

Waiting for Your Appointment

Sometimes when a person is stressed or upset, it can feel difficult to wait for your appointment time. Here are some things you can do to manage during those times until a stressor passes, or until you can speak with your counselor. You may find some or all of the following hints to be helpful in a time of stress:

- Exercise can help improve your mood. Start with light (even just a few minutes) or moderate exercise, and work up to approximately 30 minutes per day.
- Good nutrition will help build your strength for coping with difficult problems. Don't skip meals and try to make nutritious food selections.
- Avoid alcohol and other drugs during times of distress. While these can give a sense of temporary relief, they can also cause a decline in mood, a decrease in sleep quality, and/or intensify other symptoms.
- Call or visit a friend, loved-one, or RA. Seek out positive people who will listen without judging or giving unwanted advice.
- Sleep – if you're getting too little (less than approximately 6 hours) or too much (approximately more than 9 hours) sleep, this can increase stress, sadness, or even exacerbate headaches.
- Plan at least one pleasurable activity into every day. Engage in activities which renew or inspire your heart, mind, and body.
- Try meditation, a relaxation exercise, or yoga. One example of a relaxation exercise is 10 minutes of slow, deep, diaphragmatic breathing.
- If faith is important to you, prayer and service attendance can also lift the spirits.
- Spend time in nature and seek out beauty. Find ways to accept yourself and forgive mistakes in your life.
- Time management – rushing around can increase stress. Try getting a planner. Remember to make it realistic and balanced; this means planning for fun and down-time as well as work!
- Keep to a routine of getting up, getting dressed, going to classes, etc., even if you don't always feel like it. Sometimes just doing the routine can help you to feel better.
- Laugh! Watch a funny movie or TV show. Laughter can cause a chain reaction that lifts mood.