



UVic Student
Mental Health Initiative

Student Wellness and Self-Care Tips

uvic.ca/mentalhealth



Staying Healthy

- Join intramurals or a sports/recreation club and meet others who love to stay active!
- Check out some Vikes Rec fitness classes
- Eat a balanced diet including breakfast every morning
- Consult with a nutritionist
- Limit caffeine after 2pm
- Maintain a consistent sleep schedule of at least 7-9 hours per night
- Limit alcohol consumption
- Be proactive with any health concerns and make an appointment with Health Services

[Health Services](#)

[Health and Wellness Centre](#)

[Intramurals](#)

[Nutritionist and Dietician](#)

[Sports and recreation clubs](#)

[Student Health 101 Magazine](#)

[Vikes Athletics and Recreation](#)

[Vikes Rec Nutrition Services](#)



Getting Academic Help

- Meet with an academic advisor to sort out your courses
- Form a peer study group with classmates
- Find a good tutor or visit the UVic academic help and resource centres
- Take a Learning Skills course to learn strategies and techniques for classroom success
- Use visiting office hours to discuss learning topics with instructors and TAs

UNIVERSITY OF
VICTORIA CAMPUS
RESOURCES

[Academic Resource Centre](#)

[Centre for Academic Communication](#)

[International Commons](#)

[Learning Commons](#)

[Learning Skills Course](#)

[Math and Stats Help Centre](#)

[Research Help Desk](#)

[Tri-Faculty Academic Advising](#)



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[Academic Advising](#)

[Career Services](#)

[CARSA Fitness Weight
Centre](#)

[Clubs and Course
Unions](#)

[Learn to Meditate
\(UVic Meditation Club\)](#)

[Multifaith Services](#)

[Stress and anxiety
management groups
\(Counseling Services\)](#)

[Student Awards and
Financial Aid](#)

[Vikes fitness and
yoga classes](#)



Reducing Stress

- Meet friends through clubs, volunteering and classes
- Stay present by practicing mindfulness or meditating
- Try acupuncture or massage to relieve stress
- Get outside and connect with nature by going for a walk or hike
- Exercising releases endorphins in your body to help combat the negative effects of stress
- Plan ahead for coursework and keep an updated schedule
- Remember academics are only one aspect of healthy student life

Finding balance is key!

Finding Support

- Seek support from friends and family
- Join a club, course union or advocacy group
- Talk to an academic advisor
- Make an appointment to see a counsellor and talk things out
- If you need an academic accommodation, visit the RCSD
- Attend one of the counselling support groups, which are dedicated to a variety of different topics
- For psychiatric support and prescriptions, visit Health Services

Remember you are not alone!

UNIVERSITY OF
VICTORIA CAMPUS
RESOURCES

[Equity and Human Rights](#)

[Counselling Services](#)
(Individual and Group Sessions)

[Multifaith Services](#)

[Health Services](#)

[Indigenous Affairs](#)

[International Student Services](#)

[Residence Life and Education](#)

[Resource Centre for Students with a Disability \(RCSD\)](#)



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