

# Health & Wellness for College Students

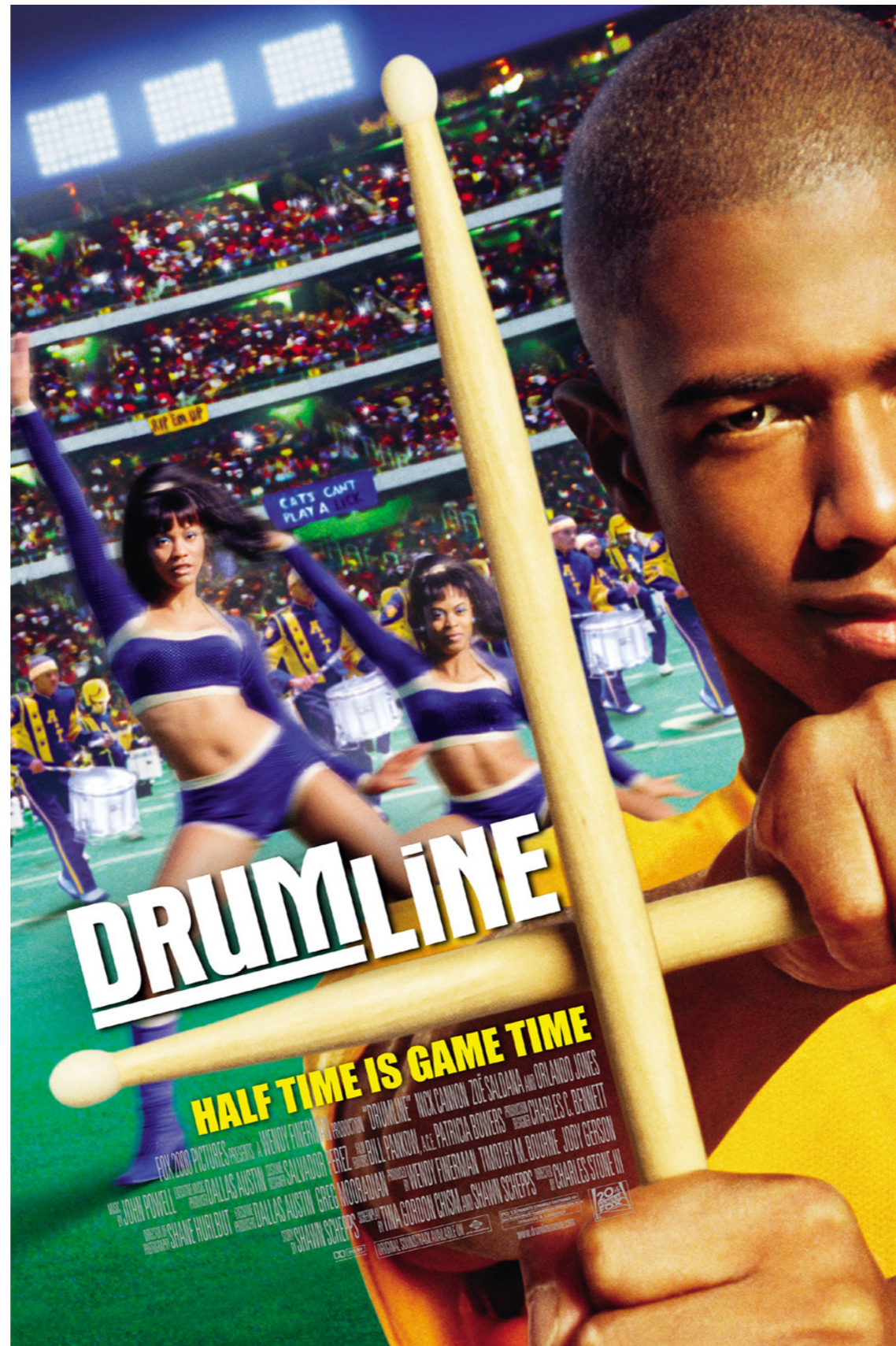


**Dr. Brad Meyer**

**Stephen F. Austin State University  
Associate Professor of Percussion  
and**

**Chair of the Percussive Arts Society's Health & Wellness Committee**

# STORY TIME



# WHAT WE WILL DISCUSS



**Mental H&W Statistics**

**Warning Signs**

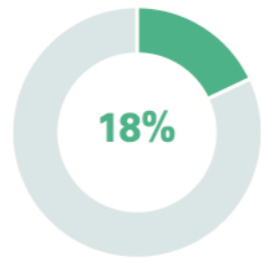
**Tips for Improving  
Mental and Physical H&W**

# STATISTICS

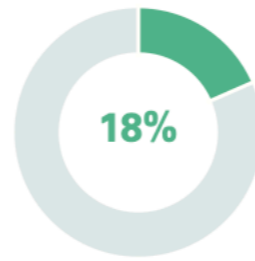
## “The Healthy Minds Study”

Estimated values of selected measures	Percentage of students
Major depression (positive PHQ-9 screen)	18%
Depression overall, including major and moderate (positive PHQ-9 screen)	36%
Elevated level of depression (positive CCAPS-34 screen)	28%
Anxiety disorder (positive GAD-7 screen)	31%
Elevated level of generalized anxiety (positive CCAPS-34 screen)	31%
Eating disorder (positive SCOFF screen)	10%
Elevated level of eating concerns (positive CCAPS-34 screen)	34%
Non-suicidal self-injury (past year)	24%
Suicidal ideation (past year)	14%
Lifetime diagnoses of mental disorders	37%
Psychiatric medication (past year)	24%
Mental health therapy/counseling (past year)	30%
Any mental health therapy/counseling and/or psychiatric medication among students with positive depression or anxiety screens (past year)	56%
Personal stigma: agrees with "I would think less of someone who has received mental health treatment."	6%
Perceived public stigma: agrees with "Most people would think less of someone who has received mental health treatment."	47%

