







THE UFS STUDENT TOOLKIT

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STUDENT COUNSELLING AND
DEVELOPMENT (SCD)

UFS STUDENT TOOLKIT

A GUIDE TO THRIVING AT UNIVERSITY

COMPILED BY
UFS STUDENT COUNSELLING & DEVELOPMENT
(SCD)



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Introduction

“*An overcomer is one who refuses to sink in defeat in the midst of trying circumstances, but determines instead to persist in the thoughts and behaviours that will lead to a desirable outcome.*

I Carter & F Minirth

”

Hi there!

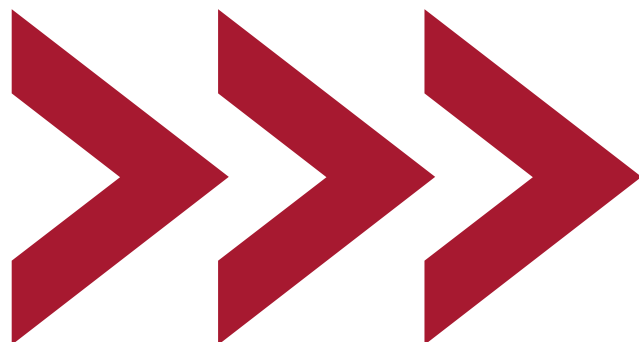
If there is one truth in this world, it is that life isn't always easy. But another truth is that this doesn't mean you can't learn to deal with the difficult times. Life will never stop presenting challenges and that is exactly why it is essential for you to acquire life skills to deal with them. This toolkit is meant to assist you with those challenges you face in your personal life and during your studies at the University of the Free State.

Some topics may seem more relevant to you than others, but we at Student Counselling & Development hope that you will find some useful tips to help you along the way. We cover the most commonly experienced challenges that most students struggle with. Obviously there might be some challenges you may not find in this toolkit, so you are always welcome to schedule a free appointment at our offices if this is the case.

We have included many activities in this toolkit for you to try. These are useful, as they are designed to teach you a very important skill or method in dealing with your specific challenge.

We wish you lots of good luck with your studies and hope you will find some hope within these pages!

Warm regards
Lize van den Bergh
Counselling Psychologist
Student Counselling & Development (SCD)



Contents

Click on the
headings to
fast-travel to it!



Introduction



How to use



Course
Uncertainty



Time
Management



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Overwhelmed



Stress
Management



Mindfulness



Self-Esteem



Relationships



Assertiveness



Parents



Sexual
Orientation



Painful
Thoughts



Grief



Painful Past



Suicidal Thoughts



Still lost?



Feedback



References /
Resources

How to use this toolkit



How to use this toolkit

1 Start by **assessing** which areas (academic or personal) you may need assistance in.

2 Go to that specific **section/article** in the toolkit by clicking on the heading on the contents page.

3 Read through the information and **DO** the practical exercises. Remember this is a **WORKBOOK**. The activities have been designed to help you conquer the specific challenge.

4 Visit the **resources** page(s) for extra guidelines and support.

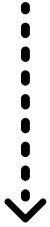
5 If you are still stuck or need support with a challenge that is not included in this toolkit, schedule an appointment at **UFS Student Counselling & Development**.

A woman with dark, curly hair is shown from the chest up, looking upwards and to the right with a thoughtful expression. Her hands are resting on her cheeks. The background is a light, textured surface. Overlaid on the image are several hand-drawn black outlines of question marks of various sizes. A prominent yellow lightbulb with a black outline and radiating lines is positioned in the upper right quadrant, symbolizing an idea or insight.

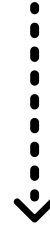
Assessing my
current needs

Academic CHALLENGES

Your challenge



Refer to these sections



Uncertainty
regarding course



Course uncertainty

Procrastination /
Time Management



Time Management

Study methods /
Test and exam
anxiety



Study Skills



Personal CHALLENGES

Your challenge



Refer to these sections



Stress



Overwhelmed
Stress Management
Mindfulness

Conflict /
Assertiveness



Assertiveness
Parents

Negative /
Difficult emotions



Overwhelmed
Stress Management
Mindfulness
Self~Esteem
Painful Thoughts
Painful Past
Suicidal Thoughts

