

## TRANSITIONING TO COLLEGE

### ***Challenges adjusting***

You may be experiencing symptoms of anxiety or mild depression upon your adjustment to college. Symptoms may include:

**Anxiety:**

- fearful or nervous
- muscle tension
- headaches
- hyperventilating
- heart palpitations

**Depression:**

- sadness
- excessive worry
- changes in appetite
- trouble sleeping
- feeling homesick

### ***Improve adjustment***

- Stay in touch with those you love by phone call, texting, or video chatting
- Bring things from home that are comforting or familiar to create a safe space
- Share your feelings with supportive people
- Engage in pleasurable activities at least once a day
- Respect the fact that transitions are hard!

### ***Everything in moderation***

Respect your body's need for food, rest, and a routine. Limit your consumption of caffeine and substances as they may increase anxiety or depression symptoms.

### ***Get physical***

Movement is a great way to manage symptoms of anxiety or sadness. Use the UWL campus recreation center, walk the campus, or explore off-campus.

## ***Be organized and realistic***

- Prioritize activities and allot a specific time for each one, whether it is studying, socializing, or extracurriculars
- Keep a to-do list of what you need to accomplish
- Stay flexible. time demands often change during the semester
- Set smaller, more realistic goals
- It's easy to get overwhelmed, so try to keep things in perspective. Break down issues or concerns into manageable segments

## ***Warning signs***

Signs that you may need additional help include persistent sleeping problems, eating difficulties, chronic worry or panic attacks.

If you get to this point, make an appointment with a counselor at the Counseling and Testing Center for assistance.

# **CONTACT US**

## ***UW La-Crosse Counseling and Testing Center***

2106 Centennial Hall  
8 - 4:30pm M-F  
Urgent care: 12 - 4pm M-F

Phone: 608-785-8073

Website:  
[www.uwlax.edu/counseling-testing](http://www.uwlax.edu/counseling-testing)

## ***Emergency Resources***

UWL Police:  
608-789-9999

City of La Crosse  
Police: 911 or 608-  
785-5962

Great Rivers 211: 211  
or 800-362-8255

Suicide and Crisis  
Lifeline: Call or text  
988



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