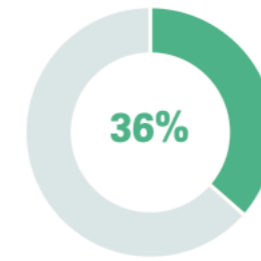
Severe depression



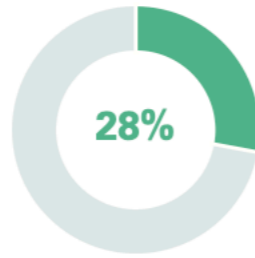
Moderate depression



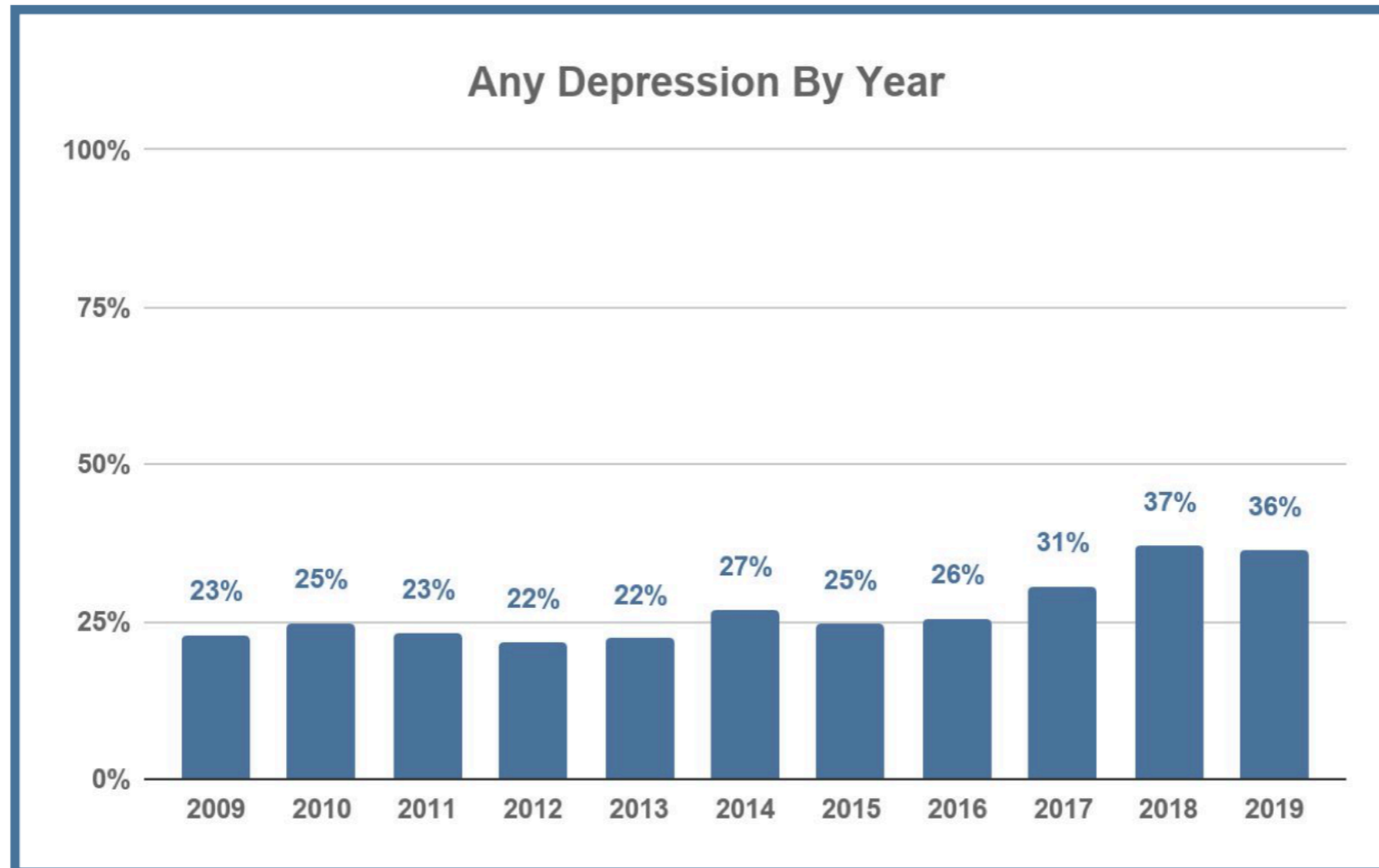
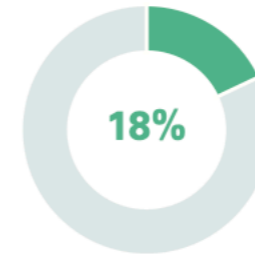
Any depression



Elevated level of depression



Mild level of depression

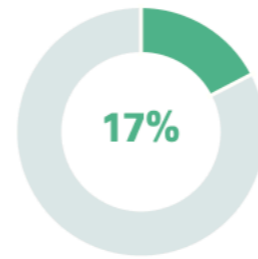


<https://www.jedfoundation.org/wp-content/uploads/2020/09/CollegeStudentMentalHealthActionToolkit.pdf>

