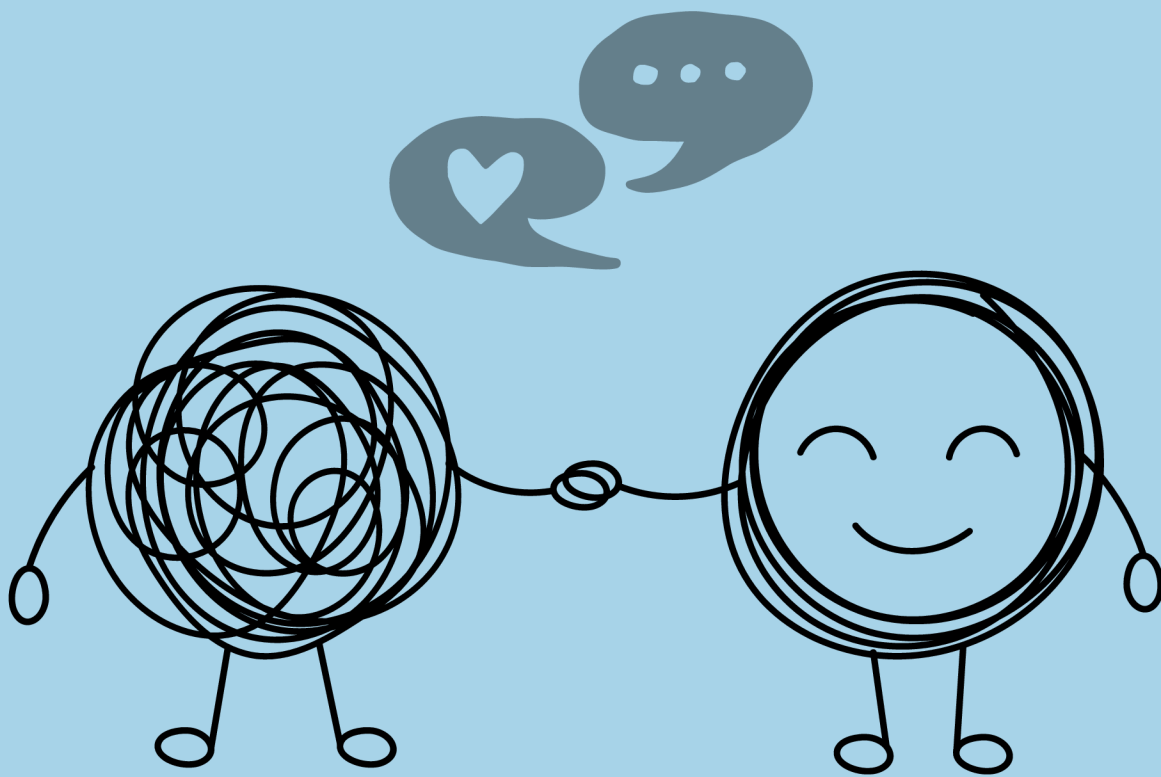


A MENTAL HEALTH TOOLKIT BY THE PPSC COUNSELING CENTER



IT'S OKAY TO ASK FOR HELP.



