

THE STALL STREET JOURNAL

TUPHE FEATURE

World Mental Health Day (October 10, 2024)



The theme of this year's World Mental Health Day is **"It's time to prioritize mental health in the workplace."** As Tulane students our workplace consists of classes and extracurriculars that fill most of our waking hours. As coursework ramps up this month, it's crucial to prioritize mental health and well-being.

Some tips include identifying and reducing stress, building a sleep routine, and journaling—all of which are covered in the Tulane Peer Health Educators' "Prioritize You!" workshop.

There are two types of stress—**distress**, which is negative and unproductive, and **eustress**, which is positive and motivates us to act. An example of eustress is mild stress before an exam that leads you to prepare for it. Identifying the type of stress you're experiencing can help guide your next steps to manage it.

One way to reduce distress and improve well-being is by building a consistent sleep routine. Try going to bed at the same time every night, powering off devices an hour before bed, and keeping your space comfortable for sleeping. It's also best to avoid alcohol and big meals before bed.

Another effective stress reliever is journaling—either digitally or on paper. A suggested practice is "gratitude journaling," where you write three things you're grateful for each day.

Ultimately, everyone handles stress differently, but creating a personalized self-care routine is essential to supporting your mental health.

October can be scary; Your relationships shouldn't be.



In every relationship, you deserve to be respected and have your boundaries and needs met. All relationships exist on a spectrum.

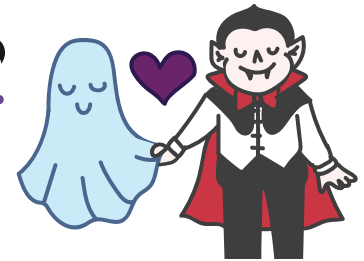
In healthy relationships, partners are communicating, respectful, trusting, honest, equal, and respect each other's boundaries. Healthy relationships are founded on safety. Remember that healthy conflict is normal, and you should discuss disagreements respectfully.

In unhealthy relationships, there is a lack of communication, respect, honesty, and/or trust. One or more partners may try to take control, or someone may be pressured into activities.

In abusive relationships, one or more partners attempt to gain or maintain power and control over others. Abuse might be physical, sexual, emotional, verbal, financial, or digital. Typical warning signs of abusive behavior from your

partner(s) include:

- Checking your phone, email, or social media accounts without your permission.
- Putting you down frequently, especially in front of others
- Isolating you from friends or family.
- Extreme jealousy or insecurity.
- Explosive outbursts, temper, or mood swings.
- Any form of physical harm
- Possessiveness or controlling behavior.
- Pressuring you or forcing you to have sex.



JOIN SAPHE

Are you a compassionate student willing to operate a peer hotline?

Are you interested in supporting survivors of sexual violence?

Are you interested in addressing rape culture on Tulane's campus?

Annual fall recruitment applications for General Body open **9/26** and close **10/20**.

Attend an information session and check out **@tusaphe** on Instagram for more information!



SAPHE Resources

Creating a safety plan: *Is your relationship healthy? quiz:*



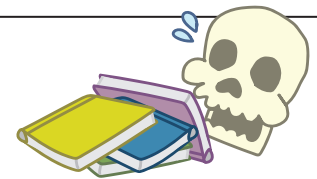
Check the SAPHE Instagram **@tusaphe** for events and other resources.

Mindfulness during Midterms

Midterm season is upon us, and with that comes high stress levels. Some people cope with stress in unhealthy ways such as procrastinating, drinking excessively, taking drugs, over or under sleeping, emotional eating, and smoking. These coping strategies work against you, exacerbating distress and harming both your physical and mental health. Healthy coping strategies like meditation, yoga, connecting with others, deep breathing, taking a walk, journaling, and reading rely on mindfulness to quiet the body and mind, and in turn, reduce stress.

Mindful ways to relieve stress and anxiety:

- **The body scan technique:** Sitting or lying down, take several slow breaths, breathing in through the nose and out through the mouth. Starting from the top of your head, mentally scan down your body, focusing on each area for 20-30 seconds. Acknowledge any feelings, sensations, and discomfort. If you feel tension or discomfort, accept it without criticism and breathe into that part of your body.
- **Yoga:** Yoga unites physical and mental well-being through



activity and focus. Yoga can offer stress relief in both short- and long-term stints. You can practice yoga anywhere including your home or dorm. Campus Recreation also offers several free yoga classes.

- **Meditation:** There are many ways to meditate including repeating mantras, body scans, music-based meditation, and guided mediation. There are several apps available that can aid you in meditative techniques such as Calm, Headspace, Breethe, and Smiling Mind.