Losing a loved one



Grief

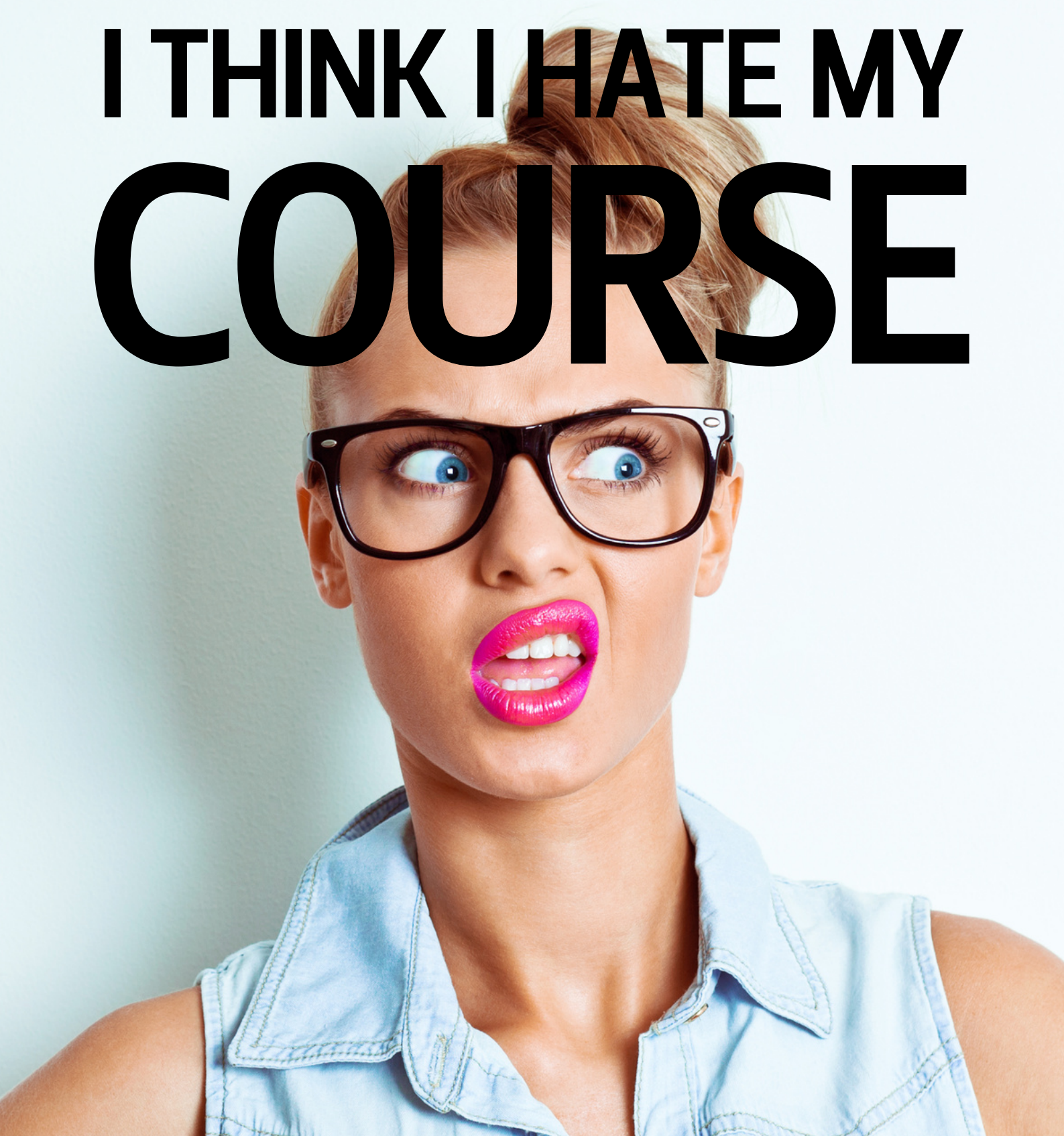
Romantic
relationships







Relationships
Sexual Orientation



I THINK I HATE MY COURSE



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I THINK I HATE MY COURSE

Lize van den Bergh

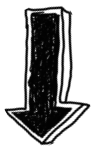
Many students feel confused with regards to their studies at some or other time during their course.