+719-502-4782



Available On All Campuses



Open 8:00-5:00

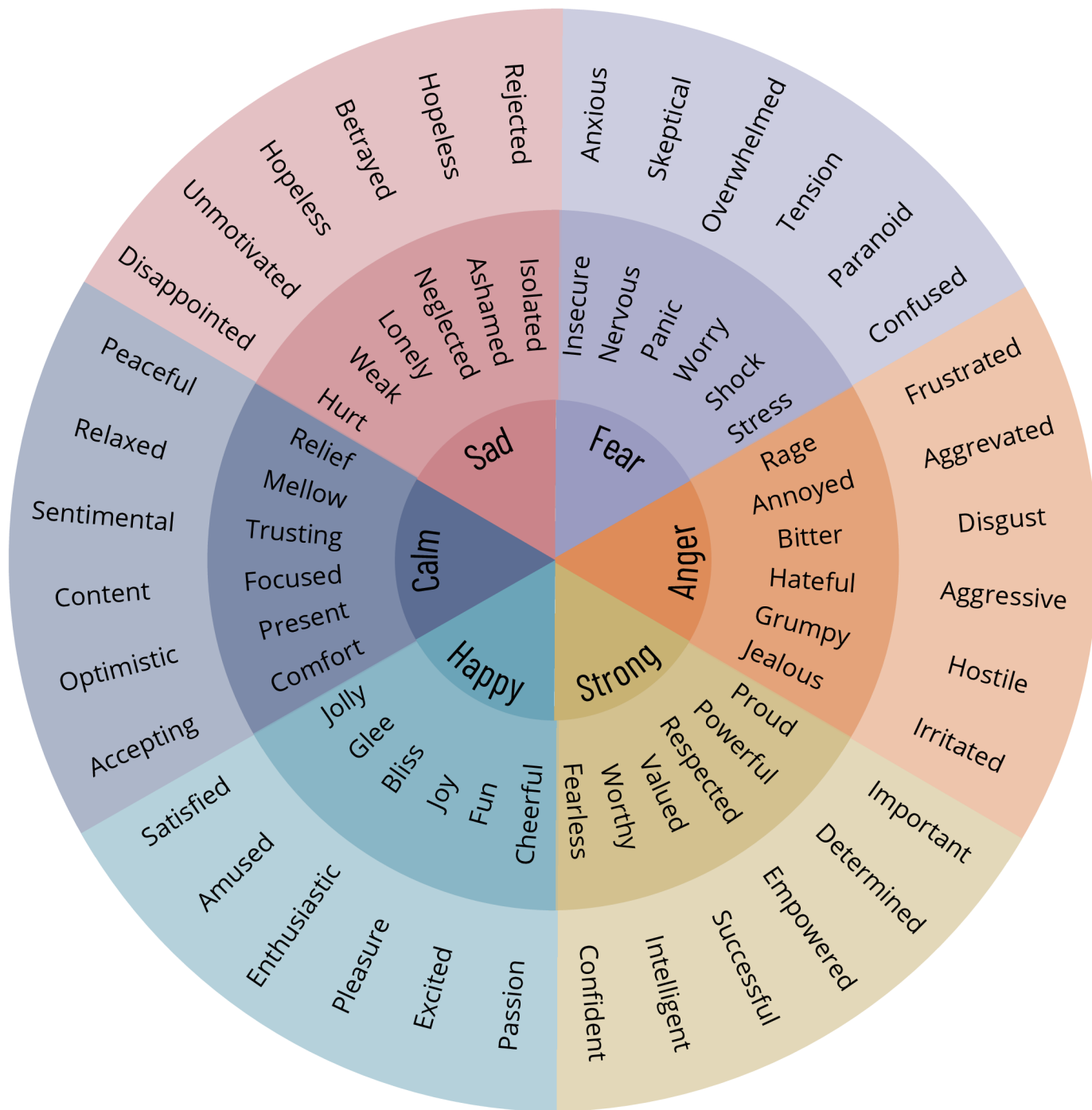
FREE AND
CONFIDENTIAL

THE PURPOSE OF THE TOOLKIT

Anytime we start something new we feel a variety of emotions. Sometimes those emotions are pleasant and sometimes they are not. Often college students express happiness and excitement about this new chapter of life, but many report feeling anxious and stressed; if those unpleasant emotions go unaddressed, they can lead to depression and more severe anxiety. Therefore, we recognize the importance of providing you with a mental health toolkit that you can utilize throughout your academic career and beyond. Inside this toolkit you will find information about emotions, various coping strategies found to be effective, and who to reach out to when you need more help.

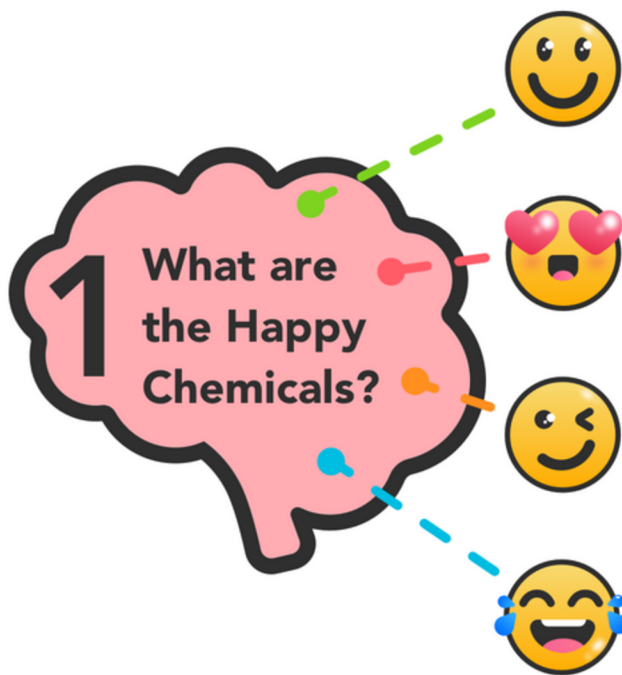
We hope you find these options helpful, and we encourage you to implement them into your routine in order for them to be most effective in improving your mental health. Customizing your own toolkit takes time and practice, try not to get discouraged. Once you have figured out the ones most effective, you can access them as you need to.

