

RETURN TO CAMPUS FAQ

Wake Tech Wellness



How do I feel about returning to campus?

Returning to campus can elicit different emotions. You may experience fear, worry, relief, sadness, excitement, etc. Don't ignore these emotions as they are all valid and normal responses to stressors.



What are my current needs?

Your needs may have changed over the past 18 months. Pay attention to your overall well-being; this includes your physical, emotional, mental, environmental, relational, intellectual, financial, cultural, and spiritual needs.

Do I need to communicate with others differently?



Socializing with others may feel different and new. Take things slow and communicate your needs as clearly as you can. Create boundaries when necessary. It's ok to say "no."

Have I taken a break?



You may feel a need to be overproductive, social, and active transitioning back to in person events and activities. It's important to take a break as it can help with motivation and reduce procrastination. Try taking small breaks throughout the day.



What if I have difficulty sleeping?

Transitioning back to school may mean your sleep schedule needs to adjust. Be patient with the adjustment and build a new sleep hygiene routine. Remember that good sleep is important.



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I've forgotten how to socialize. What do I do?

This is a normal feeling to have. Try easing yourself back into social interactions planning for in person and virtual activities. Many people are experiencing feelings of nervousness at the thought of interacting face-to-face again. You are not alone.



What will I do if I am tired of virtual classes?

"Zoom Fatigue" is real. To help with this, avoid multitasking by reducing other on screen stimuli. Use the 20/20/20 rule to help. Every 20 minutes look at an object that is 20 feet away for at least 20 seconds. Also remember to take breaks.



What are some coping strategies that would be helpful managing this transition?

Coping strategies look different for everyone. Here are some coping strategies that could be helpful: meditation, deep breathing, exercise, staying connected with friends and family, getting outside, journaling, and taking social media breaks.

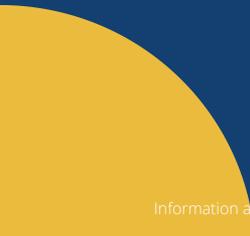
How will I manage my time?

If you are attending in person classes, give yourself more time to get to class. Plan for in person or virtual study groups. Remember to take breaks throughout your day as you study. For more help with time management visit the ILC.



Where can I get additional support?

There are several offices on campus that can support you. The Wellness Counselors are here to help with your mental health needs; please contact us at wellness@waketech.edu. Additional services can be found at www.waketech.edu/student-services/engagement-impact



SELF-CARE TIPS



WELLNESS@WAKETECH.EDU

NEED TO TALK?
BIT.LY/WTCCWELLNESS

01

Spend time outdoors daily

02

Take frequent breaks while working

03

Write or create something

04

Create a daily routine and focus on the basics (eating well, getting enough sleep)

05

Reach out to or connect with a friend/loved one



WELLNESS SERVICES



WELLNESS@WAKETECH.EDU
AMANDA ALLEN ACALLEN@WAKETECH.EDU
ELAINE RODRIGUEZ ERRODRIGUEZ@WAKETECH.EDU

WELLNESS SERVICES, HOW WE HELP, & WHAT WE OFFER

Use a brief, solution-focused model of counseling offering

- Individual Counseling
 - One-on-one sessions
- Crisis Counseling
 - Emotional support, interventions, feedback to assist students in crisis
- Other Services
 - Group counseling, workshops, referrals, and consultation

Help students struggling with:

- Stress
- Homesickness
- Obsessions
- Depression
- Grief and loss
- Anger
- Anxiety
- Issues with motivation
- And more
- Trauma
- Sexuality

Appointments are:

- Confidential
- Free to enrolled students
- Virtual

[Sign up for an appointment at bit.ly/wtccwellness](https://bit.ly/wtccwellness)

Student Assistance Program:

- Free, confidential help for personal, work-related and family concerns. Crisis assistance.

704-5291428 or 800-633-3353

24/7 SUPPORT LINES



Suicide Prevention Lifeline	800-273-TALK (8255)
Alliance Access	800-510-9132
Hopeline	919-231-4525 or 877-235-4525
Veterans Crisis Line	800-273-8255 Press 1
Trevor Project (LGBTQ+)	866-488-7386
Interact Domestic Violence Line	919-828-7740 or 866-291-0855
Interact Sexual Assault Line	919-828-3005 or 866-291-0853



HOW TO TALK ABOUT SUICIDE

Talking about mental health can be difficult, but it can make all the difference.