It is important to figure out WHY you don't like it or have lost motivation so you can find the most appropriate solution.



What is the main reason I "hate" my course?

I chose this degree for the wrong reason(s)



Career counselling and some self-exploration might help in this regard. Choosing a degree solely based on money, status or others' wishes is not helpful in the long term.

I am experiencing a lot of stress



It is important for you to find ways to manage your stress. Feeling anxious can influence our feelings regarding our studies in a negative manner.

I think I am burnt-out / tired



Many students forget to find balance in their lives. Make time for yourself and find social support during difficult times. Take a well-deserved break!

I am struggling academically



Often it is not the course, but your study skills that are lacking. This might lead you to feel discouraged. As soon as you have acquired some new skills, you will be right back on track.

SO WHAT NOW?



If you have figured out what your specific REASON for disliking your course is, the next step is to DO something about it.

Here are some guidelines:

What is the main reason I "hate" my course?

I chose this degree for the wrong reason(s)



UFS Student Counselling & Development can help you with career counselling to figure out which degree would suit you the best.

I am experiencing a lot of stress



Refer to the sections on stress in this toolkit. You can also schedule an appointment at UFS Student Counselling & Development or attend one of our workshops.

I think I am burnt-out / tired



Refer to the sections on study skills or time management in this Toolkit. You can also schedule an appointment at UFS Student Counselling & Development or attend one of our workshops.

I am struggling academically





RESOURCES



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WEBSITES

www.onlinecareerguidance.co.za

www.sastudy.co.za

www.sacap.edu.za

www.gostudy.net

www.postmatric.co.za

APPS

Tshedza App or visit <http://tshedzaapp.co.za>

SORTED: Career Guidance app





BOOKS

"Career Focus: A Personal Job Search Guide"
by Helene Martucci Lamarre & Karen McClughan



WHERE IS MY TIME GOING?

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WHERE IS MY TIME GOING?

Lize van den Bergh

Often, people feel like they don't have any time at all to study or finish assignments. It is thus vital to:

- 1 figure out exactly how much time you do have, and then to
- 2 use that time effectively. If you do not know how much time you have in a day/week/month to study, how would you even try to manage it?
- 3 Another important step is to set goals and to reward yourself for achieving them.



REWARDS
HELP KEEP
US
MOTIVATED
DURING
DIFFICULT
TIMES.

Calculate the time you have available in a week. Remember that this is an approximate value; you might have underestimated or overestimated the time it takes to do certain activities. A good idea is to track your activities for a week and then re-calculate.

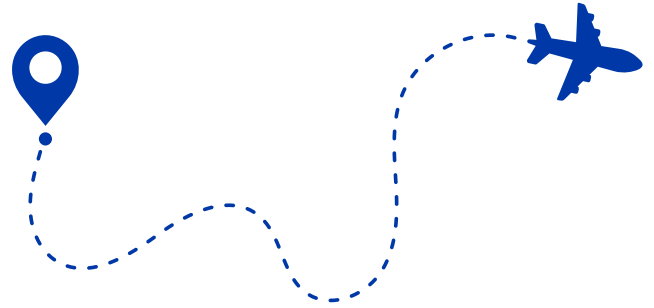
Using a master weekly schedule, plot all your fixed activities into your schedule so that you can visualise where your “study time” is. It might be helpful to colour-code your activities. For example, all your studying time can be in blue, class times in red and socialising in green, etc. Our brains love working with colours and pictures, so use this to your advantage.

STEP 1

STEP 2

*THE BAD NEWS IS,
TIME FLIES
THE GOOD NEWS IS,
YOU ARE THE PILOT.*

Michael Altahuler



STEP ③

Setting goals and rewards for yourself is another important step in time management. Setting goals helps you determine how to divide the time you have available. For example, Person A wants to improve her marks from 50% to 70% while Person B is very happy with his 50% average. Person A should probably be spending more time studying if she wants to improve her marks. This brings out another important factor in setting goals, which is setting SMART goals.

Specific
Measurable
Achievable
Relevant
Time-bound



Where does the time go?