The Feel Wheel



GET YOUR DAILY HAPPINESS CHEMICALS

The happy brain chemicals that make you feel good



DOPAMINE

- Enables motivation, learning, and pleasure
- Gives you determination to accomplish goals, desires, and needs

OXYTOCIN

- Feeling of trust, motivates you to build and sustain relationships
- Known as "Cuddle or Love Hormone", plays a role in bonding

SEROTONIN

- Feeling significant or important among peers
- Calm form of accepting yourself with the people around you

ENDORPHINS

- Releases a brief euphoria to mask physical pain
- Response to pain and stress that alleviates anxiety and depression

2 How Deficiency Affects You

- procrastination
- low self-esteem
- lack of motivation
- low energy or fatigue
- inability to focus
- feeling anxious
- feeling hopeless
- mood swings

DOPAMINE

- feeling lonely
- stressed
- lack of motivation
- low energy or fatigue
- disconnect of relationships
- feeling anxious
- insomnia

OXYTOCIN

- low self-esteem
- overly sensitive
- anxiety/panic attacks
- mood swings
- feeling hopeless
- social phobia
- obsession/compulsion
- insomnia

SEROTONIN

- anxiety
- depression
- mood swings
- aches and pains
- insomnia
- impulsive behavior

ENDORPHINS

3 How to Increase Happiness Levels

- meditate
- daily to-do list
- long term goals
- food rich in L-Tyrosine
- exercise regularly
- create something: writing, music, or art

- physical touch
- socializing
- massage
- acupuncture
- listening to music
- exercise
- cold shower
- meditate

- exercise
- cold showers
- sunlight
- massage

- laughter/crying
- creating music/art
- eat dark chocolate
- eat spicy foods
- exercise/stretching
- massage
- meditate

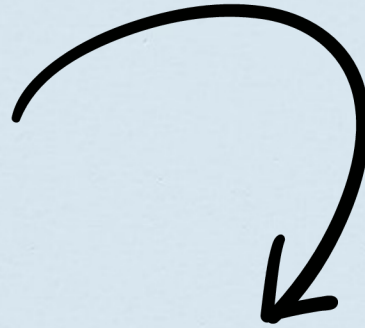
The Benefits of Coloring Pages

Serves as a
distraction.

Promotes
relaxation.

