



Graduate Student Mental Health: Enhancing Wellness



Your name goes here.



DISCLAIMER

Please note, *Graduate Student Mental Health: Enhancing Wellness* is a workshop being conducted by staff of The Ohio State University Counseling and Consultation Service. **This workshop is designed to provide accurate information in regard to promote overall wellness through mental and physical health approaches.** It is facilitated with the understanding that the facilitators and CCS are not engaged in rendering psychological services. If expert assistance is needed, the services of a competent professional should be sought. **This workshop is not a psychotherapy treatment group.** In addition, this workshop may not address all personal concerns. If you experience significant changes in mood or feel that you may require further assistance, please contact **Counseling and Consultation Service at (614) 292-5766**. In case of an emergency, please contact your nearest emergency service. If you experience significant distress at the time of this workshop, please notify the presenter.



GOALS AND OBJECTIVES

Goal: Share information and strategies that support graduate student mental health and enhance wellness

Objective: Discuss stressors faced by graduate students and the influence of stress on mental health among graduate students

Objective: Learn skills for self-care and time management during graduate school

Objective: Acquire and practice communication strategies which can enhance personal and professional functioning

Objective: Learn when, why, and how to seek professional mental health services or to encourage others to do so



GRADUATE STUDENT STRESS

Objective: Discuss stressors faced by graduate students and the influence of stress on mental health among graduate students



WHAT STRESSORS DO YOU FACE?





STRESS VERSUS ANXIETY

Is it stress or anxiety?

Stress

Generally is a response to an *external* cause, such as taking a big test or arguing with a friend.

Both Stress and Anxiety

Both stress and anxiety can affect your mind and body.

Anxiety

Generally is internal, meaning it's your reaction to stress.



SELF-CARE AND TIME MANAGEMENT

Objective: Learn skills for self-care and time management during graduate school



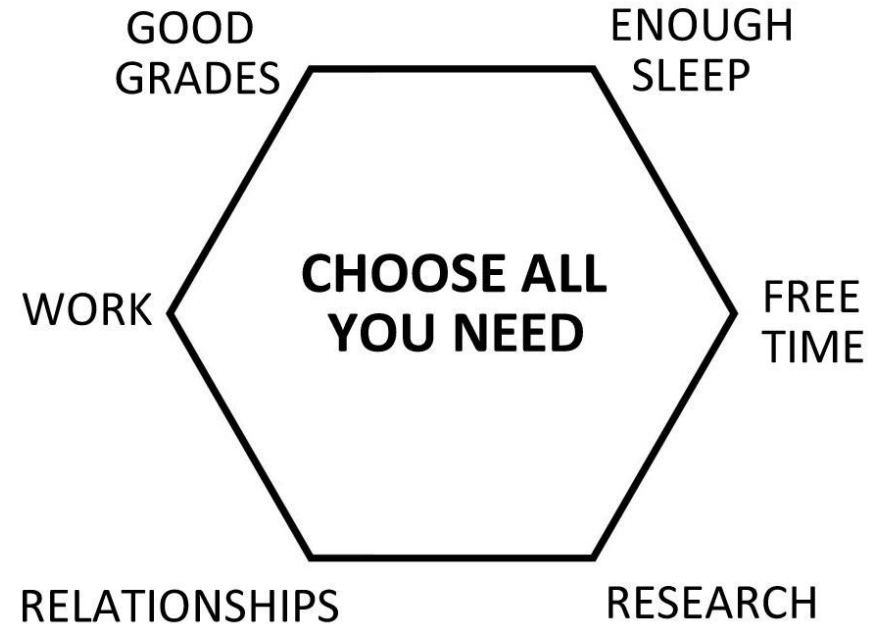
TOP 10 PREDICTORS OF GRADUATE STUDENT WELL-BEING:

- Career Prospects
- Overall Health (Diet and Exercise)
- Living Conditions
- Academic Engagement
- Social Support
- Financial Confidence
- Academic Progress & Preparations
- Sleep
- Feeling Valued & Included
- Advisor Relationship