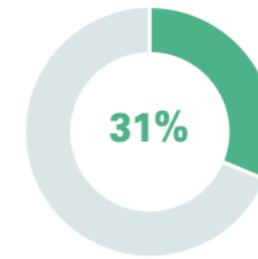
Severe anxiety



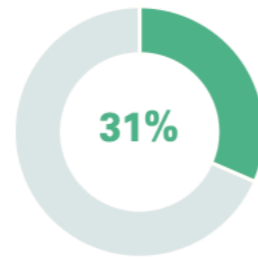
Moderate anxiety



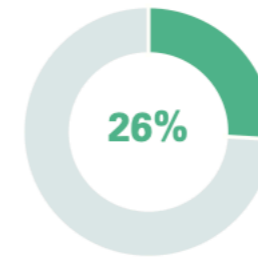
Any anxiety



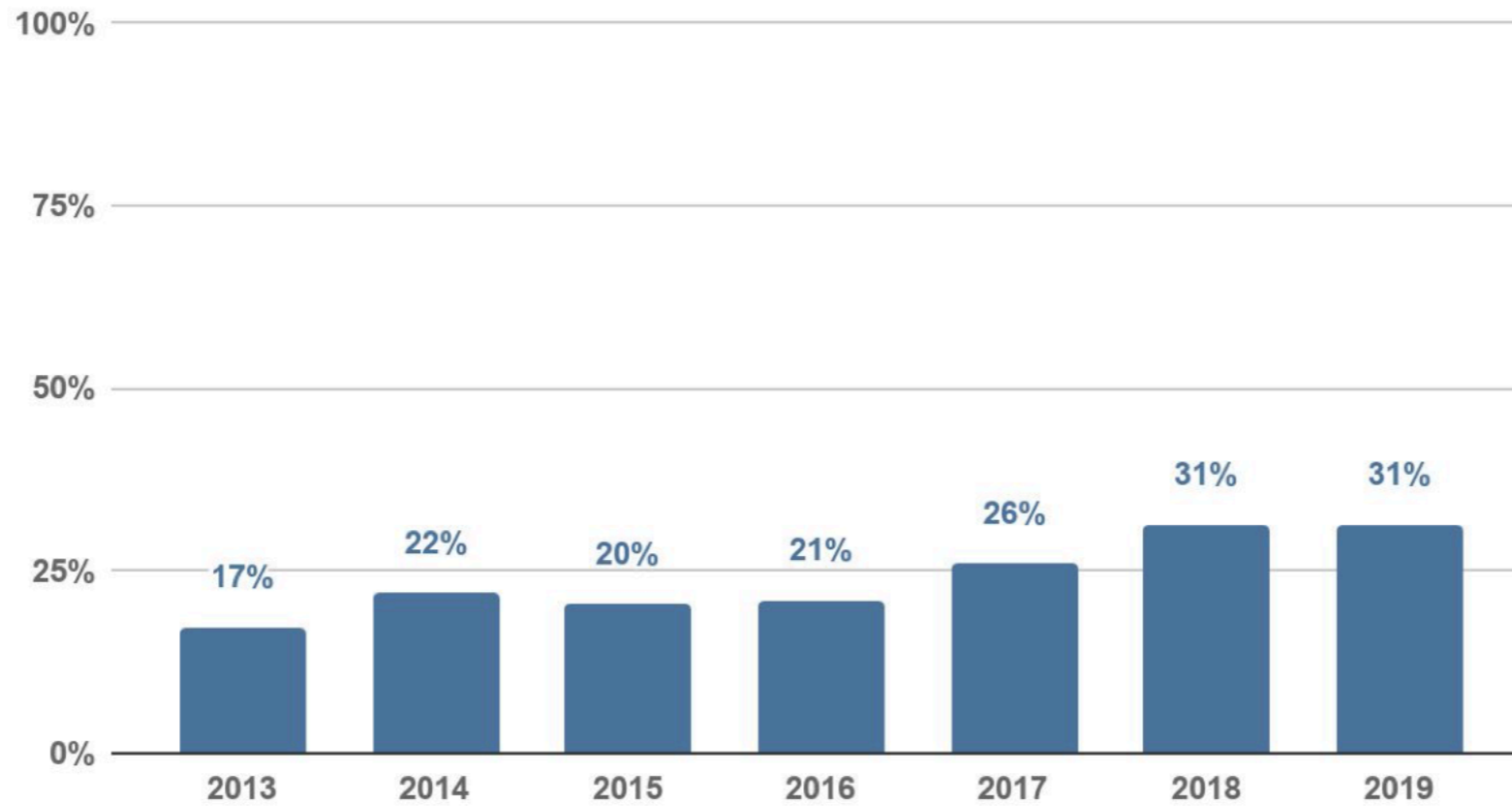
Elevated level of anxiety



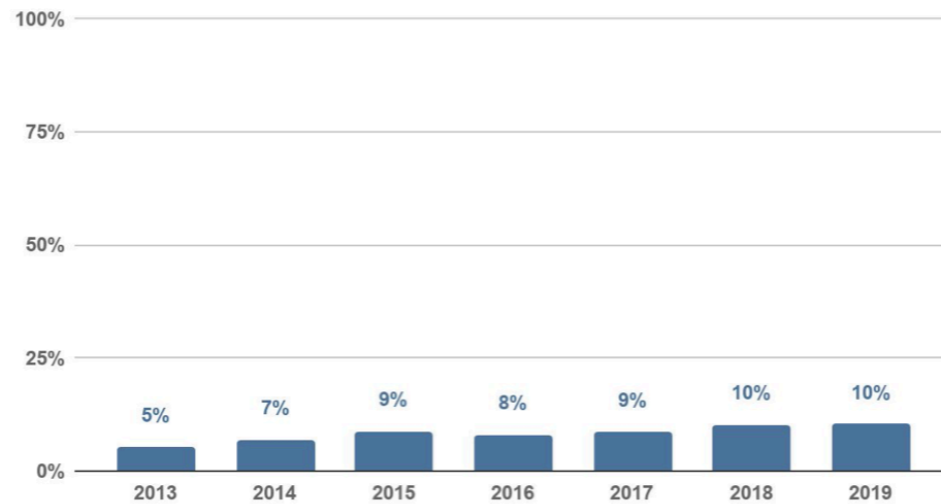
Mild level of anxiety



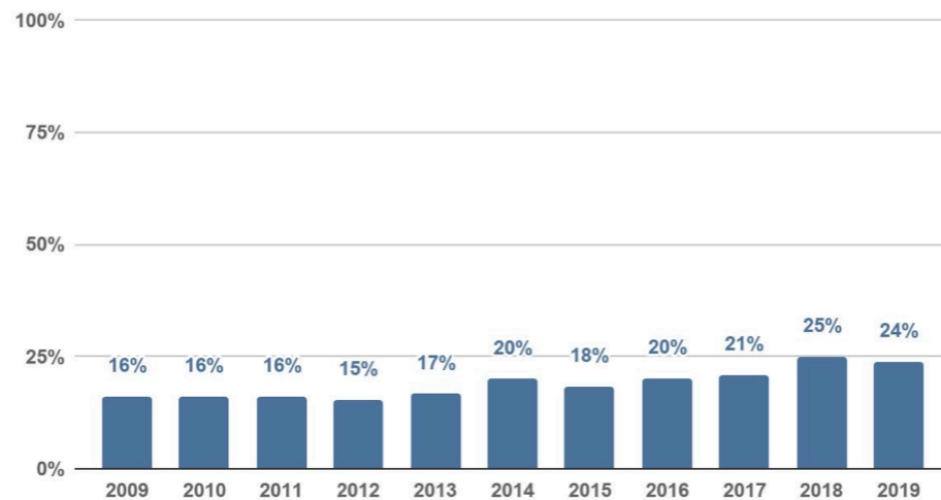
### Moderate or Severe Anxiety By Year



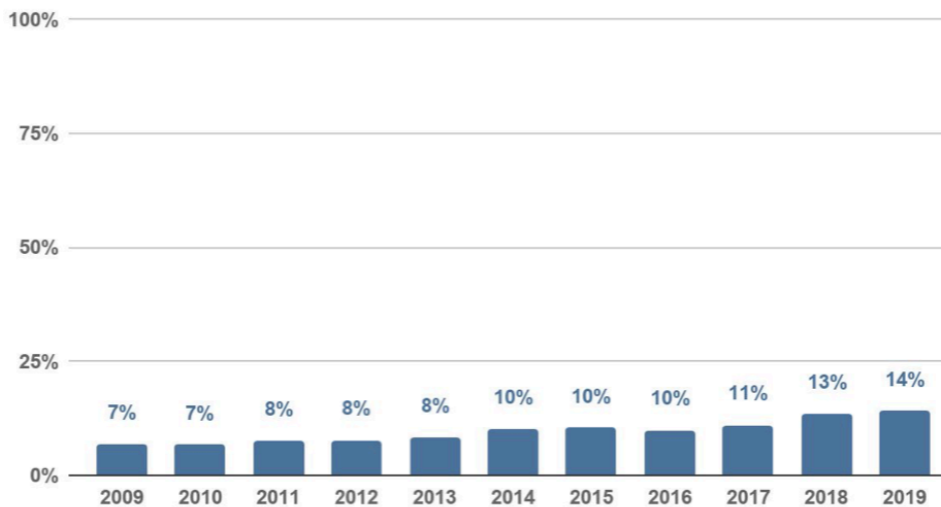
### Positive Screen For Eating Disorder by Year



### Non-Suicidal Self Injury (Past Year) by Year



### Suicidal Ideation (Past Year) by Year



# PHYSICAL WARNING SIGNS

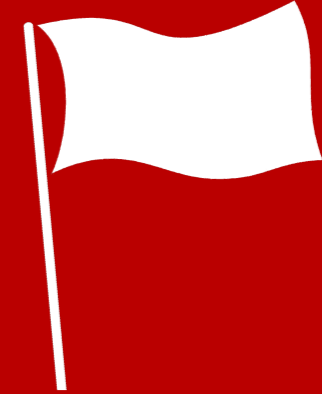
- **Not eating, throwing up, significant weight loss/gain, over-eating or avoiding food**
- **Constantly feeling exhausted despite getting sleep or not sleeping well at all**
- **Not noticing pain/tension in the body from working or thinking about work constantly**
- **Experiencing frequent headaches or dizzy spells**
- **Getting sick more often with head colds, stomach flu, etc.**





# MENTAL/EMOTIONAL WARNING SIGNS

## Red Flags



- **Difficulty in concentrating or staying still**
- **Careless mistakes they normally wouldn't make**
- **Lashing out at others due to pressure and frustration**
- **Lacking opinions or ideas during classroom discussions or group projects**
- **Losing confidence, motivation, and otherwise feeling incapable to keep deadlines**
- **Intense worries or fears**
- **Sensitive about small issues with others**
- **Not being able to concentrate on leisure activities like reading or watching a film**
- **Constantly feeling bored or uninterested in matters you used to enjoy**

# GENERAL TIPS ON REDUCING/ PREVENTING STUDENT H&W ISSUES

## The “Big 3”

**Eat**

**Sleep**

**Exercise**



# EATING HEALTHY

## REFLECT

- 1) **Make a food diary**
  - collect data
  
- 2) **Highlight the habits**
  - Eating too fast
  - Always cleaning your plate
  - Eating when not hungry
  - Eating while standing up
  - Always eating a dessert
  - Skipping meals
  
- 3) **Create a list of triggers for non-hunger eating**  
***\*environmental/emotional/social***
  - Opening up the cabinet and seeing your favorite snack food.
  - Sitting at home watching television.
  - Coming home after school and having no idea what's for dinner.
  - Having someone offer you a dish they made "just for you!"
  - Walking past a candy dish on the counter.
  - Sitting in the commons area near vending machines.
  - Swinging through your favorite drive-through every morning.
  - Feeling bored or tired and thinking food might offer a pick-me-up.
  
