

Supporting yourself while you're waiting to see a counsellor

Below are some strategies that students have found useful when going through a challenging time in their life. Some of the suggestions listed below don't necessarily work for everyone, so we would encourage you to try what you think might be helpful for you in your current situation.

Self-care

- Establish a regular sleep routine
- Aim to stay hydrated and eat healthy foods regularly throughout the day
- Find ways to move your body (e.g. stretching, yoga, going for a walk). Gentle movement is great if you don't feel up to an intense workout.
- Stick to a daily routine
- Aim to keep a balance between rest and activity
- Do something you know will make you feel good
- Practice some deep breathing or relaxation exercises
- Reduce or restrict your social media use
- Spend time outside and in nature
- Limit or restrict your use of caffeine, alcohol or other drugs
- If you're feeling overwhelmed, postpone extra-curricular activities
- Practice problem solving: identify and act on any area of your situation

Connection

- Talk to someone you trust to let them know you're having a tough time
- If you need to, consider taking a step back from caring for others
- Do your best not to distance yourself from others.
- Talk to a counsellor through the University Crisis Line (UCL) on 1300 167 654 or text 0488 884 197. The service is open weekdays from 5pm to 9am and 24 hours on weekends and public holidays.
- Call a helpline and speak to a professional counsellor. See this list of [available services](#) or this [list for emergency support](#)
- Keep in mind that there are people that care about you and want to help you

Coping with distress

- Avoid making significant decisions while you're feeling distressed
- Remind yourself that you have felt differently to what you are currently experiencing
- Keep in mind that all feelings come and go
- Remind yourself that challenging emotional experiences are a part of being human
- Take a moment to notice the good things around you, either big or small. Perhaps it is the smell of coffee, the sound of laughter or taking in a sunny day.
- If negative self-talk is taking over, distract your mind. Try a puzzle, game or a brain training app.
- Consider what advice you would give to a friend in the same situation

Get started!

- To increase your motivation: [The puzzle of motivation, Dan Pink](#)
- If you want to improve on time management: [How to gain control of your free time, Laura Vanderkam](#)
- For changing how you cope with stress: [Talks to help you manage stress](#)
- To improve your study habits: [Success tips for study](#)
- To create a new habit: [How to form a habit in 8 easy steps](#)
- To discover your learning style and strengths: [Self-assessments at Education Planner](#)
- To learn how exercise improves your brain power: [The brain changing benefits of exercise, Wendy Suzuki](#)
- For tips on creating a positive mindset: [The happy secret to better work, Shawn Achor](#)
- To improve your sleep: [5 tips for falling asleep quicker, Matt Walker](#)
- To learn how to manage emotional challenges: [7 ways to practice emotional first aid, Guy Winch](#)

If you have tried some of these strategies but feel things haven't improved for you, don't worry! Some people find the most benefit from talking to a professional. This is where our counselling service can come in to assist in supporting and guiding you through your current situation.