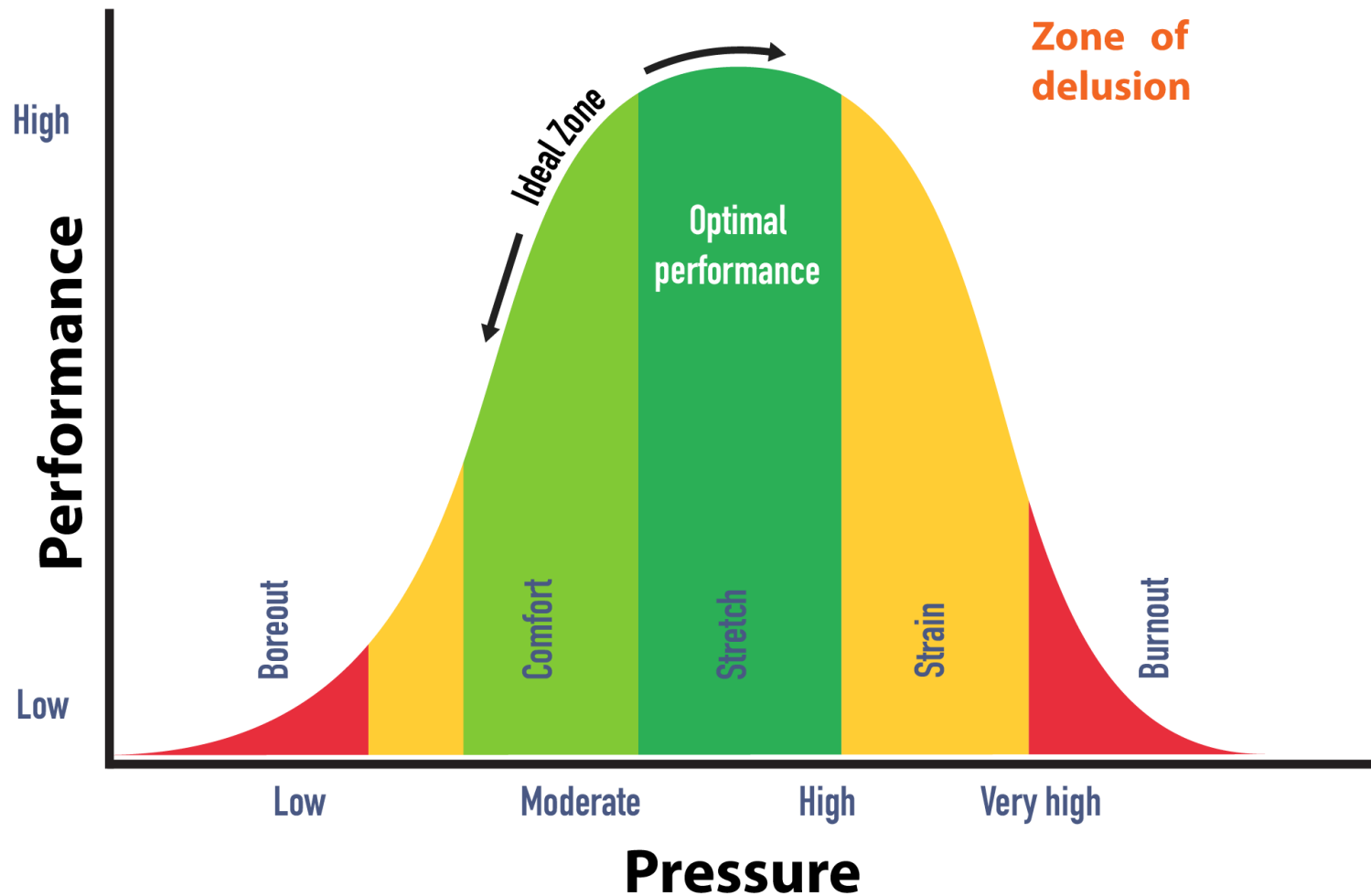
TIME MANAGEMENT

- Graduate school is busy! It's important to find a balance, and to understand that you won't have time for everything.
- Better to work smart than work hard! Talk to students who have been in the program for longer than you. Get advice on how to use your time wisely.
- Set realistic time expectations.