- 4) **Avoid triggers for non-desired eating habits**

## My Food Diary

Date: \_\_\_\_\_

Monday		Tuesday	
Breakfast		Breakfast	
Snack		Snack	
Lunch		Lunch	
Snack		Snack	
Dinner		Dinner	
Snack		Snack	

Wednesday		Thursday	
Breakfast		Breakfast	
Snack		Snack	
Lunch		Lunch	
Snack		Snack	
Dinner		Dinner	
Snack		Snack	

Friday		Saturday	
Breakfast		Breakfast	
Snack		Snack	
Lunch		Lunch	
Snack		Snack	
Dinner		Dinner	
Snack		Snack	

Sunday	
Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Snack	

Notes:	

Learn more at [https://www.cdc.gov/healthyweight/losing\\_weight/eating\\_habits.html](https://www.cdc.gov/healthyweight/losing_weight/eating_habits.html)



[https://www.cdc.gov/healthyweight/losing\\_weight/eating\\_habits.html](https://www.cdc.gov/healthyweight/losing_weight/eating_habits.html)

## REPLACE

- 1) Replace unhealthy habits with new, healthy ones
- 2) Eat more slowly
- 3) Eat only when you're hungry
  - not when you're tired, anxious, stressed, etc.
- 4) Plan meals (“meal prepping”)



## REINFORCE

**Habits take time to develop. It doesn't happen overnight. When you do find yourself engaging in an unhealthy habit, stop as quickly as possible and ask yourself: Why do I do this? When did I start doing this? What changes do I need to make? Be careful not to berate yourself or think that one mistake “blows” a whole day's worth of healthy habits. You can do it! It just takes one day at a time!**

# SLEEPING ROUTINE



## CREATE A SLEEP-INDUCING BEDROOM

- High-Quality Mattress/Pillow/Bedding
- Avoid Light Disruption (blackout curtains, sleep masks, tv off)
- Cultivate Peace and Quiet (white noise generator, turn off notifications, ear plugs)
- Temperature (research: cooler than 65 degrees)
- Pleasant Aromas (lavender)

## OPTIMIZING YOUR SLEEP SCHEDULE

- Set a Fixed Wake-Up Time (even on weekends and other “days off”)
- Budget Time for Sleep (usually 7-8 hrs, use an app like “Sleep/Awake Timer”)
- Be Careful with Naps (avoid if possible, if needed - after lunchtime for 20 min.)
- Adjust Your Sleep Schedule Gradually (1 hour difference at most)

## CRAFTING A PRE-BED ROUTINE

- Set an Alarm (signals the beginning of your routine so you don't miss it)
- Wind Down for at Least 30 Min.
- Lower the Lights (helps body promote melatonin production)
- Disconnect from Devices (devices keep the brain “wired” and blue light suppress melatonin production)



## **FOSTERING PRO-SLEEP HABITS DURING THE DAY**

- **See the Light of Day** (open windows, get outside, go for walks, experience the sun)
- **Find Time to Move** (exercise, walk, etc.)
- **Monitor Your Caffeine Intake** (avoid caffeine, especially after 12pm)
- **Be Mindful of Alcohol** (lowers sleep quality)
- **Don't Eat Too Late** (can cause sleep disruptions and discomfort)
- **Don't Smoke** (smoking causes a wide range of sleep problems)
- **Reserve Your Bed for Sleep** (avoid social-media scrolling, working/studying, gaming)

## **IF YOU CAN'T FALL ASLEEP**

- **Try Relaxation Techniques** (controlled breathing, mindfulness meditation, progressive muscle relaxation, guided imagery, etc.)
- **Don't Stew in Bed** (after 20 min., get up and do something relaxing in low light)
- **Experiment with Different Methods** (everyone is unique)
- **Keep a Sleep Diary** (helps you observe and notice good/bad sleep habits/experiences)
- **Talk with a Doctor** (seek professional/medical advice if you have long-term, persistent problems )

# EXERCISE REGULARLY



- 1) Give It a Month (it takes about four weeks to create a habit)**
- 2) Try Temptation Bundling (“Netflix & Treadmill” -> watch a series only while exercising)**
- 3) Set Goals - But Don’t Let them Trap You (start small, usually time oriented in the beginning -> later, add in distance/speed/weight/reps/etc.)**
- 4) Let Flexibility be Your Friend (You can work out on different days at different times, scheduling flexibility helps decrease stress about working out)**
- 5) Make it Social (use social media to celebrate your create encouragement)**
- 6) Put Some Money on the Line (very small bet with friend/family/[stickk.com](https://www.stickk.com) can be a great motivator for some people)**

# **START SMALL AND WITH ONE THING AT A TIME**

**Start with one small change in one of the areas.**

**Becoming healthier (mentally, physically, emotionally, spiritually, etc.) is a life-long process.**

**Involve others in your journey in a positive way:**

- Workout buddy**
- Positive family members for accountability**
- Game-ify your progress (if that helps you) -> SweatCoin app**

