of-college-student-mental-health-in-2020/>
- **UC San Diego Graduate Student Well-Being Survey Results**
<https://ir.ucsd.edu/grad/surveys/GraduateWellBeing.html>

Resources to Support Mental & Emotional Health

The following pages contain information on resources, training, and other support options within KU and the surrounding community. Things change quickly, and some of the information may now be out of date, but we encourage you to continue to seek resources to build on your own mental health wellness self-care plan. At the end of this section, you will find a worksheet to help you develop a plan. The student support staff encourage you to reach out to us, as well as your faculty and advisors, if you need any assistance or encouragement.

We are all struggling in different ways and being a support system for others can reduce our own stress and help us be better friends, partners, students, and teachers. Seeking help is brave and ensuring you are healthy sets you up for greater success in life and in your studies. Please take good care of yourself and those around you and use these tools to support and strengthen your efforts.

Mental & Emotional Health Information

UNIVERSITY RESOURCES (tools to support emotional health)

- **Counseling & Psychological Services (CAPS):** 785-864-2277 (caps.ku.edu)
Help for students with issues related to adjusting to college or the US, and other psychological, interpersonal, and family problems. Individual sessions, group sessions, and psychiatric services are available. NOTE: CAPS will continue to offer telemental health options for students.

Self Help Library: 785-864-2277 (caps.ku.edu/self-help-library)

Promoting Mental Health at KU: 785-864-2277 (caps.ku.edu/outreach-presentations)

- **Concerned about another student, Submit a Care Referral.** (studentaffairs.ku.edu/care-referral) Anyone can submit a care referral to the Student Support and Case Management team by completing the online Care referral form on the Student Affairs website. It is appropriate to refer a student to SCRT and SSCM when a student may be experiencing undue stress or has needs beyond what a simple referral to another campus office can address.

Student Support & Case Management (studentaffairs.ku.edu/student-support-and-case-management)

- **KU Psychological Clinic** (hours vary depending on services): 785-864-4121 (psychclinic.ku.edu)
The KU Psychological Clinic provides a setting for clinical psychology graduate students to receive supervised training in the application, development, and refinement of psychotherapy and assessment skills. In doing so, the Clinic serves the University of Kansas and the greater Lawrence area community by providing an array of high quality, affordable mental health services.
- **Academic Achievement and Access Center (AAAC):** 785-864-4064 (studentaffairs.ku.edu/aaac)
The AAAC enhances the quality of life of students at the University of Kansas by supporting the University's commitment to the academic success and holistic development of students. Specifically, AAAC supports the intellectual development of individuals by encouraging active participation both in and out of the classroom; coordinates services and programs in which students can acquire and practice life management, decision-making, and learning skills; and links students to other resources that will help them learn these skills.
- **ADA Resource Center for Equity and Accessibility (ADA RCEA):** 785-864-7416 (accessibility.ku.edu)
The ADA Resource Center for Equity and Accessibility works to promote diversity and inclusion through fostering an open, accessible, and inclusive learning and working environment. We strive to create and maintain a campus free of all barriers. We provide regularly scheduled events to promote camaraderie and inclusion of individuals with disabilities throughout our campus community.
- **Civil Rights & Title IX** (formerly IOA): 785-864-6414 (civilrights@ku.edu)
Committed to being an institution that is free from discrimination, harassment, sexual misconduct, sexual violence and retaliation, this office and its partner offices are a good place to start if you have concerns or want to discuss a situation you are unsure about.
- **Student Conduct & Community Standards:** 785-864-4060 (studentconduct.ku.edu)
This office addresses incidents of non-academic misconduct on campus and educates students about the Code of Student Rights and Responsibilities. The office seeks to foster a holistic learning environment through education focused on community membership and standards.

- **Watkins Memorial Health Center:** 785-864-9500 (studenthealth.ku.edu)

Watkins Health Services focuses on providing high-quality affordable student healthcare that supports the jayhawk learning experience. Visit their website to see a list of services offered and links to other helpful health and wellness information.

- **KU Public Safety Office:** 785-864-5900 (publicsafety.ku.edu)

The KU Office of Public Safety is dedicated to serving KU students, faculty, staff and visitors. We work with campus and regional partners to provide a safer community. Find information about KU alerts, Clery Reporting, Campus Lost & Found, and more.

Public Safety Office Resources: 785-864-5900 (publicsafety.ku.edu/community-resources)

- **Sexual Assault Prevention & Education Center:** 785-864-5879 (sapec.ku.edu)

SAPEC promotes social change and the elimination of sexual violence through prevention education, inclusive programming, and campus wide collaboration.

- **Legal Services for Students:** 785-864-5665 (legalservices.ku.edu/about)

Through a portion of the campus fees, Student Senate funds a law office on campus - Legal Services for Students. The Student Senate encourages students to seek the advice of an attorney in order to prevent legal difficulties and to provide assistance when students anticipate or encounter legal problems. Legal Services for Students attorneys (or law students working under the supervision of an attorney) interview and advise students regarding legal matters. The office provides three major services: advice, representation and educational programs.

- **Ombuds Office:** 785-864-7261 (ombuds.ku.edu)

The Ombuds Office is a confidential, impartial, informal, and independent office on campus where members of the campus community can discuss issues they may be facing as a student, staff, or faculty member. The Ombuds remain committed to supporting our students, staff, faculty, academic, administrative & operations units, and we appreciate your patience throughout this unusual time.

- **Student Money Management (SMMS):** 785-864-1182 (money.ku.edu)

SMMS is committed to improving KU students' financial situations by empowering them to analyze their finances, make sound decisions, and commit to controlling their financial lives while at the University of Kansas and into the future.

- **Food for Jayhawks:** 785-864-4060 (foodforjayhawks.ku.edu)

Food for Jayhawks is a Student Affairs committee of staff, faculty, students and community members committed to ending food insecurity and hunger on the University of Kansas campus. Our mission is empowering students by access to healthy food and resources through collaboration among KU departments and community agencies, exemplifying the Jayhawk Values of Unity, Inclusion, Innovation, and Engagement.

This website contains information about the Campus Cupboard and other resources available to KU students.

- **Center for Sexuality and Gender Diversity:** 785-864-4256 (sgd.ku.edu)

The Center for Sexuality & Gender Diversity (SGD) is located on the 4th floor of the Kansas Union in the 400 Suite and features a dynamic lounge space where students, faculty, and staff can make connections and seek support. SGD works to build a community and coalition of queer and trans students, faculty, and staff that challenges, supports, and celebrates each other. We do this through programs and events, educational trainings and presentations, and advocating for policies and practices which promote success for queer and trans students at the University of Kansas.

