

HAPPY NEW YEAR'S STALL TALK: BACK TO SCHOOL

Transitioning Back to School During COVID:

- Going back to school will be different this year so let's get through it together.

During the time of transition, it is important to keep a strong healthy mind about making goals, choices, and planning for the school year. Here are some tips for transitioning back to school:

- Remember, mask etiquette and proper hygiene keeps you and everyone around you safe.
- Establish a quiet space for you to engage in new hobbies, learn about new things, or to just focus on your school work.
- Practice getting back to a regular sleep schedule. With new routines due to COVID, it is easy to practice poor sleeping habits like getting to bed later and waking up even later in the morning. Start incrementally going to bed earlier and follow a consistent bedtime routine to get your best rest!
- And remember, we are all in this together. Talk about it and reduce any potential stigmatism or stereotypes and ensure compassion within your friends and family group and beyond!

‘A’ohe pau ka ‘ike i ka hālau ho’okahi. #203
All knowledge is not taught in the same school.
One can learn from many sources.

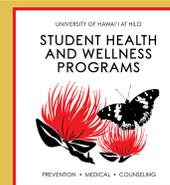
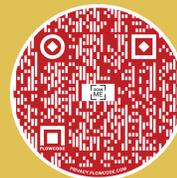
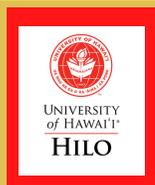
New Years Resolutions

Making a New Year's resolution is a marvelous idea, as it means you are taking time to evaluate yourself in the 'now' and your life over the past year to discover what you would like to see change during the next year. When making a resolution remember that the important part is to keep it simple and achievable. Also, don't forget to make mental health goals like simply checking in by taking a screening or learning new ways on how to manage your stress. See below for some resources that are available to you!

Inner Balance

Technology that uses biofeedback, specifically heart rate variability, to teach you to manage your stress and learn to shift into a positive emotional state within a few minutes. The Inner Balance App can be downloaded to any Smart Phone. Ear devices are available at various campus locations, download the app today!

Mental Health Screenings



Mental Health Screenings are available at the tip of your fingers. Scan the codes and check in on yourself! Ulifeline and Mindwise screens the most common mental health conditions that college students face and connects them with resources. These online resources are confidential can be completed at your own pace. If you wish to speak with someone further, please contact Counseling Services at (808) 932-7465 or email: uhecouns@hawaii.edu

In an emergency,
call 911

UH Hilo Counseling
Services
(808) 932-7465
Student Services
Center E-203
7:45 am to 4:30 pm

Student Medical
Services
(808) 932-7369
Campus Center 212

UH Hilo Confidential
Advocate, Kekai
Lindsey
(808) 932-7958

UH Hilo Security
(808) 974-7911

CRISIS RESOURCES AND SUPPORT

Crisis Line of Hawaii
(24-hour, 7 days a
week)
1-(800) 753-6879

Crisis Text Line
Text "ALOHA" to
741741

YWCA 24-Hour
Sexual Assault Hotline:
(808) 935-0677