**Set-up an initial consultation at your university's Counseling Center:**

- Counseling Center office in Old Main 109A or call 299.3514**

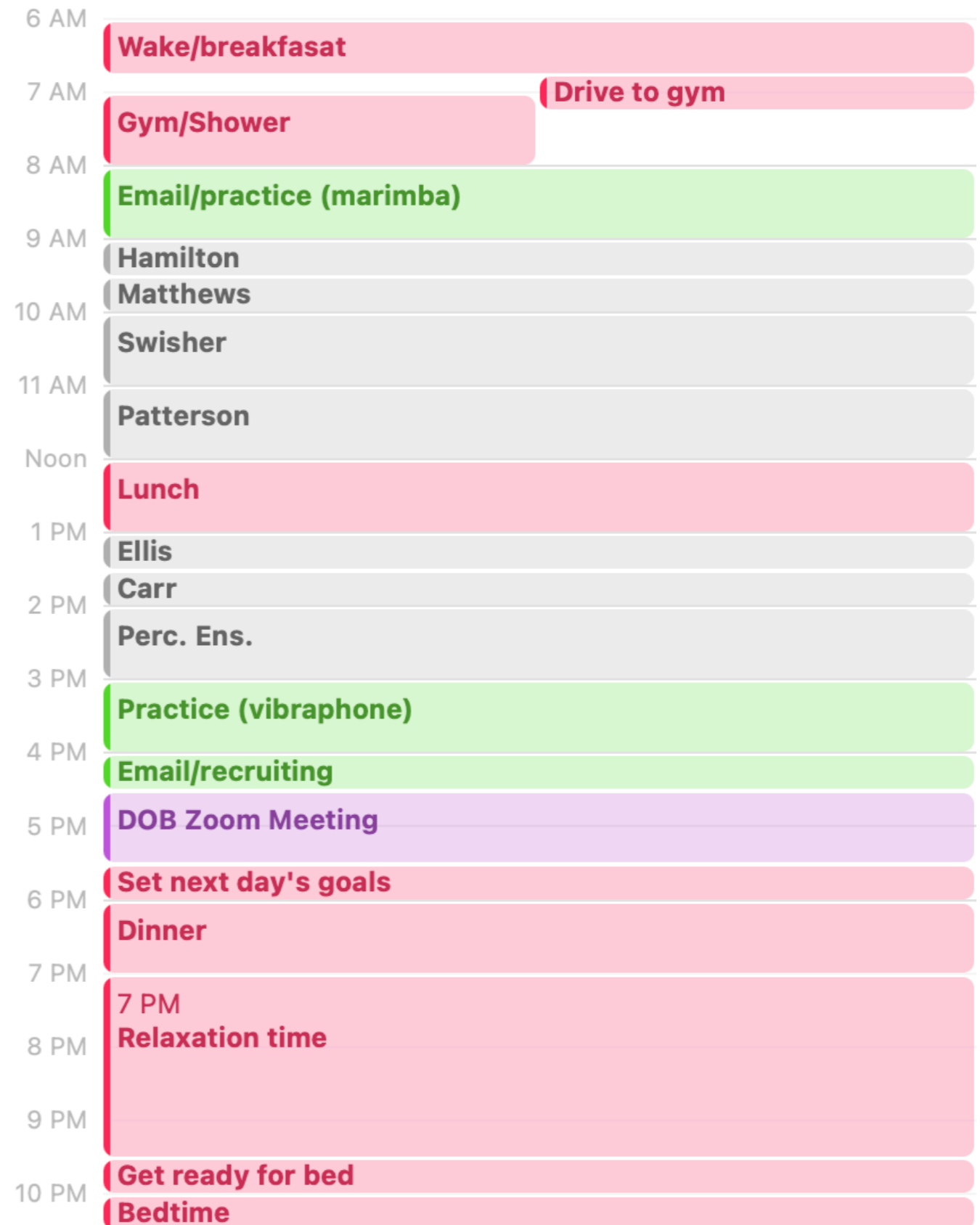




# SPECIFIC TIPS ON REDUCING/ PREVENTING H&W ISSUES

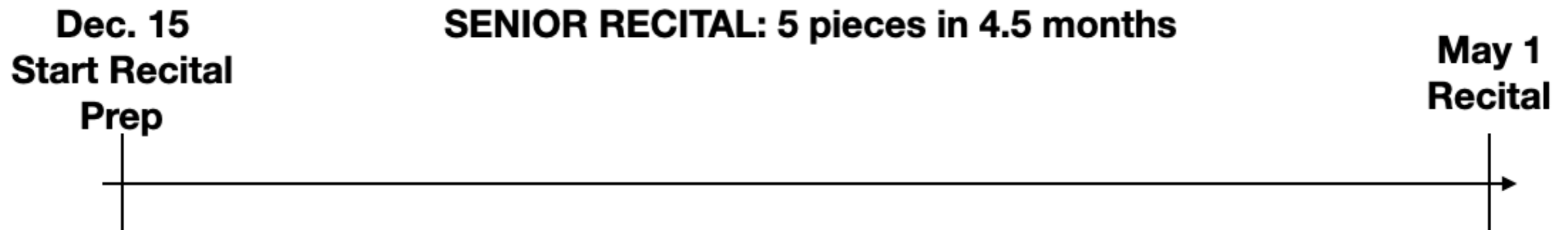
## Time Management and Organization

- Write down **EVERYTHING**
- Color coordinate
- Include break/free time
- Set alarms 5-10 min. before events
- Do this for weekends/breaks as well