- **KU Military-Affiliated Student Center:** 785-864-2458 (masc.ku.edu)
We serve as KU's centralized resource for the military-affiliated community, enabling our students to achieve their academic, personal and professional goals as they move to, through and beyond the university.
- **Office of Diversity, Equity, Inclusion, and Belonging:** 785-864-4904 (diversity.ku.edu)
The Office of Diversity & Equity leads and facilitates the development of institutional policies and protocols intended to create a more representative, equitable, and inclusive KU; where greater fairness, care, and belonging are better integrated into our learning and workplace practices; and all have opportunities to meet their academic and professional goals.
- **Student Housing:** 785-864-4560 (housing.ku.edu)
- **KU Recreation Services** (for faculty, staff, and students) - Provides a variety of resources for wellness, physical fitness, team, and individual sports, group fitness classes, and personal training. Indoor and outdoor facilities accommodate a broad range of athleticism -- from beginners looking to improve their health with low impact exercise to seasoned athletes aspiring to push their physical abilities to the next level. Find information about classes, sports clubs, and gear rental at <https://recreation.ku.edu/>.

CAPS SUPPORT GROUPS

KU Peer Support Groups (students only)

HOPE@CAPS is offering peer support groups led by our mental health peer educators. These groups are designed to offer a space for students with shared identities or common experiences to come together to offer support, encouragement, share coping strategies and experience a sense of empowerment and community. These are drop in, non-clinical, free groups accessible to any currently enrolled KU student.

Adjusting to College Life in a Pandemic - adjustingtocollegelifeku@gmail.com.

Managing Mental Health – kumanagingmentalhealth@gmail.com

Out and About (LGBTQ+ Support Group) – KUoutandabout@gmail.com

KU Group Therapy Options (students only)

In group therapy, four to eight people meet face-to-face with one or two group therapists and talk about what is troubling them. Members give feedback to each other by expressing their own feelings about what someone says or does. This interaction gives group members an opportunity to try out new ways of behaving and to learn more about the way they interact with others. What makes the situation unique is that it is a safe system. The importance of confidentiality (not discussing the content of group session outside of group) is stressed with all members. Members work to establish a level of trust that allows them to talk personally and honestly. Group trust is enhanced when all members make a commitment to the group.

Groups currently offered through Counseling & Psychological Services ([CAPS](#))

- **Relationship Group:** This group is intended to provide an environment where members can work on a variety of issues including, but not limited to: academic performance, motivation, romantic relationships, family relationships, establishing independence, making friends, assertiveness, separation/loss and procrastination.
- **Graduate Women's Group:** This group is for women who are graduate students. Concerns addressed may include relationships, self-esteem, stress, victimization experiences, anxiety, family issues and depression.

- **Coping Skills Group:** This is a six week psycho-educational group focused on teaching students skills in the areas of mindfulness, distress tolerance, interpersonal effectiveness and emotional regulation. The aim of the group is to create increased effectiveness in shifting perceptions and thoughts to positively influence one's emotional state and daily experiences.
- **Dissertation Distress/Thesis Torment Group:** This group is for graduate students who are working on a dissertation or thesis. The focus is on problem solving, taking positive action, and staying motivated. It is open to students in all graduate programs.
- **Mindfulness Group:** This group focuses on instruction and practice of basic mindfulness and meditation techniques, ranging from guided imagery to yoga.
- **Family Issues Group:** This group is composed of students coping with family concerns related to parents with mental illness and/or chemical dependency. The group is intended to provide a safe environment for students to process childhood events, as well as current family of origin issues including sibling relationships and boundary setting with parents. Other frequently addressed topics include relationship concerns, academics, and mental health.
- **Grief and Loss Group:** This group is for students who are grieving the loss of someone who died. The group is intended to provide a safe and supportive environment in which members can understand and move through the grief process toward reconciliation and a "new normal".
- **SMART Recovery Group:** A FREE evidence-based program designed to help individuals who are seeking independence from alcohol, drugs, and other addictive behaviors (e.g., gambling, pornography, and binge eating). This group will help participants: (1) build and maintain motivation to change their behaviors; (2) cope with urges and cravings; (3) manage thoughts, feelings, and behaviors that perpetuate addiction; and (4) live a balanced life. This group is open to KU students at any point in the process of changing addictive behaviors, from those who are just beginning to think about changing their behavior, to those who have been abstaining for some time and would like additional support. Signup is not required for this group, and students may attend as many or as few sessions as they like.
- **Anxiety Management Training Group:** This short-term group consists of four sessions of educational content to teach students to manage their anxiety. Students will learn about the nature of anxiety, acquire skills for relaxation, mindfulness, and self-soothing, discuss ways to address anxious behaviors, and learn how to manage anxious thoughts.

COMMUNITY RESOURCES

- U Lifeline (online resource for college mental health): Call 24-hour telephone crisis counseling services at: 785-841-2345, or, 800-273-8255 (ulifeline.org/UKansas/get_help_now)
- Bert Nash Mental Health Center – Connect to Community Resources for Support > Outpatient mental health services for children, adolescents, and adults. Provides therapy, psychiatric services, screening, crisis intervention, and evaluations for those who meet criteria. Emergency services 24 hours/day.

Bert Nash Community Mental Health Center (walk-in initial assessment 10 AM - 1 PM, M-F)
24-hour Number 785-843-9192 (bertnash.org)
- Headquarter Counseling Center: 785-841-2345 (24-hour line staffed by trained volunteers)
- Lawrence Memorial Hospital - Emergency Dept: 785-550-6162 / LMH Health (lmh.org)

- Hotlines:
 - National Suicide Prevention Line 1-800-273-8255
 - Sexual Trauma and Abuse CARE Center 785-843-8985
- Lawrence Police Department: Non-emergency line 785-832-7509 (lawrenceks.org/police)
- Lawrence Community Shelter: 785-832-8864 (lawrenceshelter.org)
- Elizabeth Ballard Community Services: Penn House: 785-842-0729 (ballardcenter.org)
- Sunrise Project: (sunriseprojectks.org) Take what you need food pantry on the east side of town. They also hosted a take what you need coats/gloves/hats/scarves/winter wear last winter.
- Lawrence Freedgin Kansas: (<https://m.facebook.com/Lawrence-Freedgin-Kansas-106923668107675/>) Instagram: @lawrencefreedginkansas Twitter: @LFKEats): Take what you need food pantry behind Latchkey Deli on Mass street, they provide hygiene products and other needs too.
- United Way of Douglas County: 785-843-6626 (unitedwaydgco.org/community-resources)
- KU Child & Family Services: (kuclinic.ku.edu) - Provides quality mental health care to the children, adolescents and families of the Lawrence community; offers sliding scale based on income
- Douglas County Public Health: 785-843-3161 (ldchealth.org/459/Behavioral-Health-Resources)
- Just Food: 785-856-7030 (justfoodks.org)

OTHER RESOURCES

National Suicide Prevention Lifeline - Provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

Independence, Inc. - Provides psychological services, peer counseling, personal care attendant management, and home/community-based waiver services.