Warning Signs

- Talking or writing about suicide or dying
- Being visibly agitated or impulsive
- Talking or writing about feeling hopeless, stuck, or without purpose
- Withdrawing or isolating from others
- Experiencing sudden mood changes
- Substance misuse
- Trouble concentrating
- Excessive worry
- Not functioning like their usual selves - change habits, general appearance, eating
- Posting captions, hashtags, or emojis that are overtly sad or negative
- Writing posts or comments that show impulsive behavior, irritability, hostility

Try This

- Remain calm
- Give the other person time to respond
- Use non-judgmental listening
- Let the person know they are not alone
- Take the person seriously

Avoid This

- Trying to fix the problem or the emotion; giving advice
- Invalidating or arguing about the person's feelings
- Lecturing the person in crisis
- Reacting with shock
- Promising to keep their suicidality, plan, or ideation a secret

Conversation Starters

"Seems like something's up. Do you wanna talk about what's going on?"

"I've noticed you've been down lately. What's going on?"

"I wanted to check in with you."

"Are you OK? You don't seem like yourself lately."

"I know you're going through some stuff; I'm here for you."

Remember

- Listen and be supportive
- You don't need to be an expert
- Encourage professional support and provide resources
- If you are concerned for a friend's safety - seek immediate professional help by contacting:
 - Campus Police 919-866-5911
 - 911
 - 24/7 Support Line

For more resources on Seize the Awkward

wellness.waketech.edu

wellness@waketech.edu

Managing anxiety and panic

- 01** Inhale slowly for 3 seconds. Pause for 4. Exhale for 3.
- 02** Name 5 things you see, 4 things you feel, 3 things you hear, 2 things you smell, 1 thing you taste
- 03** Write or talk about the way you feel
- 04** Forcefully clench your fists, then breathe in and release the tension
- 05** Count backwards from 10, 20, or even 100
- 06** Pick a particular sense, and focus only on that feeling (e.g. feet on the ground, texture of your clothing, etc)
- 07** Move your body – walk, stretch, force a yawn

TASK AND GOAL MANAGEMENT

1

IS THE GOAL TOO BIG?

See if you can break it down into smaller parts. Make a list of steps.

2

PROTECT YOUR TIME

Turn off your phone, find a place with the fewest distractions possible, use a planner

3

TAKE BREAKS

Especially for longer projects. Hold yourself accountable by setting a timer for breaks.

4

PRIORITIZE

Take a look at what you need to complete and consider what is most urgent/important. See if there is anything that can wait, or that is non-essential

WANT TO TALK?

WELLNESS@WAKETECH.EDU
WELLNESS.WAKETECH.EDU
SCHEDULE: BIT.LY/WTCCWELLNESS

DEVELOPING SCHOOL/LIFE BALANCE

Managing the stress of being a student can be difficult! Developing healthy habits to create balance in your life can help to reduce tension, anxiety, and improve overall wellbeing.



TIME MANAGEMENT

Allow yourself to take frequent, but bounded breaks while studying. It may be helpful to **set a schedule** for yourself each day. Find what works best for you! Some students may set timers on their phones, while some prefer a traditional paper "planner."

Take meaningful breaks - go for a short walk, stand and stretch, or listen to a favorite song

BE MINDFUL OF BASIC NEEDS



When we are feeling hungry, tired, or thirsty our performance will suffer! Basic needs also include **socialization**. Aim to eat 3 healthy meals per day, drink plenty of water, and reach out to friends/family.

Aim for 8-10 glasses of fluid per day

KEEP COMMUNICATION OPEN

Even if you are following all of these strategies, it is normal to struggle and feel out of balance. Consider reaching out to your instructor(s) for extra guidance. Remember to lean on your support system and ask for help when needed. **Consider speaking with a Wellness counselor before stress escalates into feeling overwhelmed.**

Rest and refresh. Get plenty of sleep. Go to bed at a regular time each day and practice good habits to get better sleep. Sleep restores both your mind and body. Allow yourself some unfocused time each day to refresh, let your mind wander, go daydream. It's okay to add 'do nothing' to your to-do list!