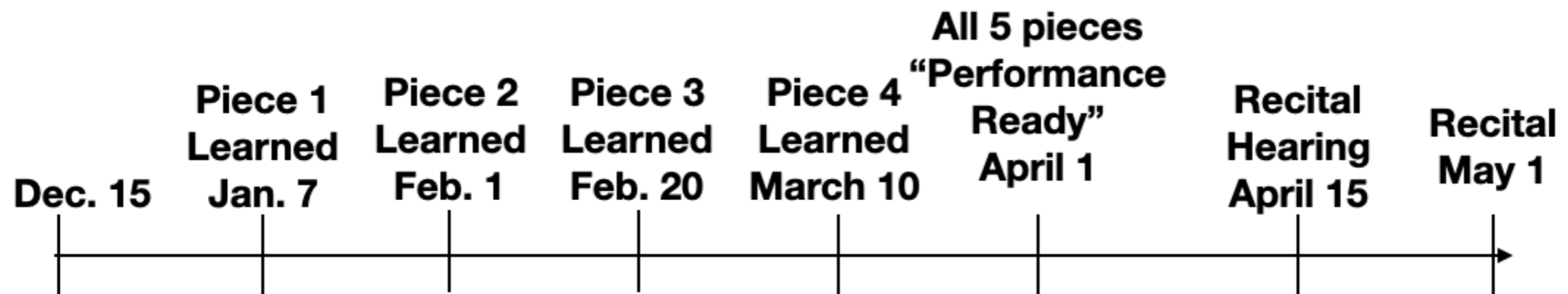
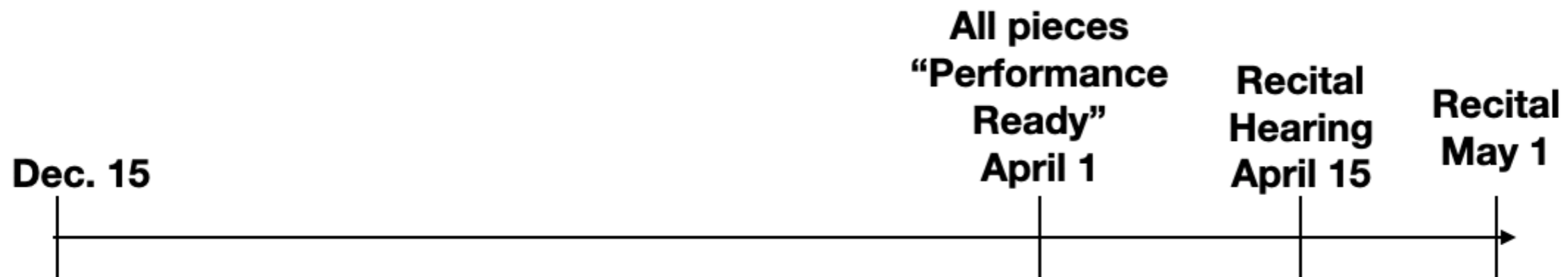


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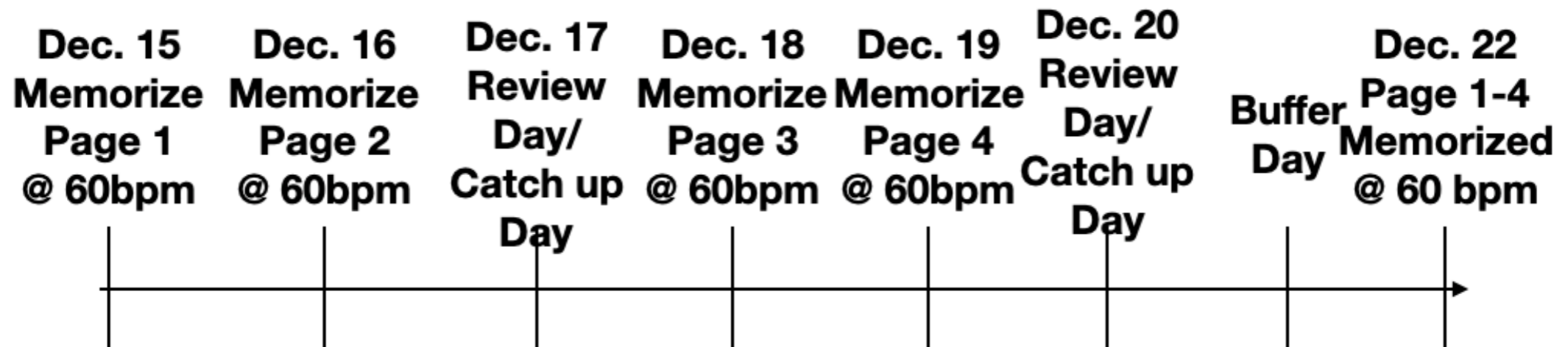
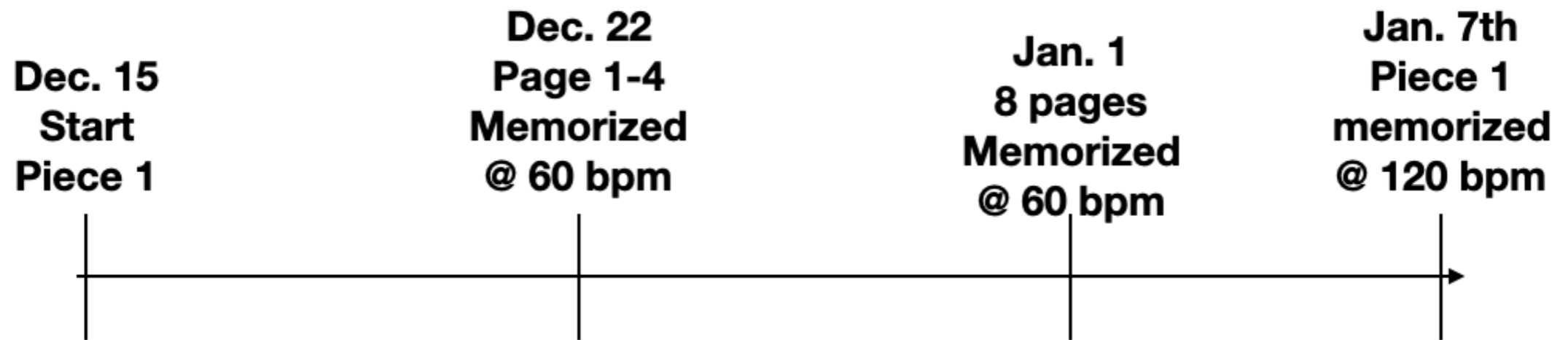
Breaking Down Responsibilities/Set Reasonable Goals and Stick to Them  
- long-term, medium, and then short