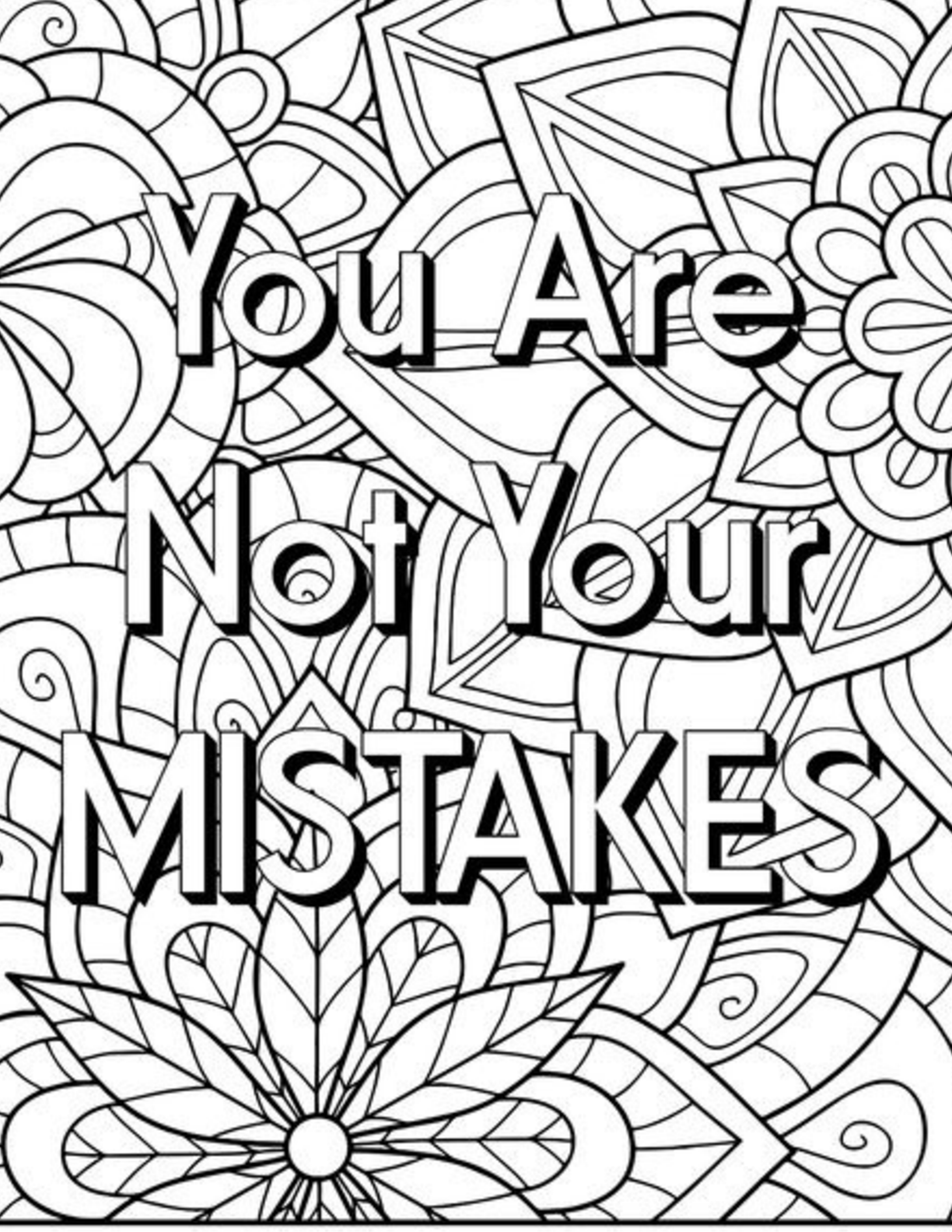
Can help
process emotions.

Induces a
meditative state.





IT'S KIND
TO TAKE
TIME FOR
YOURSELF



You Are

Not Your

MISTAKES



TRUST

THE

JOURNEY

What Do Different Colors Promote?

The color pink promotes feelings of peace, calm, and hopefulness.

Purple encourages introspection and creativity.
May make you feel more sensitive and compassionate.

Shades of blue helps enter meditation and relaxation.
May make you feel more at peace and comfortable

Greens enhances feelings of love, joy, and inner peace.
It improves negative emotions.

Yellow can trigger feelings of happiness.
It brings out your intelligence, wisdom and creativity.

The Benefits of Essential Oils



Chamomile promotes relaxation and relieves depression. It can also help improve sleep quality.



Cedarwood relieves stress, enhances focus, and helps resolve depression. It can stimulate the feeling of being grounded and more calm.



Lavender can soothe nervousness, treat anxiety, and help symptoms of depression. It can overall improve moods.



Frankincense can lift moods, balance hormones, promote relaxation, alleviate depression, and enhance comfort and peace.

The Benefits of Essential Oils



Mint helps prevent mental fatigue. It helps increase the ability to focus, remember, and process information.



Lemon can put you in a better mood, soothe anxiety, and lift spirits. It can help you find mental clarity and reduce stress.



Clary sage can help with anxiety, stress, and tension. It can also boost self-confidence, strength, hope, and self-esteem.

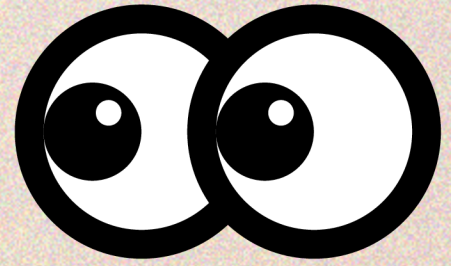


Ylang-ylang can help with depression, nerves, and anxiety. It can also help improve self-love and self-care.

