

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

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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