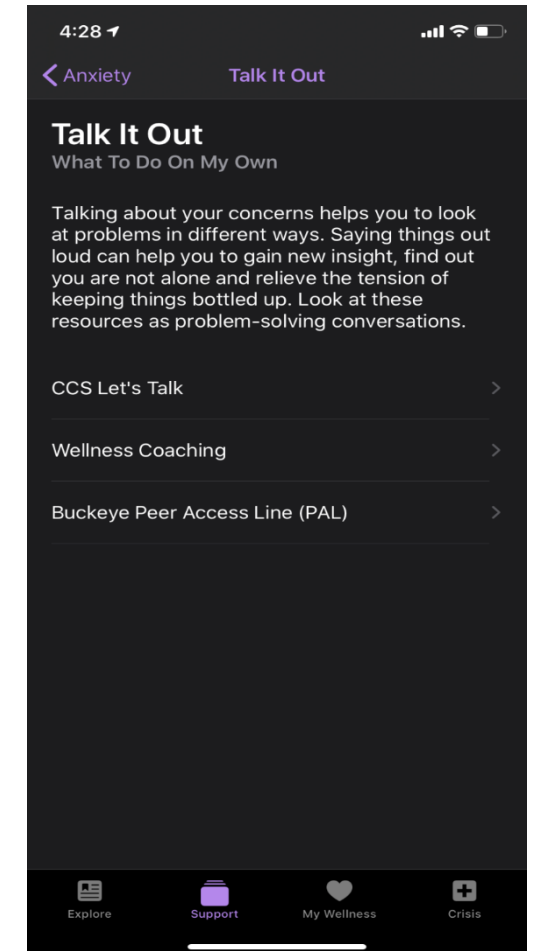
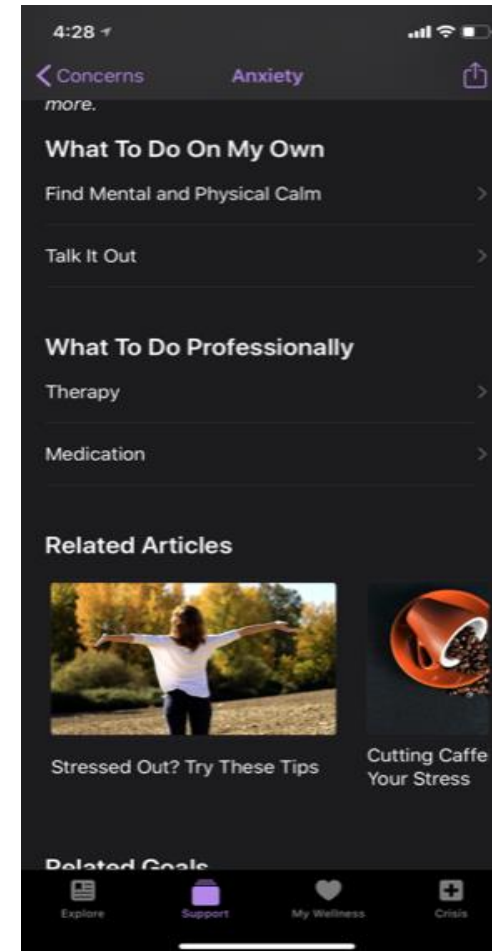
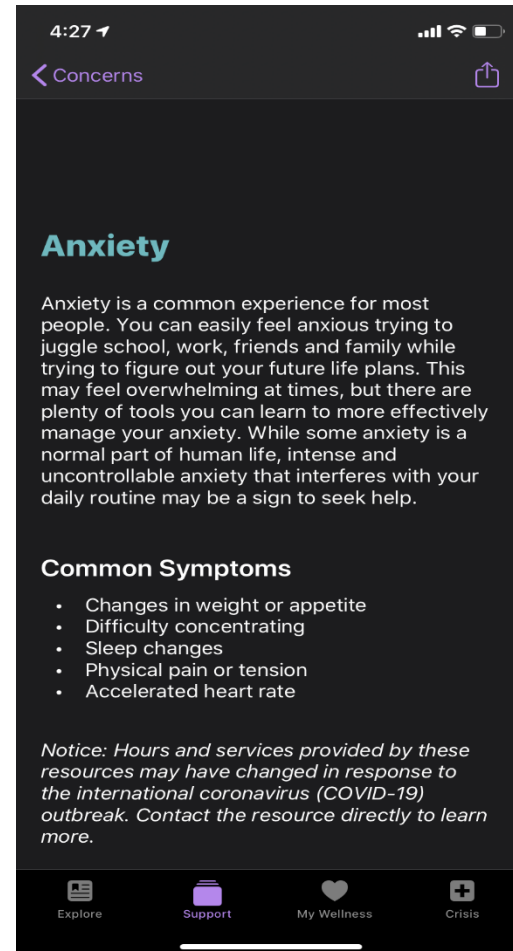


