

# ***Everything Is Awful and I'm Not Okay***

***Feeling overwhelmed? Try these tips to help you eat, sleep, exercise, and connect to get yourself back on track.***

## **Eat**

Have you eaten in the past three hours? **Grab a nutrient-rich meal with protein and fibre**, or browse the **FRESH Education Library at the WEC** for meal ideas. Are you hydrated? Have a glass of water.

## **Sleep**

Are you sleepy and fatigued but **resisting going to sleep?** Put on pajamas, make yourself cozy in bed, and close your eyes for fifteen minutes—no electronic screens allowed. If you're awake after that, you can get up again; no pressure.

## **Exercise**

**Have you stretched your legs in the past day?** If not, do so right now. If you don't feel like going for a run or to the gym, just **walk around the block**, then keep walking as long as you please. If the weather's bad, go to the mall just to walk around and do some window shopping. **Don't feel like walking? Why not dance!** Move your body to the length of an upbeat song.

## **Connect**

**With Yourself:** Feeling gross? Why not **take a shower and put on some clothes** that you like. Paralyzed by indecision? **Give yourself ten minutes to figure out a game plan** for the day. Feeling ineffective? **Complete a small task right now** (respond to an email, load the dishwasher), then celebrate your success. Or, **connect with Learning Skills Services** for some tips. Are you feeling emotional about something? Good, you're human! **Humans need emotions to survive.** For example, anger can give you the energy to get something difficult done. Dance, run, chop wood, or rant about it in a journal. If your emotions feel too overwhelming to manage, **reach out to Student Health Services or Psychological Services.**

**With Others:** Have you said something kind today? Do so, **to yourself and to another person.**

**Make it genuine:** Wait until you see something really wonderful about someone, and tell them about it.

**Have you had a hug** from friends or cuddle time with pets? **Don't be afraid to ask for support.**

**Come see us at the Wellness Education Centre – we can help!**

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Based on <http://eponis.tumblr.com/post/113798088670/everything-is-awful-and-im-not-okay-questions-to>



**Western**   
**WELLNESS EDUCATION CENTRE**

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