Number of hours of **sleep** each night

X **7** =

Number of hours of **grooming** per day

X **7** =

Number of hours for **meals/snacks** per day

X **7** =

Travel time to and from campus (time X days)

X =

Number of hours per week for **regular activities**

X =

Number of hours of **class** per week

X =

Number of hours of **work** per week

X =

Number of hours per day **socialising**

X **7** =

Number of hours of **TV, laptop, social media**, etc.

X **7** =

Other

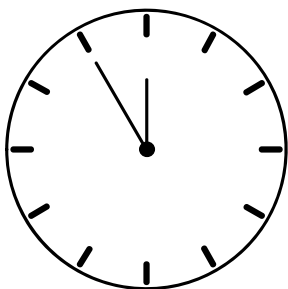
X =

Your total (add all of the above)

=

.....

Now you can calculate how many hours you have left:



168 (hours in a week)



(minus)

(Your total)

.....

Estimated time
left to study
per week

=

Now you can
manage this time
more effectively!



SMART Goal setting



What do you want to achieve?

Make it **SPECIFIC**

How will you
MEASURE your goal?

Is it **ACHIEVABLE**?

YES ☐ NO ☐

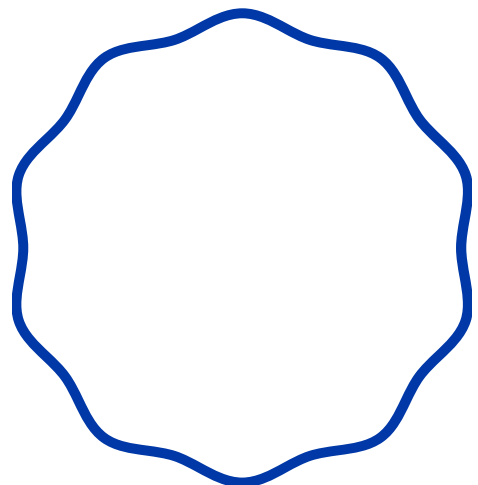
Is it **RELEVANT** to you?

YES ☐ NO ☐

By **WHEN** do you want to achieve your goal?

Day Month Year

How will you **REWARD**
yourself for achieving
the goal?



MASTER WEEKLY SCHEDULE

Time	MON	TUES	WED	THURS	FRI	SAT	SUN
05:00							
06:00							
07:00							
08:00							
09:00							
10:00							
11:00							
12:00							
13:00							
14:00							
15:00							
16:00							
17:00							
18:00							
19:00							
20:00							
21:00							
22:00							



RESOURCES



APPS

Rescue Time
Remember the Milk
Focus Booster
Pocket
Focus@Will
Forest
Wanderlust
Timetable
Unstuck

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WEBSITES

www.lib.sfu.ca
www.studygs.net
www.mindtools.com
www.success.oregonstate.edu

BOOKS




“Getting things done: The art of stress-free productivity” by David Allen

“The 7 habits of highly effective people: Powerful lessons in personal change” by Stephen R Covey

I DON'T KNOW HOW TO STUDY



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I DON'T KNOW HOW TO STUDY

Lize van den Bergh

TRANSITIONING TO UNIVERSITY

The transition from school to university can be daunting, as there are quite a few differences in terms of the class times, activities and responsibilities. Adjusting your study methods might help you manage these changes more effectively. Study methods consist of many important behaviours and techniques. Because university is different to school, the sooner you learn how to adapt to these changes, the better you will manage.



Learn how to adapt to new demands - University has unique challenges.



Assess your current study methods - What needs to change?

“ Start where you are. Use what you have.
Do what you can.
Arthur Ashe

”

4 TIPS TO BEAT PROCRASTINATION

- 1) Become aware that you are procrastinating
- 2) Determine why- is it because of the task or because of you?
- 3) Break the task down into smaller tasks
- 4) Set rewards for yourself for completing the task

WHAT IS THE SQ3R METHOD?

Survey:

Scan your textbook/workbook to get an overview of the work

Question:

Ask yourself possible questions/set up a mock exam

Read:

Read thoroughly and actively, focusing on your questions

Recite:

Try to answer the questions you set up for yourself

Review:

Look back at the work and identify areas you need to focus on

MEMORY TECHNIQUES

There are a variety of memory techniques out there. Determine which one works the best for you.