STRESS AFFECTS PERFORMANCE



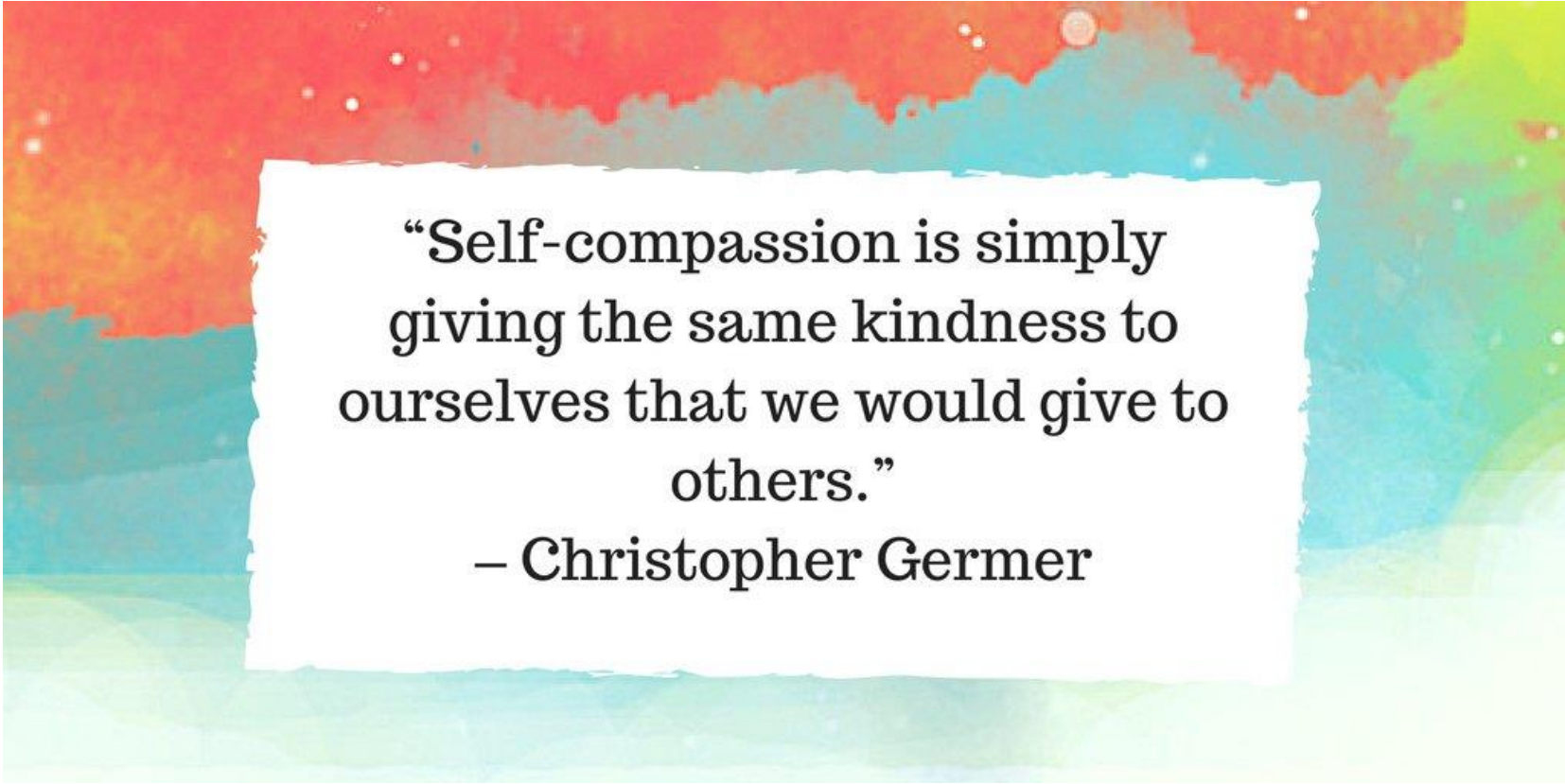


Ohio State: Wellness App





SELF-COMPASSION



