

STUDENT HEALTH AND WELLNESS PROGRAMS

STALL TALK: BACK TO SCHOOL



ʻE kūlia i ka nuʻu. Strive to reach the highest. (Motto of Queen Kapiʻolani)

Tips to help you get set up for SUCCESS:

-  **Get Organized:** Create a journal or a calendar to note important events, like class schedule, extracurricular activities and even homework and project deadlines.
-  **Maintain Balance:** Carve out time for fun & relaxation. Studies show that taking a break makes you more productive in the long run.
-  **Stay Healthy:** Find time to be physically active and eat healthy foods to stay energized, focused and balanced throughout the day.
-  **Find Connections:** Get involved with campus or community activities and projects to encourage supportive friendships.
-  **Be Responsible:** Ask questions, be proactive and minimize distractions so you can stay ahead of your projects and reduce everyday stressors.

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- Orientation Information Table: Tues 8/20 & Wed 8/21
- Orientation Relaxation Station: Thurs. 8/22 & Fri 8/23 from 10-2 pm
- Week of Welcome Information Table: Tuesday-Friday (8/26-8/30) 10-2 pm

Manage Stress

Stress is how the brain and body respond to any demand including exercise, studying or life changes, such as returning to school. Below are a few ways to help reduce stress and find relaxation at any time.

Stress Relievers

-  Remember that stress isn't necessarily a bad thing. It can motivate us to work toward a goal or keep us safe in a dangerous situation.
-  Talk about the issue(s) with someone you trust and feel comfortable confiding in.
-  Set aside time for yourself to engage in an activity that fuels your heart, soul and mind.

Relaxation Techniques:

-  **Deep Breathing:** one of the simplest things to do to relax in the face of overwhelm. To practice: breathe in slowly, hold the breath before breathing out slowly. Ideally use the same count for all 3 steps. Repeat until calm.
-  **Imagery** can also reduce stress in a few moments. To practice: Think of a place that's calming for you, such as the beach, home or playing with an animal and hold that in your mind, using all of your senses to explore.

In an emergency:

Call 911 or

Campus Security:

(808) 974-7911

(x7911 campus phone)

CONFIDENTIAL CAMPUS
RESOURCES

Counseling Services

(808) 932-7465

Student Services Building
Room E-203

Medical Services

(808) 932-7369

Campus Center
Room 212

UH Hilo Non-Confidential
Advocate

Jenna Waipa

(808) 932-7642

uhhtix@hawaii.edu

CONFIDENTIAL LOCAL
RESOURCES

Crisis Line of Hawaii

(24-hour, 7 days)

1-(800) 753-6879

Crisis Text Line

Text "ALOHA" to

741741

YWCA 24-Hour Sexual

Assault Hotline:

(808) 935-0677