Sexual Trauma & Abuse Care Center - Provides 24 hour support services for survivors, families, friends, and partners of sexual violence. Free or low-cost counseling for survivors of sexual abuse.

Veteran's Affairs Office Community-based Outreach Clinic (CBOC) - Community-based healthcare clinic offering basic health care and mental health counseling to veterans.

Live Through This - A series of portraits and true stories of suicide attempt survivors.

University/Community Support Services & Tools

ACADEMIC ACCOMMODATIONS

The Student Access Center (SAC) coordinates accommodations for students university-wide. It is an individual's choice whether to self-identify, submit documentation, and make the decision about using accommodations. The SAC provides academic accommodations such as in-class accommodations, auxiliary aides, and services (e.g., alternative texts or sign language interpreters). Para-transit is available to students with temporary or permanent mobility impairments who are unable to use the standard buses. More information and frequently asked questions can be found at: <https://access.ku.edu/academic-accommodations>.

COURSE ACCESSIBILITY (Instructor or GTA Information)

The best way to ensure equal access for all students is for instructors to design courses with accessibility in mind. In this section, faculty will find information on making specific parts of their courses accessible--such as online content, media, and print resources.

FACULTY / INSTRUCTOR RESPONSIBILITY

- Instructors must make themselves available to discuss the accommodation with the student in a place that allows for confidentiality.
- The instructor will work with the UASC access specialist to determine an accommodation plan, if reasonable.

Faculty Code of Rights - <https://policy.ku.edu/FacultyCodeKULawrence/faculty-code-of-rights#IV> (excerpts from section 1)

Teaching duties of a professor include planning classroom and/or online activities as appropriate to the method of course delivery; preparing course syllabi; designing assignments and/or examinations; holding regular office hours or being available for consultation; supervising independent work undertaken by students; directing theses and dissertations; evaluating students: assessing and documenting student learning; advising; and developing and assessment of curricula.

A professor is expected to treat students with professional courtesy and to respect their rights, including, but not limited to, academic freedom and those rights as outlined in the Student Code of Rights and Responsibilities.

NOTE: Students may request accommodations from individual instructors, as needed, without going through the formal accommodations process. That said, it would be up to the individual instructor and student to work together to support teaching and learning within the course, develop and document a plan, and hold each other accountable.

STUDENT RESPONSIBILITY

CODE OF STUDENT RIGHTS AND RESPONSIBILITIES (Student Code)

The University of Kansas is committed to fostering a campus environment that is conducive to academic inquiry, a productive campus life and thoughtful study and discourse. The University, through the Student Conduct program, is committed to an educational and developmental process that balances the interests of individual students with the interests of the University community.

University Assistance with Disabilities & Other Academic or Individual Student Needs (policy & academic support services information)

[Animals in Buildings](#)

[Event Accessibility and Accommodation Policy](#)

[Incomplete Policy \(USRR 2.2.3\)](#)

[Withdrawal from all Courses \(USRR 2.3.3\)](#)

[Leave of Absence, Graduate Studies](#)

[Course Repeat \(USRR 2.2.8\)](#)

[Academic Forgiveness \(USRR 2.8\)](#)

[Academic Probation, Graduate Studies](#)

[Student Conduct & Community Standards](#)

[Student Support & Case Management](#)

[All F's Policy](#)

[Childcare Grants and Budget Adjustments](#)

[Hilltop Child Development Center Handbook](#)

[Rock Chalk Central](#); A complete listing of all recognized student organizations

[University Academic Support Centers](#)

[KU Writing Center](#)

[SAC Family Center](#)

[Math Help Rooms](#)

KU Americans with Disabilities Act (ADA) Training Materials (for faculty & staff)

Produced by the Office of Accessibility and ADA Education as resources to assist departments in promoting an accessible work environment. If you need additional information about these materials or are interested in personalized training sessions, please contact our office by phone at [785-864-4946](tel:785-864-4946) or by email at hrdept@ku.edu.

Accessible KU Resources (for all)

- [ADA Impact Videos](#)
- [Hawk Route Videos](#)
- [Past Videos](#)
- [Community Mental Health Supports Webpage](#)

OTHER SUPPORT STRATEGIES

BOOKS

- *I Am Not Sick and I Don't Need Help* (2007) by Xavier Amador
- *Radical Acceptance* (2003) by Tara Brach
- *I Thought It Was Just Me (But It Isn't)* (2007), *The Gifts of Imperfection* (2010), & *Rising Strong* (2015), by Brené Brown
- *Agnes's Jacket: A Psychologist's Search for the Meanings of Madness* (2009) by Gail Hornstein
- *Chasing the Scream* (2015) & *Lost Connections* (2017) by Johann Hari
- *The Deepest Well: Healing the Long-Term Effects of Childhood Adversity* (2018) by Nadine Burke Harris
- *The Depression Cure* (2009) by Stephen Ilardi
- *Full Catastrophe Living* (1990) by Jon Kabat-Zinn
- *Drinking: A Love Story* (1996) by Carolyn Knapp
- *The Dance of Intimacy* (1989) by Harriet Lerner
- *Gorilla and the Bird* (2017) by Zach McDermott
- *My Grandmother's Hands* (2017) Resmaa Menakem
- *Burnout* (2019) by Emily & Amelia Nagoski
- *The Road Less Traveled* (1978) by M. Scott Peck
- *The Unquiet Mind* (1995) by Kay Redfield Jamison
- *Tiny Beautiful Things* (2012) by Cheryl Strayed
- *Trauma-Sensitive Mindfulness: Practices for Safe and Transformative Healing* (2018) by David Treleaven
- *The Body Keeps the Score: Brain, Mind, and Body In the Healing of Trauma* (2014) by Bessel Van Der Kolk
- *Trauma Stewardship* (2007) by Laura van Dernoot Lipsky
- *Quit Like a Woman* (2019) by Holly Whitaker

PODCASTS

Unlocking Us by Brene Brown

Happy Place by Fearne Cotton

Mad World by Bryony Gordon

Mental Illness Happy Hour with Paul Gilmartin

Mentally Yours by the Metro with Yvette Caster and Ellen Scot

The Struggle Bus hosted by Katharine Heller and Sally Tamarkin

The Hilarious World of Depression with John Moe

TED TALKS

- How to Connect with Depressed Friends, Bill Bernat
https://www.youtube.com/watch?v=m-8tQ_TYLgk
- Listening to Shame, Brene Brown
https://www.ted.com/talks/brene_brown_listening_to_shame
- The Power of Vulnerability, Brene Brown
https://www.ted.com/talks/brene_brown_on_vulnerability
- Everything You Think You Know About Addiction Is Wrong, Johann Hari
https://www.ted.com/talks/johann_hari_everything_you_think_you_know_about_addiction_is_wrong?language=en
- A Tale of Mental Illness from the Inside, Elyn Saks
https://www.ted.com/talks/elyn_saks_seeing_mental_illness
- TED Talk at NatCon18, Michi Marshall
<https://www.youtube.com/watch?v=jowammhWXzs>
- I am not a monster: Schizophrenia, Cecilia McGough
<https://www.youtube.com/watch?v=xbagFzcyNiM>
- I grew up in Westboro Baptist Church. Here's why I left, Megan Phelps-Roper
<https://www.youtube.com/watch?v=bVV2Zk88beY>
- Living with High Functioning Anxiety, Jordan Raskopoulos
https://www.youtube.com/watch?v=JUedQ0_EGQC
- "I'm Fine" – Learning to Live with Depression, Jake Tyler
<https://www.youtube.com/watch?v=IDPDEKtd2yM>

APPLICATIONS (APPS)

MyStrength (create account with app or at www.mystrength.com; access code: DCBertNash) – A resource that you can keep in your pocket or on your laptop and access anytime to take a more active role in improving your health behaviors.

