

Many students are in distress when they schedule their first therapy appointment. Unfortunately, there is often a period of time between when you schedule your appointment and when you can be seen. We are hopeful that by actively engaging in some of the activities on this list, you may be able to alleviate some of your immediate distress. Please remember this list is not a replacement for therapy. If you are experiencing an emergency and cannot wait for the next available opening, please let us know so that we can schedule you for a crisis appointment.

- **Breathe!** Deep breathing exercises can be beneficial and you may find some immediate relief of your anxiety. Slow deep breathes in through the nose and out slow through the mouth ten times. Close your eyes and relax and breathe. We have several breathing exercises available on our website under self-help resources.
- **Gain Perspective.** Looking at a situation from other perspectives can help identify the areas where your thoughts may be distorting what is occurring, or may help you normalize what you are experiencing.
- **Talk to the supportive people in your life.** Isolating yourself may make your distress feel worse.
- **Keep a journal of your thoughts and feelings.** Writing your thoughts down can help release emotion and can help you identify patterns or questions you'd like to discuss in therapy.
- **Care for yourself spiritually.** Go to church, attend chapel, or just enjoy nature. Pray, read uplifting books, speak to a trusted pastor or spiritual leader.
- **Get some sleep.** Most people need 7 – 9 hours of sleep every night. Engage in healthy sleep hygiene by setting up a routine that allows you to go to bed and get up at the same time every day.
- **Do some kind of physical activity that you enjoy.** Physical activity releases chemicals in the brain that can help you feel better. Some people enjoy swimming, running, working out at the Baun Fitness Center, or other sports. Even walks around campus and neighborhood can help you feel better emotionally and help reduce stress.
- **Avoid using alcohol or drugs** as a way to “self-medicate”.
- **Find activities that are relaxing or soothing to you.** Listen to your favorite music, take hot baths, meditate, pray, paint a picture, do yoga, find a scent that you enjoy and spray it in your room.
- **Find humor in life.** Spend time with those who make you laugh. Watch a comedy or read a funny book.
- **Distract yourself temporarily** from your difficulties – take a walk, watch TV, play a game, go window shopping, talk to a friend about their life.
- **Stick to a routine.** Get dressed, go to class, and keep the structure you normally have during your day.
- **Eat healthy food regularly.** Skipping meals decreases your energy and can make you feel worse.
- **Check out the Pacific website at <http://www.pacific.edu/CAPS>.** The self-help resources page may have additional information that can help you during your time of need.

If you are experiencing an emergency and it is after business hours please or if you are in imminent danger call Public Safety at 209.946.3911. If you need to speak with a therapist after hours please call 209.946.2315, ext. 2 and select option 4 for our after-hours therapy line.