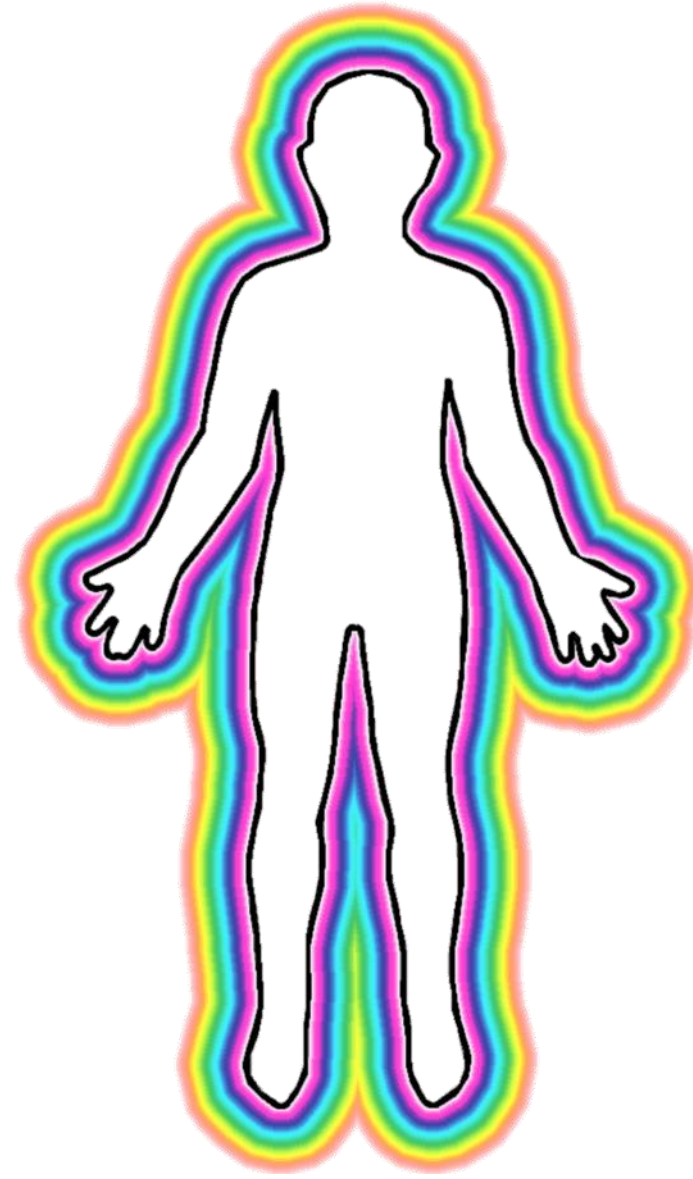
“Self-compassion is simply
giving the same kindness to
ourselves that we would give to
others.”
– Christopher Germer