Calm (free) - Calm is the #1 app for Sleep, Meditation and Relaxation. Join the millions experiencing better sleep, lower stress, and less anxiety with our guided meditations, Sleep Stories, breathing programs, stretching exercises, and relaxing music. Calm is recommended by top psychologists, therapists, and mental health experts.

Insight Timer (free)- The number 1 free meditation app. Guided meditations and talks led by the world's top meditation and mindfulness experts, neuroscientists, psychologists and teachers from Stanford, Harvard, the University of Oxford and more. Music tracks from world- renowned artists. Join millions learning to meditate on Insight Timer to help calm the mind, reduce anxiety manage stress sleep deeply and improve happiness.

Headspace (fees may apply and student rates may be available) - Headspace is your guide to health and happiness. It's the simple way to let go of stress and get a better night's rest. Learn to relax with guided meditations and mindfulness techniques that bring calm, wellness and balance to your life in just a few minutes a day. Additionally, Sleep by Headspace helps create the ideal conditions for a good night's rest.

10% Happier (subscription fees apply after free trial period) - The app 10% Happier is a mindfulness app for meditation skeptics and fidgety people. The app offers a no-nonsense, relatable way for beginners to dip their toe into meditation, and it's more geared toward performance enhancement than soul-searching. It's great for people with high-pressure jobs and busy lives.

Happify (annual/monthly subscription fees)- Happify's science- based activities and games can help reduce stress, overcome negative thoughts, and build greater resilience by providing effective tools and programs to improve emotional well-being.

BLOGS

NAMI

National Alliance on Mental Illness (NAMI) has multiple blogs on their website. There are different blogs each one specific to different Mental Health conditions. These blogs are curated by the NAMI staff, can be submitted by anyone, and should be under 800 words. The blog was created with the hope that by sharing personal experiences, it will give a voice to anyone going through the same thing. It is the hope that these blogs will inspire others to express themselves or to seek help.

The “You Are Not Alone” blog was created to be an open, safe place of expression. But it is not an immediate response. If you or someone you know needs immediate help, please contact 1-800-273-TALK. The hotline is open 24/7.

NIMH

The National Institute of Mental Health (NIMH) is a research facility, focusing on the causes and prevention of Mental Health symptoms. NIMH is one of the 27 Institutes and Centers that make up the National Institutes of Health (NIH), the largest biomedical research agency in the world. NIH is part of the U.S. Department of Health and Human Services (HHS). Everyone at NIMH works to transform the understanding and treatment of mental health through basic and clinical research, paving the way for prevention, recovery, and cure.

The Mighty

The Mighty is a digital health community created to empower and connect people facing health challenges and disabilities. There are blogs available for any range of disabilities, mental health conditions are included on that. Create an account to join the communities and read blogs posted by people going through the same process as you.

Therese Borchard

Therese Borchard is Contributing Editor at HealthCentral and Associate Editor at PsychCentral. She is the founder of the online depression communities Project Hope & Beyond and Group Beyond Blue. In the past she has served as the Emotional Health Columnist for EverydayHealth.com, where she wrote the popular blog “Sanity Break,” and a contributor to Yahoo, CNN.com, The Huffington Post, PBS.org, and other media outlets.

The Mental Elf

This website will help you find just what you need to keep up-to-date with all of the important and reliable mental health research and guidance. We scour over 500 sources of evidence (journals, databases, websites) every week, to find key guidance, systematic reviews and other high quality research and reports that will help make your practice more evidence-based. The selection process has no input from any external bodies, publishers, sponsors or commercial organizations.

Training and Learning Opportunities (for students, staff, and faculty)

KU TRAINING & LEARNING OPPORTUNITIES

Many trainings can be set up for a specific group or you can contact that office to sign up.

University Ombuds Office (for faculty, staff, and students) – [Ombuds.ku.edu](https://ombuds.ku.edu)

The Ombuds Office is available (a) to receive and attempt to resolve individual grievances of members of the University community; and (b) to recommend procedural changes within the University in response to experience acquired in investigating individual cases. They are committed to ensuring KU Students, Staff and Faculty voices are heard and receive impartial attention without the fear of retaliation and loss of privacy.

Compassionate Communication: Inner Work, Empathy, and a Deeper Dive into Feelings and Needs (collaboration with KU Human Resources)

Mental Health First Aid Training for Higher Education (for faculty, staff, and students)

Multiple Dates – See full schedule at: <https://www.mentalhealthfirstaid.org/take-a-course/find-a-course/>.

The School of Music currently has one staff member who is certified in Mental Health First Aid: Anna Paradis, aparadis@ku.edu, 785-864-1952, located in 446 Murphy Hall.

SafeZone Training – [Center for Sexuality & Gender Diversity](#) (for faculty, staff, and students)

After participating in the Safe Zone training, participants will be able to:

- Create inclusive spaces for LGBTQIA+ individuals in their classrooms, offices, meetings, events, etc.
- Recognize problematic and offensive language and behavior specifically directed toward LGBTQIA+ individuals
- Identify heterosexual and cisgender privilege in their lives
- Utilize tools and resources available to interrupt discriminatory or problematic behavior

Multiple Dates for student, staff, and faculty specific training – See full schedule [here](#).

The School of Music will hold a Safe Zone 1: QT101 Training on November 18th from 1-4PM in the Sabatini Multicultural Resource Center (Classroom) for faculty, staff, and GTA's in the school. Contact musicgrad@ku.edu if you would like to attend.

The School of Music has several faculty and staff allies in various locations throughout the school. Look for the SafeZone badge outside offices to find an ally if/when needed.

Supervisory Training for Excellence in Performance (STEP) 2.0 (faculty & staff only)

This newly revised comprehensive program helps supervisors develop essential skills in employee engagement, self-management, organizational change, employee recruitment, performance management, communication, workplace diversity, mandatory reporting, ADA, compliance areas, and workplace ethics.

Multiple Dates – See full schedule [here](#).