# SENIOR RECITAL: 5 pieces in 4.5 months



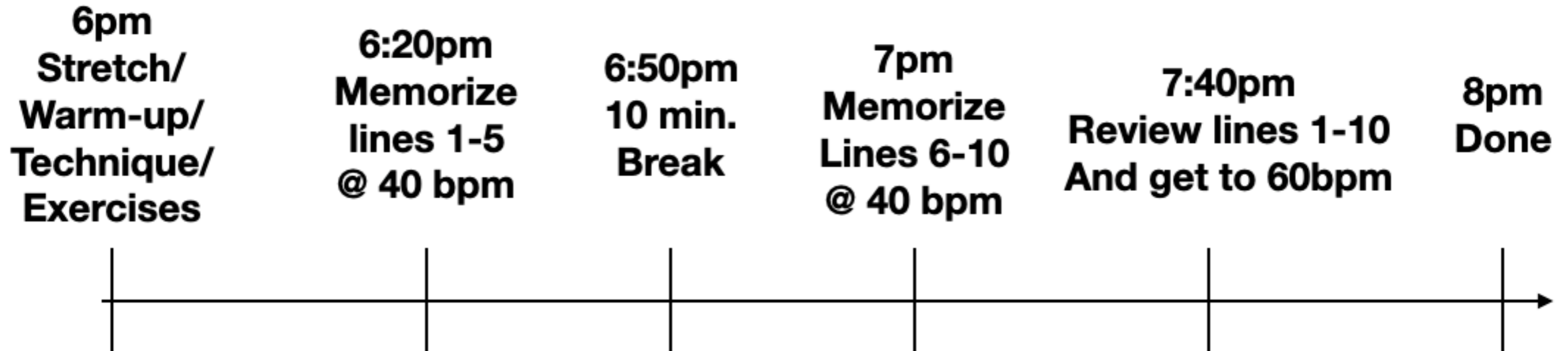
**SENIOR RECITAL: 1st piece breakdown**  
**8 page marimba solo**  
**120 bpm**



# SENIOR RECITAL: 1st Day Breakdown

Dec. 15th

Goal: 1st page (10 lines of music) memorized @ 60 bpm  
2 hour practice session



# **SPECIFIC TIPS ON REDUCING/ PREVENTING H&W ISSUES**

**“Go Dark” with Social-Media Shutdown**



# **“When Music Goes Up in Flames: The Impact of Advising on Music Major Burnout”**

*by Marilee L. Teasley and Erin M. Buchanan*

## **ADVISING:**

- **Quality academic advising = retention**
- **Concerned about well-being & progress = retention**

## **STUDENTS:**

- **Most students: self-esteem linked to performance**
  - **focus on progress; not end-result**
- **Practice rooms can lead to exhaustion, isolation, and loneliness**
- **Practicing can be seen as an unfriendly activity -> competitive/exhausting environment = anxiety, stress, and mental health issues**

## **MISC.:**

- **Professional stressors: lack of progress, job insecurity, and balance between musical/personal life**
- **Other stressors: financial problems, strained relationships, and family emergencies**

# BE AN EFFECTIVE LISTENER FOR OTHERS

- Face the speaker; maintain eye contact
- Be attentive, but relaxed
- Keep an open mind
- Listen and try to picture what the speaker is saying
- Don't interrupt; don't impose "solutions"
- Wait for speaker to pause to ask clarifying questions
- Ask questions only to ensure understanding
- Try to feel what the speaker is feeling
- Give regular feedback
- Pay attention to non-verbal cues





# OTHER H&W SUGGESTIONS

## - Problem solving issues:

- Discuss/plan simple ideas on how to solve problems: ask questions to peers/teacher/Siri, Google, YouTube tutorials, etc.

## - Financial issues:

- Make a budget: learn about spending/saving habits, notice the different between “needs” vs. “wants, etc.
- Learn about what things are: credit cards vs. debt cards, checking, saving, credit scores, mortgages, loans/car loans, etc.
- Learn discuss retirement options: Roth IRA vs Traditional IRA, what companies can they use



*Other financial resources: Dave Ramsey, ChooseFI, books: Simple Path to Wealth, The Bogleheads' Guide to Investing, A Random Walk Down Wall Street, Your Money or Your Life, etc.*

# Dr. Meyer's Recommendations

## Grounding and Mindfulness Techniques:

- Sleep Meditation
- 30-minute Mindfulness Body Scan
- 5-4-3-2-1 Grounding Technique
  - 5 things you can see
  - 4 things you can feel
  - 3 things you can hear
  - 2 things you can smell
  - 1 thing you can taste
- 5-minute Mindfulness Meditation/Body Scan before practicing:



**Any questions?**



# RESOURCES/LINKS

## **National Alliance on Mental Illness**

[www.nami.org](http://www.nami.org)

## **5-minute Mindfulness Body Scan**

<https://youtu.be/dBNc5dQh8zQ>

## **30-minute Mindfulness Body Scan**

<https://youtu.be/6d0cq7YQmMY>

## **Sleep Meditation**

[https://youtu.be/L12\\_GAi2UQ0](https://youtu.be/L12_GAi2UQ0)

## **Stanford University “Counseling Students Overview”**

<https://teachingcommons.stanford.edu/resources/teaching-resources/interacting-students/counseling-students>

## **www.Brad-Meyer.com/documents/**

“Ten Guidelines for First-Year Ensemble Directors”

“Financial Advice for Young Percussionists”

“9 Ways to Reduce Burnout”

“Using Yoga to Help Prevent Percussion Injuries”

## **“Laziness Does Not Exit, But Unseen Barriers Do” by Devon Price:**

[https://medium.com/@devonprice/laziness-does-not-exist-3af27e312d01?](https://medium.com/@devonprice/laziness-does-not-exist-3af27e312d01?fbclid=IwAR0YuRd6KhilpAmoQfQ_Dyv2Vsq585Njvp4pVvqhY2Zyr6hqYNjoA5AKJrE)

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