EXERCISES

Types of exercises:

- 54321 Sensory
- Body scan





COMMUNICATION STRATEGIES

Objective: Acquire and practice communication strategies which can enhance personal and professional functioning



NONVIOLENT COMMUNICATION

- Nonviolent Communication (NVC) is a way of expressing your needs to others in a way that is respectful *and* assertive:
- Step 1: **Make observation** (“I notice that you have not responded to my message or given feedback on my draft...”)
- Step 2: **Express feeling** (“When this happens, I feel alone in my work and uncertain whether you have received my draft”)
- Step 3: **Express need** (“I need us to agree on a response time for emails, so I know when to expect responses from you.”)
- Step 4: **Make request** (“Can we agree to respond to one another’s messages about my dissertation within 7 business days?”)



EXERCISE

- In breakout rooms please decide how to appropriately assert yourself while considering the wants and needs of other.
 - You have a date night scheduled for tonight with your partner at a nice restaurant that you have been looking forward to for months. Your advisor sends you an urgent message saying your there is a problem with some of the research data you have been collaborating on that needs to be fixed tonight. You know that you have a few days to fix this problem, but your advisor is adamant that this be fixed tonight. How do you respond?
 - You are collaborating on a publication with three of your peers and you feel like you have been doing the majority of the work. You have a regularly scheduled meeting to discuss publication progress and delegate new tasks. One of your peers contacts you saying that they need to miss tonight session as they impulsively bought tickets to see a movie with their partner. How do you respond?



WHEN TO REFER SELF OR OTHERS?



Safety

- Thoughts about hurting self or others
- Concerns of impulsivity
- Engaging in self injury behaviors

Relationships

- More arguments with partner
- Feelings of isolation
- Trouble communicating wants and needs

Academic Performance

- Change in academics
- Missing classes

Daily Life

- Impact on hygiene
- Change in drug and alcohol use
- Inability to manage daily activities

Emotions

- Anxiety
- Depression
- Grief and loss
- irritability



WHO WE ARE

- Primary location: YOUNKIN Success Center, 4th floor
- 2nd location: Lincoln Tower, 10th floor
- Counseling services to enrolled students
- Consultation for faculty, staff and parents
- Multidisciplinary staff
- Embedded therapists
- Training program

- CCS.OSU.EDU



SERVICES PROVIDED

- Individual counseling
- Relationship counseling
- Group counseling
- Psychiatric services
- Consultation
- Outreach
- Referral & linkage
- After-hours on call service



AFFINITY GROUPS

- Latinx – HEART Graduate
- Queer Grad Group
- SAFE Graduate Group – AA/Black/African Descent
- Sisters in Solidarity – Graduate
- True Selves
- Women's Group



SERVICES ARE CONFIDENTIAL

- Information students share – including attendance
- Information will not be shared with others, including family
- Exceptions to confidentiality
 - Release of information signed
 - Immediate threat of harm
 - When required by law



MAKING AN APPOINTMENT

- Triage System – “phone screening”
- Students schedule online at: go.osu.edu/phonescreening
- A therapist will contact the student during the scheduled appointment time
- Brief screening with a therapist (10-15 minutes)
- Recommend services to best fit the needs of the student



DISCUSSION AND CONCLUSION

- 4th Floor, Younkin Success Center
- 10th Floor, Lincoln Tower
- 614-292-5766
- ccs.osu.edu
- <https://u.osu.edu/emotionalfitness/> -- Emotional Fitness Blog