KU Peer Support Groups (students only)

HOPE@CAPS is offering peer support groups led by our mental health peer educators. These groups are designed to offer a space for students with shared identities or common experiences to come together to offer support, encouragement, share coping strategies and experience a sense of empowerment and community. These are drop in, non-clinical, free groups accessible to any currently enrolled KU student.

Adjusting to College Life in a Pandemic - adjustingtocollegelifeku@gmail.com.

Managing Mental Health – kumanagingmentalhealth@gmail.com

Out and About (LGBTQ+ Support Group) – KUoutandabout@gmail.com

KU Group Therapy Options (students only)

In group therapy, four to eight people meet face-to-face with one or two group therapists and talk about what is troubling them. Members give feedback to each other by expressing their own feelings about what someone says or does. This interaction gives group members an opportunity to try out new ways of behaving and to learn more about the way they interact with others. What makes the situation unique is that it is a safe system. The importance of confidentiality (not discussing the content of group session outside of group) is stressed with all members. Members work to establish a level of trust that allows them to talk personally and honestly. Group trust is enhanced when all members make a commitment to the group.

Groups currently offered through Counseling & Psychological Services (CAPS)

- **Relationship Group:** This group is intended to provide an environment where members can work on a variety of issues including, but not limited to: academic performance, motivation, romantic relationships, family relationships, establishing independence, making friends, assertiveness, separation/loss and procrastination.
- **Graduate Women's Group:** This group is for women who are graduate students. Concerns addressed may include relationships, self-esteem, stress, victimization experiences, anxiety, family issues and depression.
- **Coping Skills Group:** This is a six week psycho-educational group focused on teaching students skills in the areas of mindfulness, distress tolerance, interpersonal effectiveness and emotional regulation. The aim of the group is to create increased effectiveness in shifting perceptions and thoughts to positively influence one's emotional state and daily experiences.
- **Dissertation Distress/Thesis Torment Group:** This group is for graduate students who are working on a dissertation or thesis. The focus is on problem solving, taking positive action, and staying motivated. It is open to students in all graduate programs.
- **Mindfulness Group:** This group focuses on instruction and practice of basic mindfulness and meditation techniques, ranging from guided imagery to yoga.
- **Family Issues Group:** This group is composed of students coping with family concerns related to parents with mental illness and/or chemical dependency. The group is intended to provide a safe environment for students to process childhood events, as well as current family of origin issues including sibling relationships and boundary setting with parents. Other frequently addressed topics include relationship concerns, academics, and mental health.
- **Grief and Loss Group:** This group is for students who are grieving the loss of someone who died. The group is intended to provide a safe and supportive environment in which members can understand and move through the grief process toward reconciliation and a "new normal".

- **SMART Recovery Group:** A FREE evidence-based program designed to help individuals who are seeking independence from alcohol, drugs, and other addictive behaviors (e.g., gambling, pornography, and binge eating). This group will help participants: (1) build and maintain motivation to change their behaviors; (2) cope with urges and cravings; (3) manage thoughts, feelings, and behaviors that perpetuate addiction; and (4) live a balanced life. This group is open to KU students at any point in the process of changing addictive behaviors, from those who are just beginning to think about changing their behavior, to those who have been abstaining for some time and would like additional support. Signup is not required for this group, and students may attend as many or as few sessions as they like.
- **Anxiety Management Training Group:** This short-term group consists of four sessions of educational content to teach students to manage their anxiety. Students will learn about the nature of anxiety, acquire skills for relaxation, mindfulness, and self-soothing, discuss ways to address anxious behaviors, and learn how to manage anxious thoughts.

Other KU offices that provide training options for students, staff and faculty are:

- [Human Resource Management](#)
- [Career Center](#)
- [Graduate Studies](#)
- [Professional Development & Continuing Education](#)
- [KU Events Calendar](#)

OTHER OPPORTUNITIES

[Lawrence City Band Outdoor Concerts at South Park](#) – Wednesdays (5/26-7/14)

[Lawrence Parks & Recreation](#) – Information about City of Lawrence activities, parks, and events

[#DisabilityArt](#) – A program dedicated to showing the creativity, beauty, and power of the Disability Community.

[Lied Center of Kansas](#) – Engaging our community through experiential learning in the performing arts and our world by providing opportunities to attend, explore, participate, and create.

[Unmistakably Lawrence](#) – List of community events, activities, and businesses.

[Lawrence Arts Center](#) – Gallery, classes, performances, and youth programs

Accessibility Websites – <https://www.accessibilityoz.com/about/articles/>

Campus & Community Resources

CAMPUS RESOURCES

- Counseling & Psychological Services (CAPS): 785-864-2277 (caps.ku.edu)
NOTE: CAPS will continue to offer telemental health options for students.
- Concerned about another student, complete a CARE report. (<https://studentaffairs.ku.edu/care-referral>)
- Student Support & Case Management (studentaffairs.ku.edu/student-support-and-case-management)
- KU Psychological Clinic (hours vary depending on services): 785-864-4121 (psychclinic.ku.edu)
- Academic Achievement and Access Center (AAAC): 785-864-4064 (studentaffairs.ku.edu/aaac)
- ADA Resource Center for Equity and Accessibility: 785-864-7416 (accessibility.ku.edu)
- Campus Connect Suicide Prevention Training: 785-864-2277 (caps.ku.edu/outreach-presentations)
- Civil Rights & Title IX (formerly IOA): 785-864-6414 (civilrights@ku.edu)
- Student Conduct & Community Standards: 785-864-4060 (studentconduct.ku.edu)
- Watkins Memorial Health Center: 785-864-9500 (studenthealth.ku.edu)
- KU Public Safety Office: 785-864-5900 (publicsafety.ku.edu)
- Sexual Assault Prevention & Education Center: 785-864-5879 (sapec.ku.edu)
- Legal Services for Students: 785-864-5665 (legalservices.ku.edu/about)
- Ombuds Office: 785-864-7261 (ombuds.ku.edu)
- Public Safety Office Resources: 785-864-5900 (publicsafety.ku.edu/community-resources)
- Student Housing: 785-864-4560 (housing@ku.edu)
- Student Money Management: 785-864-1182 (money.ku.edu)
- Campus Cupboard: 785-864-4060 (foodforjayhawks.ku.edu)
- Center for Sexuality and Gender Diversity: 785-864-4256 (sgd.ku.edu)
- Office of Diversity, Equity, Inclusion, and Belonging: 785-864-4904 (diversity.ku.edu)
- Self Help Library: 785-864-2277 (caps.ku.edu/self-help-library)

OFFICES & RESOURCES THAT ADDRESS OR ELIMINATE BARRIERS

Accessible KU - To create a campus climate that will sustain attention to the Americans with Disabilities Act (ADA).

KU University Ombuds – This office is committed to ensuring KU Students, Staff, and Faculty voices are heard and receive impartial attention without the fear of retaliation and loss of privacy.