Need to talk?

Wellness Counselors are available by virtual appointment. Email wellness@waketech.edu or visit wellness.waketech.edu to schedule a session.

HOW TO ASK FOR HELP WHEN NEEDED



ACKNOWLEDGE THAT SEEKING HELP CAN BE DIFFICULT

It is normal and human to want to solve problems independently. Asking for help is not a sign of weakness, rather a demonstration of courage. Being vulnerable can be scary. Remind yourself that no one is perfect, nor an expert at everything.

DON'T WAIT UNTIL YOU REACH A "BREAKING POINT"

Watch out for signs that you may be starting to feel stressed, anxious, or overwhelmed. You may notice increased irritability, trouble accomplishing tasks, or lack of motivation. Reaching out early can prevent your concerns from escalating.

REACH OUT TO A FRIEND, LOVED ONE, OR HOTLINE

Talk to a trusted person or trained counselor/volunteer. Be open and honest about how you have been feeling and what you need help with. It may be useful to write down or think of some talking points ahead of time to organize your thoughts. Reach out to whomever you are most comfortable.



PRACTICE SAYING THAT YOU'RE NOT OKAY

You may not be ready to go into details, or even sure how to label the problem. You don't have to. Practice saying out loud to yourself "I'm not doing well," "I think I need help," or "It's okay to not be okay." Saying these things aloud can go a long way in reversing feelings of isolation and self-stigma.

WAKE TECH WELLNESS COUNSELING



Wake Tech offers free, short-term mental health counseling and referral services for students. We are currently meeting for virtual appointments. You can book an appointment online (wellness.waketech.edu) or by contacting wellness@waketech.edu

HELPFUL 24/7 CONTACTS

National Suicide Prevention Hotline: 800-273-8255
Hopeline NC: 919-231-4525
Wake Tech Student Assistance Program: 704-529-1428
Veteran's Crisis Line: 1-800-273-8255
Outer Banks Hotline: (252) 473-3366



WELLNESS@WAKETECH.EDU
WELLNESS.WAKETECH.EDU

TEST ANXIETY

Tips to reduce exam stress



Test anxiety refers to physical symptoms and emotional reactions that interfere with your ability to perform well on tests

1 BE PREPARED

Develop good study habits. Go into a test feeling confident that you have prepped as much as you can. Study a week or two in advance of the test in small increments instead of pulling an "all-nighter." Complete practice tests to identify areas that need more focus.

2 GET A GOOD NIGHT'S SLEEP

With a good night's sleep, your ability to think and deal with stress and anxiety will improve. Sleep is when your brain consolidates memories of what you learned that day. Get in the habit early of getting approximately 8 hours of sleep each night.



3 EAT A NUTRITIOUS BREAKFAST

Eat a nutritious breakfast or meal before your test and have healthy snacks available during (if permitted). Plan out what to eat so you are ideally full prior to your test but not lethargic.

4 MAINTAIN A POSITIVE ATTITUDE

Remind yourself of past successes. Think of positive mantras that you can repeat such as "I can do this" or "I have done my best to study for this test and am well prepared." Remember that self-worth is not defined by a test grade. There is no benefit to negative thinking.



5 DEVELOP GOOD TEST TAKING SKILLS

Read the directions carefully. If able, answer the questions you know first, then return to the more difficult questions. Make outlines for essay questions. Stay focused; concentrate on the test and not your surroundings.

6 PRACTICE RELAXATION TECHNIQUES

If you start feeling anxious during a test, practice relaxation techniques like deep breathing. Take a moment to close your eyes, breath in slowly through your nose for 4 seconds, hold for 4 seconds, and exhale for 6 seconds. Practice before an exam to have this and other tools ready to slow down a beating heart or racing mind.

7 VISIT WAKE TECH RESOURCES

Need additional support? Wake Tech has many services available. ILC provides tutoring and study skills; Wellness Counseling provides mental health support; and Student Impact Coaches promotes a positive and successful learning experience for students. For more information about these services and more email wellness@waketech.edu or visit www.waketech.edu/student-services/virtual-support-center

8 CELEBRATE

Now that you've finished your exam. Take time for yourself and celebrate your hard work. You've earned it.