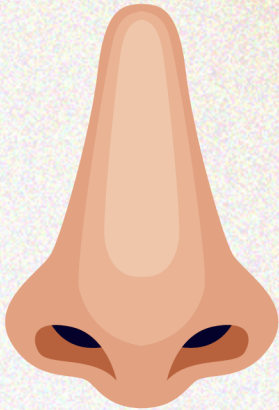
Creating A 5-Sense Soothing Box



A smooth rock, Silly Putty, a fidget spinner, an ice pack, or a soft blanket.



Photos of loved ones, funny videos, or postcards from fun vacations



Essential oils, hand lotions, perfumes, candles, or coffee.



Different flavors of gum, favorite ice cream, drink, or some fruit.



An audiobook, guided meditation, birds singing, or your favorite song.

Different Exercise Benefits



Yoga helps strengthen social attachments, reduce stress and relieve anxiety, and lower depressive emotions



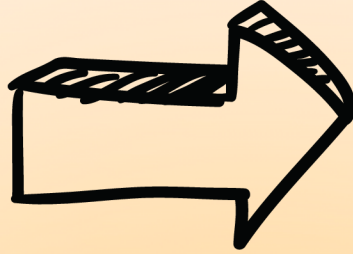
Running releases feel-good endorphins. It improves your sense of well-being.



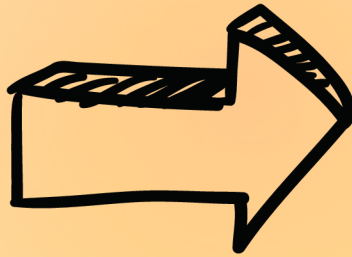
Weightlifting can help improve moods, strengthen mind-body connection, lowers stress and anxiety, and improves the relationship with your body.

The Benefits of Reading

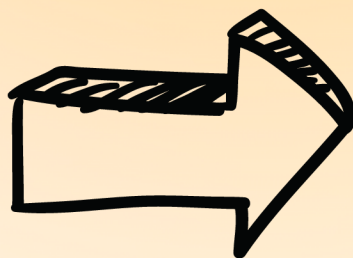
Reading can offer a momentary escape from present troubles, allowing you to live in another life for a bit and return refreshed.



Reading can evoke a range of emotions. From happiness and surprise to sadness, fear, and anger.



Reading can put the brain into a state of meditation, which can give a deep relaxation, an inner calm, and a break of stress.

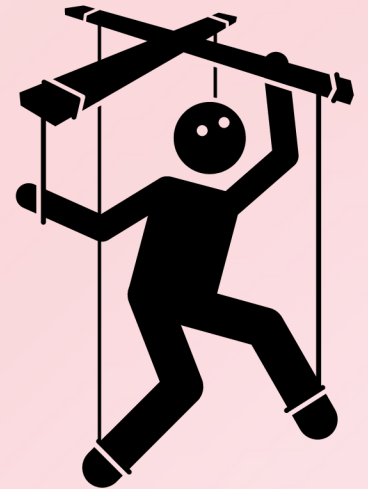


What Can Journaling Do For You?



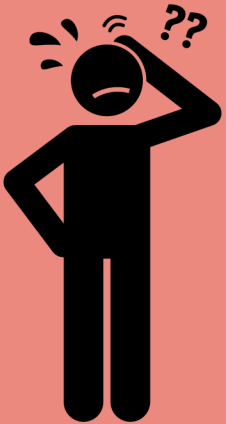
Journaling can help you observe your thoughts and feelings objectively. It can help you practice mindfulness by noting what you're thinking and feeling, resulting in becoming more self-aware.

Processing how you are feeling can help you understand and make sense of your experiences, thoughts, beliefs, and desires, giving you a sense of control.



Writing about an emotional event can help you break away from the cycle of obsessively thinking and brooding over what happened. It can help you process emotions and let go of feelings involved.

Journal Prompt Examples



What is the current problem or challenge I am facing?



What are my goals and objectives related to this problem or challenge?



What are some potential solutions to this problem or challenge?

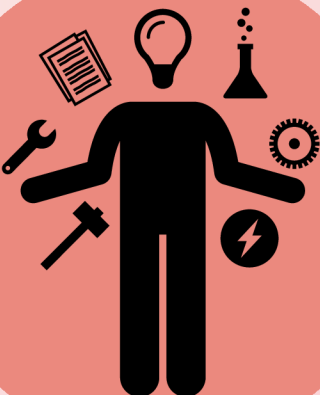
Journal Prompt Examples





What are some pros and cons of each potential solutions?