Office of Civil Rights & Title IX (formerly IOA) – This office strongly values the safety and well-being of each member of the KU community. It serves as a neutral and unbiased resource for students, faculty, and staff who wish to report an allegation of discrimination, harassment, sexual misconduct, sexual violence and/or retaliation.

Counseling & Psychological Services (CAPS) Self-Help Library

Reporting Accessibility Barriers - Visit <https://accessibility.ku.edu/resources> or call 785-864-7416

CAMPUS ACCESS

The University of Kansas is committed to creating an accessible campus environment for individuals with disabilities. The Student Access Center provides information for navigating the KU campus and buildings, requesting housing accommodations and interpreter services, and locating assistive technology resources on campus.

For information or issues regarding physical or institutional barriers to access, please contact the [Office of Civil Rights & Title IX](#).

ASSISTIVE TECHNOLOGY

Qualified students have multiple resources available to help them meet their assistive technology needs. This section provides information about where to find text and screen reader software and note-taking equipment. If you have additional questions about assistive technology resources, please contact your access specialist or visit the [Assistive Technology for Kansans](#) website.

STUDENT HOUSING ACCOMMODATIONS ([link to more information](#))

The University Academic Support Centers (UASC), Student Access Center (SAC) and [Student Housing](#) work closely to provide housing accommodations for students with disabilities. To receive accommodations in Student Housing, please submit documentation of disability with specific recommendations from a qualified professional. Students with physical disabilities that require accessible housing, please contact the SAC as soon as possible so that appropriate accommodations can be arranged.

Disability documentation can be submitted in person, via fax, mail, or email to the [Student Access Center](#).

Students who are residential employees of Student Housing, i.e. Graduate Directors and Resident Assistants, seeking housing accommodations should request employment accommodations through the [HR Employee Accommodations](#) process.

If you have additional questions or suggestions, please email musicgrad@ku.edu.

Additional Resources

RESOURCES ON RACE & DISABILITY

SITES

- Showing up for Racial Justice - Disability/Access Organizing
<https://www.showingupforracialjustice.org/disability-justice.html>
Intersectional disability justice, anti-capitalist, great resources & educational tools embedded
- This Is Disability Justice
<https://thebodyisnotanapology.com/magazine/this-is-disability-justice/>
Intersectional disability justice
- Sins Invalid
<https://www.sinsinvalid.org/>
Intersectional disability justice, education, arts/music
- AORTA (anti-oppression resources & training alliance)
<http://aorta.coop/resources/>
Resource sheets & guides, education
- Black, Disabled, and Proud: College students with disabilities
<https://www.blackdisabledandproud.org/black-lives-matter.html>
- Disabled writers list
<https://disabilityvisibilityproject.com/tag/disabled-writers/>
<https://thebodyisnotanapology.com/>
- Bibliographies of Race and Disability
Race and Disability, by Dennis Tyler <https://www.oxfordbibliographies.com/view/document/obo-9780190221911/obo-9780190221911-0021.xml>

PEOPLE

Dustin P. Gibson <https://www.dustinpigibson.com/>

Talila A. Lewis <https://www.talilalewis.com/about.html>

Patty Berne <https://forwardtogether.org/people/patty-berne/>

Imani Barbarin <https://crutchesandspice.com/>

Leroy Moore <http://www.creatingfreedommovements.org/leroy-moore.html>

Theri Pickens <http://tpickens.org/about-the-scholar.html>

Moya Bailey <https://www.moyabailey.com/>

Sami Schalk <https://samischalk.com/>

Dennis Tyler https://www.fordham.edu/info/24125/dennis_tyler

Nirmala Erevelles <https://www.ua.edu/news/ua-theme-expert/nirmala-erevelles/>

Dea Boster <https://www.csc.edu/academics/departments/humanities-department/faculty-contacts.shtml>

Jenifer Barclay <https://history.wsu.edu/faculty/jenifer-barclay/>

Cristina Visperas <https://annenbergl.usc.edu/faculty/communication/cristina-mejia-visperas>

Carolyn McCaskill <https://www.nbda.org/spotlight/dr.-carolyn-mccaskill>

VIDEOS

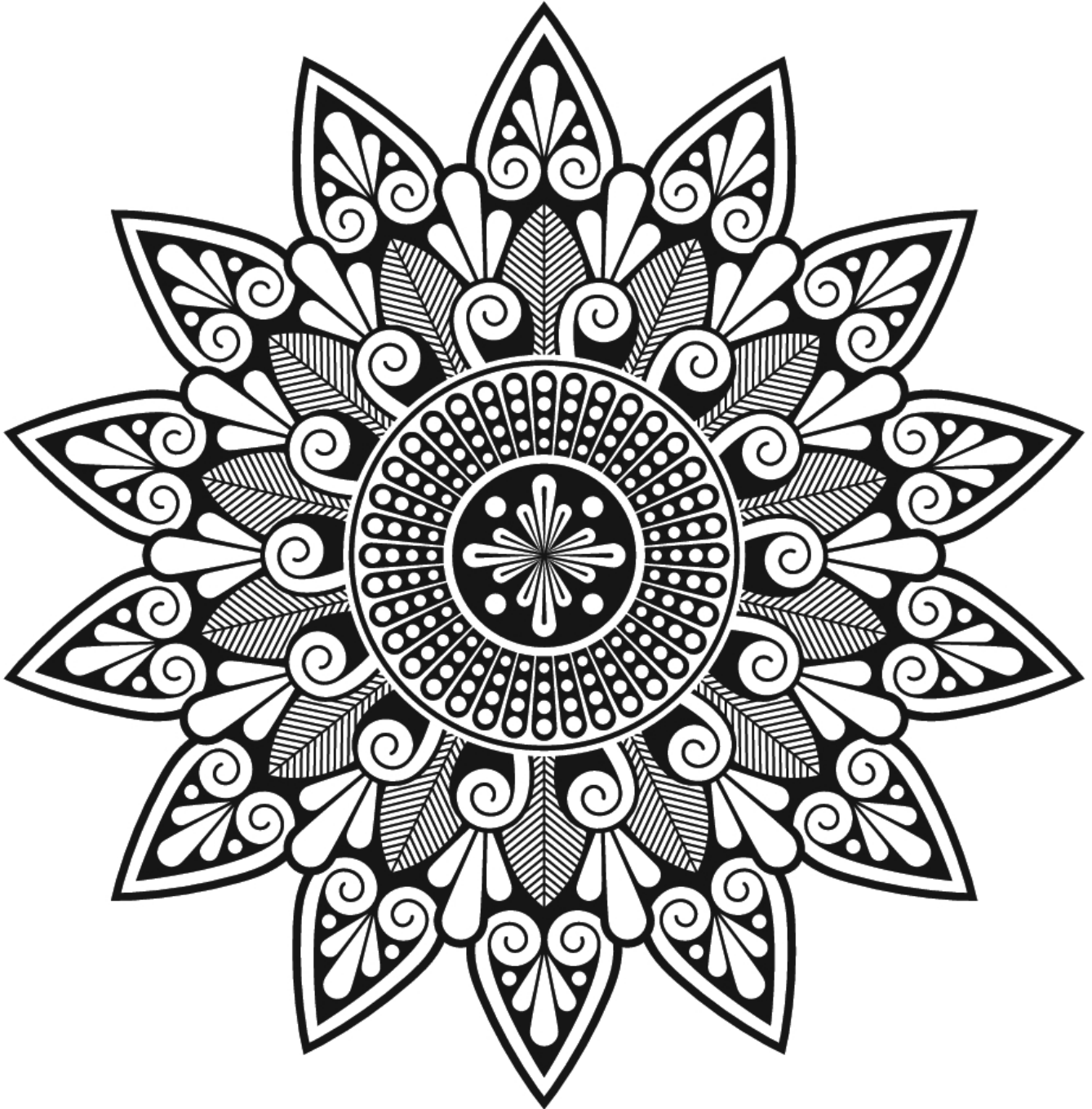
- *Beyond Disability Rights; Disability Justice*: Leah Lakshmi Piepzna-Samarasinha https://youtu.be/n_sw6Hjtf8
- *Disability Rights in Black* (National Disability Rights Network playlist) https://www.youtube.com/watch?v=sTntMwFjU2I&list=PLwF-vB8hRBIc8vYwpzLv-i1VjD_f1Wz
- *Black Disabled Art History 101*, Leroy F. Moore, Jr. (<https://youtu.be/9ISdblDv34o>)
- *We Move Together: Disability Justice and Trans Liberation* <https://bcw.barnard.edu/videos/we-move-together-disability-justice-and-trans-liberation/>
- *My Body Doesn't Oppress Me, Society Does* (<https://youtu.be/7r0MiGWQY2g>)

