

**Center for Counseling and Psychological Services (CAPS)  
UNC Charlotte**

**Strategies for Feeling Better Fast: Taking Charge of Your Well-being**

This handout is designed to provide you with some self-care strategies and to offer you additional resources for assistance. Self care is an important component of one's overall sense of well-being. Consider these ideas:

- Physical activity can help improve mood. Try working out for 20-30 minutes a day. Walk, run, dance, bike--whatever you enjoy that gets your heart rate up or gets you moving.
- Eat a healthy diet. Your body needs food in order to function well and missing meals, overeating, or eating lots of junk food can contribute to stress and depression.
- Sleep. Try to keep a regular schedule for when you go to bed and when you get up. Avoid bright lights and electronics before bed. Give yourself some time to unwind before sleep.
- Reach out to friends, family, and others with whom you can talk. Social support can go a long way toward helping you feel better and isolating yourself generally doesn't help.
- Do something enjoyable and relaxing. This could include things like yoga, meditation, listening to music, watching funny videos, or taking a bath.
- Try keeping a journal as a means to express your thoughts and feelings. See if you can identify thoughts that precede your negative moods. Some thoughts may make sense, but others may be unhelpful or untrue. Evaluate and respond to them in writing.
- Guard against negative or critical self-talk. Instead of beating yourself up, remember that you are on a journey, using resources and taking steps to get help.
- Engage in activities that inspire your heart and mind. If you have religious or spiritual beliefs that are helpful to you, try using them even if you are feeling distant.
- Stick to a routine. Attending to your responsibilities, like getting to class and taking care of daily life tasks, can improve mood and self-esteem.
- Avoid substances like alcohol and other drugs. While they may give you some temporary relief, they may also exacerbate and intensify your symptoms.

**If Your Concerns Become Urgent, Call Emergency Numbers**

- A. National Suicide Prevention Lifeline: 1-800-273-8255 (or 1-800-273-TALK)
- B. Mecklenburg County Mobile Crisis Team – (704) 566-3410
- C. Presbyterian (Novant) Behavioral Health: 1-800-786-1585 or (704) 384-4255
- D. CHS Behavioral Health: 1-800-418-2065 or (704) 444-2400

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