What are some resource I can utilize to help solve this problem or challenge?




How can I apply my skills, knowledge, and experience to this problem or challenge?




Benefits Of Positive Affirmations




The repetition of affirmations can trigger your subconscious mind into positive action.




Affirmations can help you shift your perspective and focus on the good in your life, rather than negative self-talk.





Affirmations can help you feel braver, stronger, confident, and filled with joy.



Writing down affirmations that reflect your goals can help you stay motivated and focus on achieving them.



Regularly repeating positive statements can help you change your thought patterns to focus on positive, reassuring thoughts instead of negative, anxious ones.



Classical music helps with focus and cognitive performance. It also helps with mood regulation.



Rock increases levels of dopamine, which reduces stress.



Benefits of Different Music Genres



Jazz can evoke deep emotional responses, such as melancholy and ecstasy.



Pop can increase feelings of ease and decrease moods related to worry and tension.



Benefits Of Watching Movies



Watching a movie can help reduce stress and anxiety. While watching a movie, you can escape from the stressors of daily life. Allowing you to find a distraction from negative thoughts and emotions.



Movies can evoke a range of emotions that can help you feel better. You can build an emotional connection with characters on screen, helping you feel less lonely or isolated.



Movies can encourage self-reflection and personal growth. When watching a movie, you will find yourself identifying with the characters and challenges. This identification can help us reflect on our own experiences and gain insight into our own lives.

The Benefits Of Having Your Own Space



You can explore your passions, try new things, and practice self-expression without judgement.



You can listen to your thoughts and feelings without distraction and regulate your emotions.



You can feel safe and secure, and foster a sense of community.

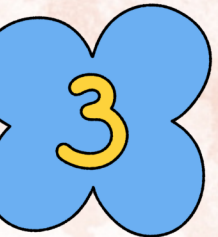
How To Create Your Own Safe Space



Creating a physical safe space is the first step. It could be a specific room, corner, or favorite chair. Some things to consider when selecting your physical safe space is: Ensure your space offers privacy and minimizes interruptions, make it comfortable with cozy with home decor, and decorate it with items that resonate with you.



Set boundaries both physically and mentally. Communicate with others when you need time in your safe space.



Consider making you safe space a tech-free zone. Disconnecting from screens allows you to fully immerse yourself in the present moment and reduce digital distractions.

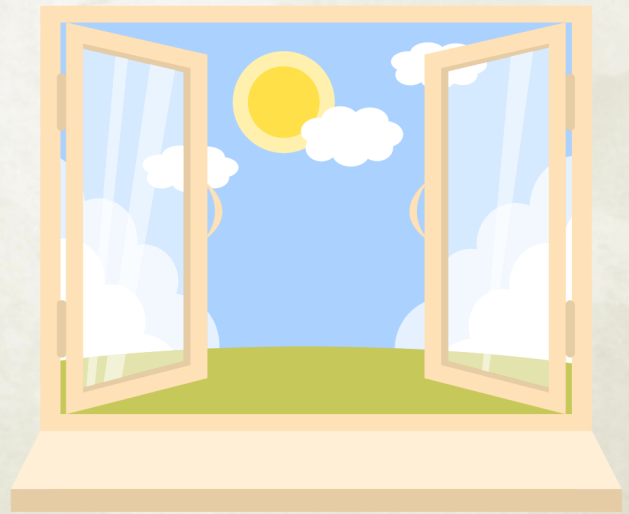


Mindfulness meditation, deep breathing exercises, or progressive muscle relaxation can help you center yourself and reduce stress within your safe space. These practices allow you to stay present and release tension.

Different Light Variation Benefits



Cool lights, ranging from blue to white, can be energizing and promote concentration. While warm lights are suited for a more relaxing environment.



Natural light can improve your mood and energy levels. Maximizing the amount of light that enters your home can have a big impact on your emotional well-being.

Wanna Chat?

Here's What The Pikes Peak
State College Counseling
Center Offers For Students:

-Six free sessions up to 50
minutes

-Walk-ins available

-Resource assistance

-BetterMynd

If you are interested in more
information, call 719-502-4782
where we will be happy to
provide more information.



Counseling Center

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