



Please take a moment to write out five "5 Minute Fixes."

1. _____
2. _____
3. _____

4. _____
5. _____

SELF-CARE APPS

- **Stop, Think, and Breathe** (mood record and customized meditations)
- **ReMotivate** (personalized random activity generator and mood tracker)
- **Gratitude Journal** (write or take a photo of 5 things each day to rewire your brain to be positive!)
- **Relax Melodies** (soothing music that you can use for relaxation, yoga or sleeping)
- **Stop Panic and Anxiety Self-Help** (self-guided meditations, audio exercises, journals, articles, and step-by-step instructions to help you monitor and change unhelpful thoughts)
- **Breathe2Relax** (breathing exercises to manage stress)

SIGNS TO BE ON THE LOOKOUT FOR...

Changes

- Changes in sleeping
- Changes in appetite
- Changes in behavior
- Changes in mood
- Loss of interest

Dysfunction

- Doing poorly in school or work
- Social conflicts
- Causes distress
- Physical Complaints

Intensity & Duration

- How long?
- How severe?

SEEK HELP IMMEDIATELY IF YOU HAVE THOUGHTS OF SUICIDE, THOUGHTS OF HARMING YOURSELF OR OTHERS, OR IF YOUR SYMPTOMS BECOME SEVERE.

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