



**MENTAL  
HEALTH  
SPOTLIGHT**

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# CAPS Services

- Crisis Resources:
  - CAPS 24/7 crisis line: 517-355-8270 then press “1” when prompted to speak with a counselor
  - National Suicide Prevention Lifeline: 1-800-273-TALK
  - Trevor Lifeline: 1-866-488-7386
- Virtual care kit and resources
- CAPS Connect
- Referral services
- Group Therapy
- Individual therapy
- Psychiatric assessment and treatment
- To access any of these or learn more, visit our website: <https://caps.msu.edu>



# Navigating the last month of the semester...

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1. Make a List: when things are overwhelming you need to know where to begin. How important is it? When is it due? How difficult will it be to complete?
2. Create a study schedule that is readily visible.
3. Try to do the most difficult work first. It always pays off to get the hardest things out of the way – or at least start working on them early.
4. Organize your study space/switch your study space
5. Cycle Your Studying: When we do one thing for too long, it can start to seem less important, or more confusing, or really boring. Set a timer for 30 minutes and review some notes. Then switch to a different task-collecting sources for a paper.

# Navigating the last month of the semester...

6. Take intentional breaks: Move your body, stretch, have a snack, spend time outside, meditate, breathe, listen to music, talk to a friend, watch something that makes you laugh

7. Self care: exams/papers/projects can seem like the only thing in the world that matters, but they don't matter as much as your health and wellbeing.. Sleep, nourishment and hydration are essential!

# Setting an Intention for the day, the week or the rest of the semester



GOALS CAN BE REALLY USEFUL BECAUSE THEY ARE CONCRETE AND FUTURE FOCUSED, HELP US CHANGE OUR BEHAVIORS. BUT THEY ALSO FOCUS US ON WHAT WE DON'T HAVE AND TAKE US OUT OF THE PRESENT.



SETTING INTENTIONS CAN SOMETIMES GIVE US THE WHY. INTENTIONS ARE IN THE MOMENT, THEY ARE ALREADY WITHIN US, WE JUST HAVE TO TAP IN AND LISTEN.



INTENTIONS CAN GROUND US, GIVE US ROOTS, EMPOWER US AND HELP US STAY MOTIVATED.



INTENTIONS CAN INFORM OUR GOALS AND MAKE THEM MORE POSSIBLE TO ACHIEVE.

## Setting an intention for the day, the week or the rest of the semester...

- What matters most to you?
- What would you like to build, create, or nurture in your life?
- What would you like to let go of?
- Who would you like to forgive in your life?
- How do you feel when you are your happiest self?
- What makes you proud?
- What fears would you like to release?
- What are you grateful for?
- What do you value?
- Give yourself a few minutes per question to be honest with your answer. Remember that this exercise is for **YOU**.
- Your intentions are ultimately commitments to yourself.