Here are some general tips:

1

Use as much **colour** as possible when studying

2

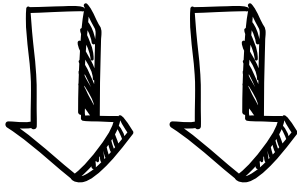
Use as many of your **senses** as possible (hearing, writing down, drawing, watching relevant videos, telling someone about your studies, etc.)

3

Use **mindmaps** and make it colourful



7 TIPS TO BEAT TEST & EXAM ANXIETY



- 1) Ensure that you know the format of the assessment
- 2) Prepare well in advance
- 3) Read through all the questions carefully
- 4) Do not worry about others either finishing before or after you
- 5) Move on to the next question if you get stuck
- 6) Let go afterwards - you can't change it now
- 7) Reflect on what you did well and how you can improve next time



WHY DO WE BECOME ANXIOUS?

Students are either anxious because



they are underprepared

or



they have underlying anxiety or self-doubt.

A little bit of stress is good as it motivates you to study, but if your stress is making it difficult to function, you need to start managing it.

Naturally, if you didn't prepare enough, it is quickly solved by changing your habits in time for your next test or exam to decrease anxiety. If you did prepare sufficiently, but still struggle with test/exam anxiety, try some of these tips and refer to the section in this toolkit on stress management.



MOTIVATION

It is normal to lose motivation on occasion, so prepare for circumstances that might impede your motivation. For example, if you don't feel like studying when you are stressed out, learn how to manage your stress.

Common demotivators:

- Fatigue
- Hunger
- Stress
- Distractions (cellphone, people, etc.)

What demotivates you?

How can you counter these?



Why is your degree important to you?

Set some rewards for yourself below:





RESOURCES



WEBSITES

www.mindtools.com

www.success.oregonstate.edu

www.lifehack.org

APPS

Wanderlust

MyScript Smart Note

Evernote

CONTACT US AT:

+27 51 401 2853 (BFN)

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BOOKS

"How to Become a Straight-A Student: The Unconventional Strategies Real College Students Use to Score High While Studying Less"

by Dr. Cal Newport

"10 Steps to Earning Awesome Grades (While Studying Less)"

by Thomas Frank

"The Science of Accelerated Learning: Advanced Strategies for Quicker Comprehension, Greater Retention, and Systematic Expertise"

by Peter Hollins





"How To Study With Mind Maps: The Concise Learning Method for Students and Lifelong Learners" (Expanded Edition)

by Toni Krasnic

UGH! I JUST CAN'T DEAL WITH EVERYTHING!



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UGH! I JUST CAN'T DEAL WITH EVERYTHING!

Lize van den Bergh



Whether you are a first-year or a final-year student, it might happen that you feel overwhelmed at times. Students usually state that they have too much to do and too little time within which to do it.

This often leads to students not doing anything at all. Your head might feel as though it is going to burst, trying to figure out what to do!





VITAL STRESS MANAGEMENT TIPS

1

BOOST YOUR COPING IMMUNE SYSTEM

People who consistently engage in activities that are good for them build up their coping immune system.

This includes exercising, healthy eating and drinking habits, managing their time, preparing throughout the year and having social support.



2

WRITE EVERYTHING DOWN

To-do lists help to get everything that is in your head, on paper. This leads to feeling more in control. Prioritise these activities according to importance.

Start with ONE thing at a time. Come up with a practical solution to each item on your list.



