

MENTAL WELLNESS IN GRADUATE SCHOOL

Graduate school is stressful! It is important to take care of your mental health. If you are having difficulty, you are not alone. Compared to the general public, graduate students are six times more likely to develop mental health problems¹.

Mental Health

How can you recognize mental health problems in yourself and others? Two of the most common mental illnesses are depression and anxiety.

Depression symptoms (from WebMD)

- Trouble concentrating, remembering details, and making decisions
- Fatigue
- Feelings of guilt, worthlessness, and helplessness
- Pessimism and hopelessness
- Insomnia or sleeping too much
- Irritability
- Restlessness
- Loss of interest in things once pleasurable
- Overeating, or appetite loss
- Aches, pains, headaches, or cramps won't go away
- Digestive problems that don't get better
- Persistent sad, anxious, or "empty" feelings
- Suicidal thoughts or attempts

Anxiety symptoms (from WebMD)

- Excessive, ongoing worry and tension
- An unrealistic view of problems
- Restlessness or a feeling of being "edgy"
- Irritability
- Muscle tension
- Headaches
- Sweating
- Difficulty concentrating
- Nausea
- The need to go to the bathroom frequently
- Tiredness
- Trouble falling or staying asleep
- Trembling
- Being easily startled

Mental Health Resources at UGA and Beyond

There is no shame in getting help. Even if you are feeling overwhelmed and stressed, it is beneficial to talk through your feelings with someone.

Counseling and Psychiatric Services (CAPS)

706-542-2273

- first 15 minute appointment is free
- make appointment on the Health Center website
- even if you don't use one of their counselors, they will help you locate a provider in your network
- cheap appointments if you pay health center fee

ASPIRE Clinic 706-542-4486

- Holistic counseling and education services
- Sliding scale payment

Center for Counseling and Personal Evaluation:

Aderhold Counseling 706-542-8508

- Graduate student clinicians
- Sliding scale payment

UGA Psychology Clinic 706-542-1173

- Graduate student clinicians
- Sliding scale payment

Other services in Athens

- Ray of Hope Counseling 678-213-2194
- Advantage Behavioral Systems 706-369-6363

Griffin

- UGA Griffin students can make counseling appointments through a link on this website: <https://www.griffin.uga.edu/current-students/resource>

Tifton

- AR Psychiatric and Counseling Center
- Tiftarea Psychiatric and Counseling Services, LLC
- Crossroads Psychology center
- ABAC Student Counseling Services

For an immediate mental health crisis, call the Georgia Crisis and Access Line: 1-800-715-4225
or the National Suicide Prevention Lifeline: 1-800-273-8255

¹ Evans, T.M., L. Bira, J.B. Gastelum, L.T. Weiss and N.L. Vanderford. 2018. Evidence for a mental health crisis in graduate education. Nature Biotechnology 36: 282. doi:10.1038/nbt.4089

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Self Care

Practice good self care! Good self care practices will help you prevent or combat burnout. What does self care look like?

Self Care Strategies

- Get enough sleep
- Exercise (the Ramsey Center is an excellent resource; use it!)
- Eat healthy food
- Go for a walk in nature
- Take a yoga class (or follow along with a yoga YouTube video!)
- Cook a good meal
- Set aside an evening to watch your favorite TV show
- Have a cup of tea and read a good book
- Call your friends/family back home
- Do anything else that relaxes you!

Setting aside time for yourself may trigger some "grad student guilt." If it does, remind yourself that you will be more productive later if you take care of yourself now.

Athens exercise classes/groups

- UGA Ramsey Center: weight rooms, treadmills, track, pools, climbing wall, fitness and yoga classes. Open to UGA students who pay fees (fitness classes are extra cost).

Yoga

- Ramsey Center
- Rubber Soul Yoga
- Five Points Yoga
- Shakti Power Yoga

Running groups (*free*)

- Fleet Feet: Monday night group runs
- Athens Running Company: Thursday night runs
- Athens Road Runners

Dance

- DanceFX
- UGA Salsa Club (*free beginner*)
- Athens Swing Night

Athens parks (*all free to visit unless marked*)

- Lake Herrick/Intramural Fields
- State Botanical Gardens of Georgia
- Memorial Park/Bear Hollow Zoo
- Sandy Creek Nature Center
- Sandy Creek Park (\$2)
- Greenway Trail
- Trail Creek Park
- Bishop Park
- Ben Burton Park
- Southeast Clarke Park

Griffin exercise classes

Gyms

- Fitness Center in the Stuckey Building
- First United Methodist Church (gym with yoga, zumba, and pilates classes)
- Planet Fitness
- Club Fitness (with yoga and zumba classes)
- Salon Fitness Systems
- Curves

Yoga

- UGA Griffin Campus with Bill Blum (email khayes@uga.edu)
- Intent Yoga
- About Bodies

Soccer

- UGA Griffin Campus – front of Redding Building – Mondays and Thursdays 12-1pm

Tifton exercise classes

- YMCA
- Planet Fitness
- ABAC
- Online Yoga Classes (YogiApproved)

Tifton parks

- Fulwood Park
- Paradise Public Fishing Area (there are hiking trails here!)
- Alapaha River WMA (hiking trails here too!)