

SHIELD FOR SUCCESS

Valparaiso University's Counseling Center monthly tips for success and promotion of overall wellbeing

In this issue:

- Instructions
- Time Management and Seasonal Affective Disorder
- Helpful Resources on Time Management and Seasonal Affective Disorder
- Skills to Improve Time Management and Seasonal Affective Disorder

Instructions

Step 1: If you choose to participate, first rate your mood on a 1-10 scale, you can use the Mental Health Pain scale provided below.

Step 2: Each day you will have the opportunity to complete a different exercise. On weekdays, Monday through Friday, pick one exercise from the list provided for you below. On weekends, Saturday & Sunday, choose one exercise that you felt improved your mood the most, these exercises do not have to be from the exercises provided.

Step 3: After implementing the exercise, rate your mood using the same scale as Step 1.

Time Management and Seasonal Affective Disorder

As we enter into a new semester during the winter season, time management may be an area of difficulty for many. Winter months mean less sunlight, spending less time outdoors, and, for many, increased depression. Time management is a difficult balance for most students and can be particularly difficult during the winter months. Due to this, understanding how this time of year may affect you, learning ways to decrease these symptoms, and implementing affective time management strategies are particularly important. Below you will find articles about Seasonal Affective Disorder and time management tips. We hope through looking at these articles and implementing new skills, you can decrease stress, improve self-care, enhance your productivity and increase your performance outcomes.

Knowing this season can be a difficult time for many, be sure to support others and seek help when needed. Here are resources available to you:

- Valparaiso University Counseling Center 219-464-5002 (M-F; 8-12, 1-5)
- National Suicide Prevention Lifeline: 1-800-273-TALK (8255); suicidepreventionlifeline.org (24/7)
- Crisis Text Line: Text 741741 (24/7)

Helpful Resources on Time Management and Seasonal Affective Disorder

- [10 Natural Strategies to Fight Seasonal Affective Disorder](#)
- [Time Management Tips for Busy College Students](#)
- [15 Self Care Ideas That Will Make Winter Way More Bearable](#)
- [How To Win The Day – Time Management 101](#)
- [7 Habits of Highly Effective People](#)

A Simple Mental Health Pain Scale

thegracefulpatient.wordpress.com

MILD		1 Everything is a-okay! There is absolutely nothing wrong. You're probably cuddling a fluffy kitten right now. Enjoy!
		2 You're a bit frustrated or disappointed, but you're easily distracted and cheered up with little effort.
		3 Things are bothering you, but you're coping. You might be overtired or hungry. The emotional equivalent of a headache.
MODERATE		4 Today is a bad day (or a few bad days). You still have the skills to get through it, but be gentle with yourself. Use self-care strategies.
		5 Your mental health is starting to impact on your everyday life. Easy things are becoming difficult. You should talk to your doctor.
		6 You can't do things the way you usually do them due to your mental health. Impulsive and compulsive thoughts may be hard to cope with.
		7 You're avoiding things that make you more distressed, but that will make it worse. You should definitely seek help. This is serious.
SEVERE		8 You can't hide your struggles anymore. You may have issues sleeping, eating, having fun, socialising, and work/study. Your mental health is affecting almost all parts of your life.
		9 You're at a critical point. You aren't functioning anymore. You need urgent help. You may be a risk to yourself or others if left untreated.
		10 The worst mental and emotional distress possible. You can no longer care for yourself. You can't imagine things getting any worse. Contact a crisis line immediately.



Skills to Improve Time Management and Seasonal Affective Disorder

1. Identify Time-Wasters and Eliminate Them
2. Complete Small Task First
3. Include Self-Care Time in Your Schedule
4. Find a New Winter Hobby
5. Create a Healthy Sleep Schedule

Additional exercises can be found in the resources above.

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If there are any topics you are interested in seeing or learning more about please email counseling.center@valpo.edu, subject Shield for Success topic ideas.