MAKE TIME TO RELAX

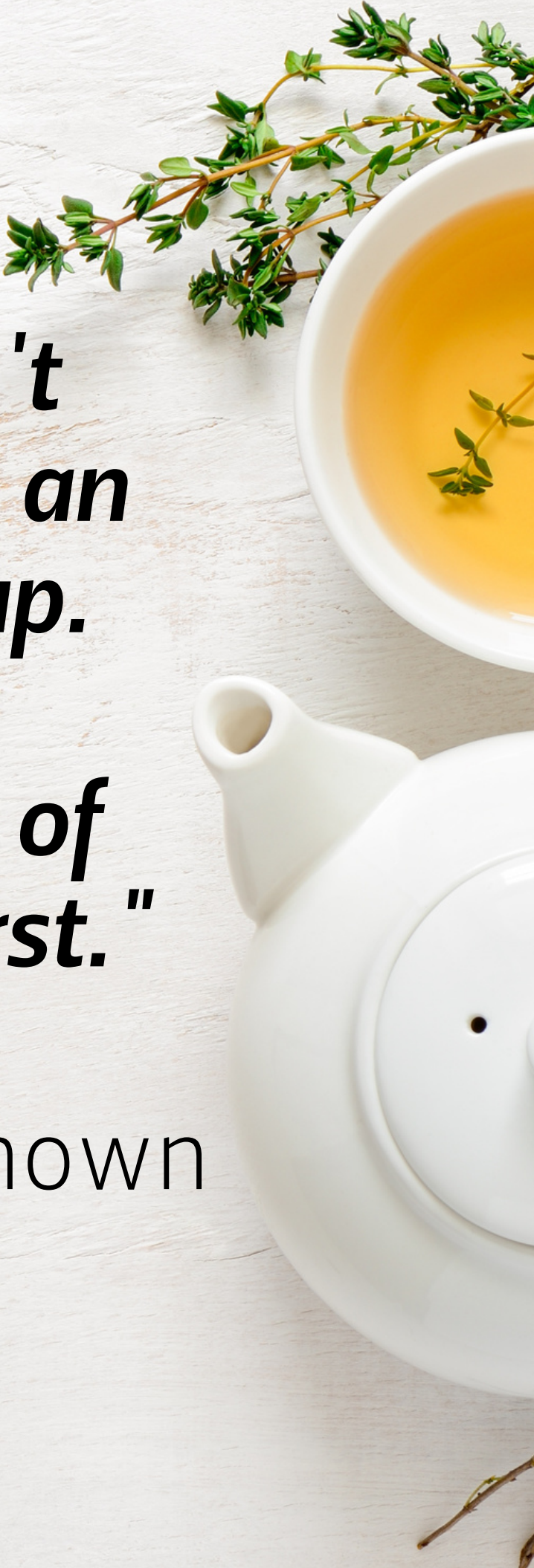
3

Whether you are busy or not, you ALWAYS need to make time to relax.

Choose an activity ranging from 15 minutes to an hour DAILY.

Drinking your favourite type of coffee or tea; taking a walk; chatting to a friend; reading something inspirational; listening to your favourite music, etc. are some ideas.

Remember, in the long run, people who make time to relax are more able to cope with stress than those who do not.



***"You can't
pour from an
empty cup.***

***Take care of
yourself first."***

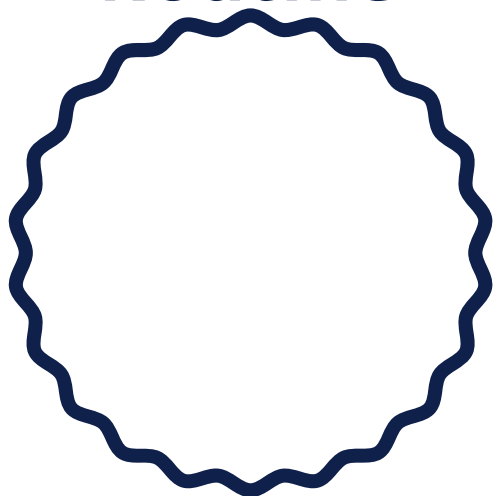
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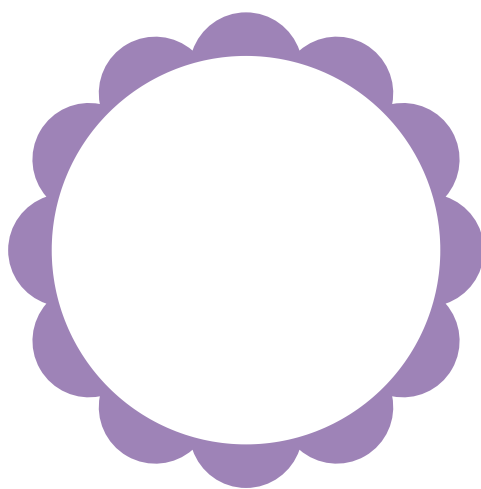
MY RELAXATION PAGES

WHAT HELPS YOU TO RELAX IN
THESE AREAS?