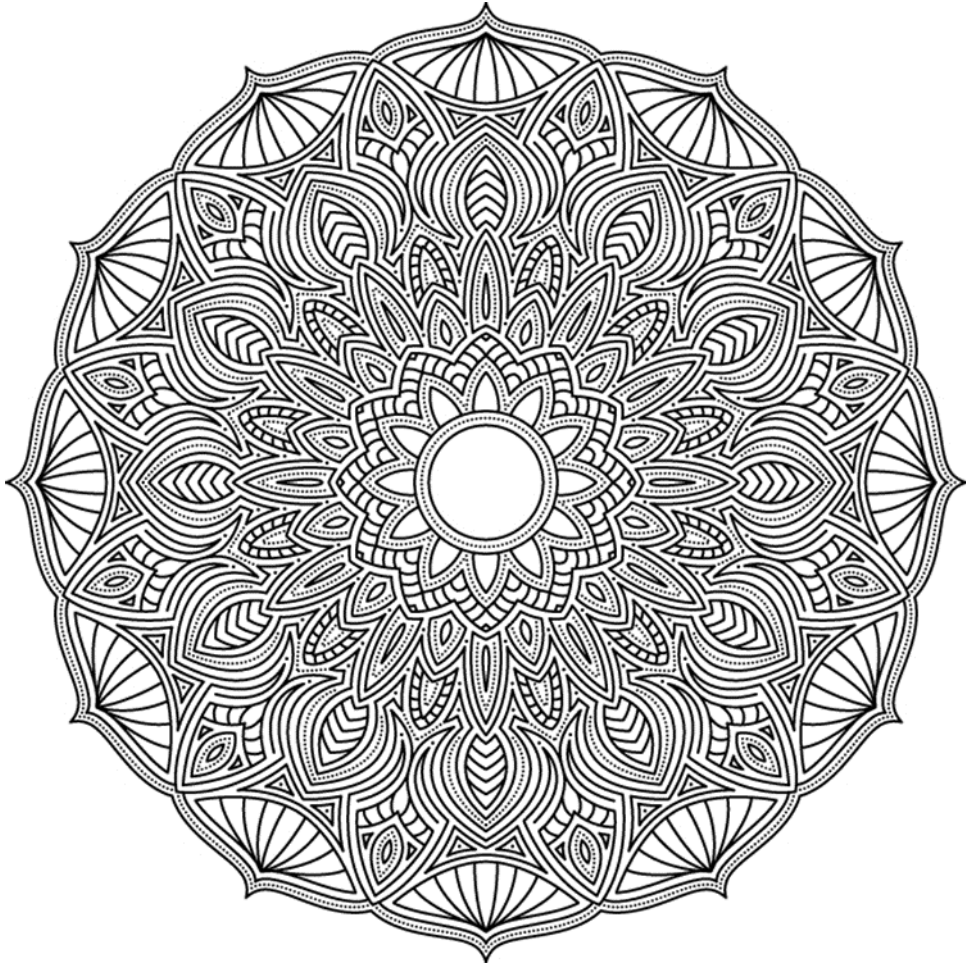
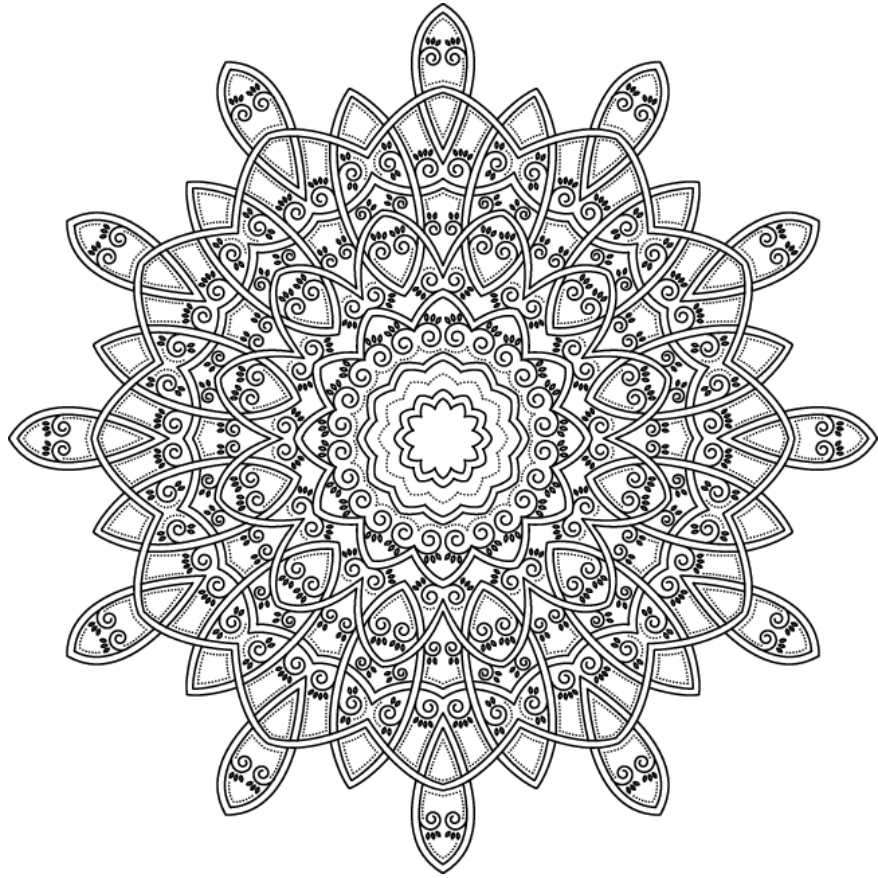
BOOKS

- *Blackness and Disability: Critical Examinations and Cultural Interventions* (2011) ed by Christopher Bell
- *African American Slavery and Disability: Bodies, Property and Power in the Antebellum South, 1800-1860* (2013) by Dea Boster
- *Bodyminds Reimagined: (Dis)ability, Race, and Gender in Black Women's Speculative Fiction* (2018) by Sami Schalk
- *Fantasies of Identification* (2014) by Ellen Samuels
- *Unspeakable: The Story of Junius Wilson* (2015) by Susan Birch and Hannah Joyner
- *Willow Weep for Me: A Black Woman's Journey Through Depression* (1998) by Meri Nana-Ama Danquah
- *The Immortal Life of Henrietta Lacks* (2010) by Rebecca Skloot
- *The Songs of Blind Folk: African American Musicians and the Culture of Blindness* (2009) by Terry Rowden
- *The Cancer Journals* (1980) by Audre Lorde
- *Disability and Difference in Global Contexts* (2011) by Nirmala Erevelles
- *The Protest Psychosis: How Schizophrenia Became a Black Disease* (2009) by Jonathan Metzl
- *DisCrit: Disability Studies and Critical Race Theory in Education* (2016) ed by David Conner, Beth Ferri, and Subini Annamma
- *Disability Incarcerated* (2014) ed by Chris Chapman, Liat Ben-Moshe, and Allison Carey
- *Decarcerating Disability* (2020) by Liat Ben-Moshe
- *The Hidden Treasure of Black ASL: Its History and Structure* (2011) by Carolyn McCaskill
- *New Body Politics: Narrating Arab and Black Identities in the Contemporary United States* (2014) by Theri Pickens
- *The Pretty One* (2019) by Keah Brown
- *Black Disabled Art History 101* (2017) by Leroy Moore Jr.
- *Resistance and Hope: Essays by Disabled People* (2018)
- *Haben: The Deafblind Woman Who Conquered Harvard Law* (2019) by Haben Girma
- *Black Madness: Mad Blackness* (2019) by Theri Alyce Pickens
- *The Body is Not an Apology* (2018) by Sonya Renee Taylor

Health Benefits of Coloring for Adults

Coloring is a basic form of mindfulness. Here are some ways coloring can benefit your health: reduces stress and anxiety, improves motor skills and vision, improves sleep and focus ([learn more](#) and find other ways to reduce stress).





build your own and
share your work
#KUDW and
#smittytownart

download a template
Smittytown.com



Paper Jay

By smittytown

MENTAL WELLNESS ACTION PLAN

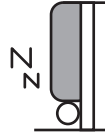
How are you doing? Are you doing things to protect your physical and mental health?

SAFETY ZONE:

Things are going well.
You feel balanced, generally happy and effective in work/life.



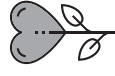
You make healthy food choices.



You get adequate sleep (7-8 hours).



You exercise.



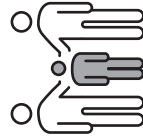
You are hopeful, have goals and plans, and you know your values.



You feel grateful and make lists of positive things.



You have an optimistic outlook.



You connect with family, friends and others.

CAUTION ZONE:

Pay attention to yourself.
If you notice these, practice items on your self-care plan.



You are not sleeping well.



You overeat (weight gain) or you are not hungry (weight loss).



You use alcohol or drugs to numb feelings (more than 1-2 drinks per day).



You are moody, irritated and are easily angered.



You cry more often than usual (once a week or more).



You experience negative thinking, increased muscle tension and headaches.

DANGER ZONE:

You are in decline. Call your health care provider if you are experiencing these feelings most of the time.



You are feeling depressed and hopeless.



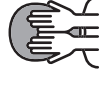
You don't enjoy normal activities and feel isolated.



You are fatigued, lack sleep and call in sick to work.



You move more slowly than normal.



You feel you are a failure (feelings of shame).



You lack concentration.



You have thoughts of hurting yourself or killing yourself.

MENTAL WELLNESS SELF-CARE PLAN

What are you doing? Create your own self-care plan here.

AM I TAKING CARE OF MYSELF PHYSICALLY?

TAKE CARE OF MY BODY

- Eat healthy food
- Sunshine every day
- Get 7-8 hours of sleep daily
- Exercise 3-4 times a week
- Limit or avoid caffeine
- Do I need to limit my alcohol/other?
- Take medications as prescribed
- _____
- _____

UNPLUG

- Skip checking social media
- Don't watch the news for a few days
- Limit TV to 30 minutes per day
- Don't check your phone for _____
- No electronic devices for 2 hours before bedtime
- Turn on your e-mail "out of office notice" in the evening
- _____

DO I NEED QUIET TIME?

USE OPTIMISM EXERCISE

- Write "three good things" daily
- Think about your three good things for 15 minutes
- Silence your inner critic—write an encouraging letter to yourself
- Commit to giving my best effort
- Do not dwell on negative thoughts/worries
- _____
- _____

TRY CONTEMPLATION/MEDITATION

- Spend time thinking about what you really value
- Take a quiet walk
- Say a prayer
- Try deep breathing exercises
- Start meditation/app (try Mindfulness Coach app)
- _____
- _____

Practicing regularly will help when you meet a stress in your life.

DO I NEED TO CONNECT WITH SOMEONE?

CONNECT WITH PEOPLE

- List your support "people"
- Call one of your support people regularly
- Meet with a friend for coffee
- Go for a drive with a friend
- Join a club or support group
- Volunteer
- Take a class
- Participate at your place of worship
- _____

BE KIND TO YOURSELF

- Listen to music (your emergency play list)
- Spend time with a pet
- Take up a hobby
- Take a "mini break" before becoming overwhelmed
- Plan a vacation or "stay-cation"
- Get a massage
- Watch a favorite movie _____

This project is supported by the Health Resources Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under Advanced Nursing Education Workforce (ANEW) grant #T94HP30900, financed 100% by HRSA. This content should not be construed as the official position or policy of, nor should any endorsement be inferred by HRSA, HHS or the U.S. Government. An Administrative Supplement Award of \$140,485.00 supported this project.



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