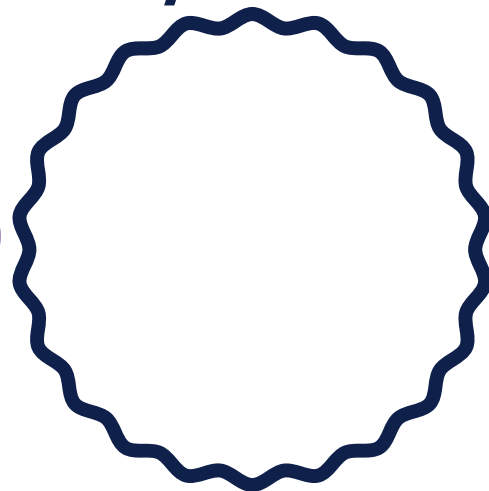
**Sleep
Routine**



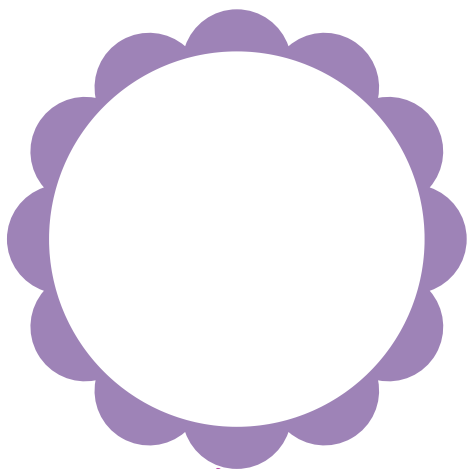
Nature



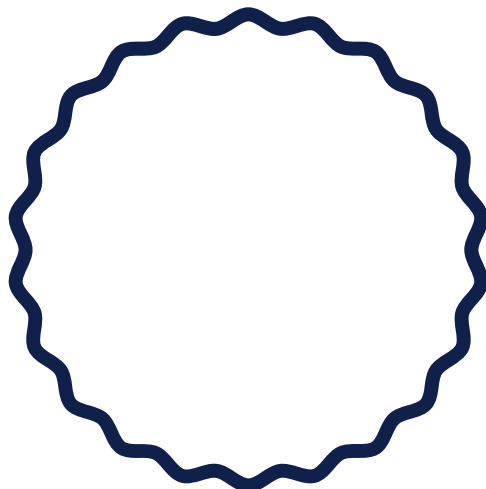
**Support
system**



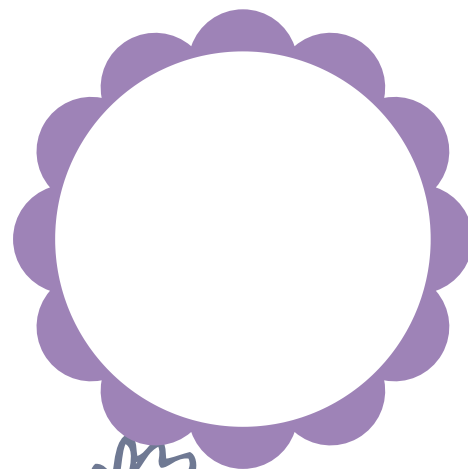
**Food /
Drink**



**Creative
activities**

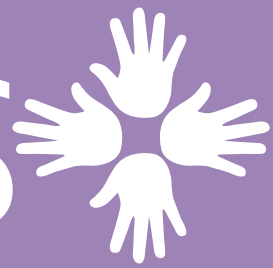


Music





RESOURCES



WEBSITES

www.mindtools.com

www.helpguide.com

APPS

Breathe2Relax

Pacifica

GPS for the Soul

Happify

Personal Zen

Finding Optimism

Calm

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BOOKS

"Calm" by Michael Acton Smith

"The 10 Best-Ever Anxiety Management Techniques"

by Margaret Wehrenberg

"Manage Your Time to Reduce Your Stress: A Handbook for the Overworked, Overscheduled, and Overwhelmed"

by Rita Emmett

I'M SO STRESSED!



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I'M SO STRESSED!

Lize van den Bergh

Stress will always be part of life, but luckily there are many things you can do to manage it. It is important to compile your OWN personal toolkit, as people deal with stress differently.



1

Identifying your stressors

We often feel overwhelmed, but don't even know why. By writing down the stressors that could be leading to your anxiety, you have started the process of coping with them. Another vital step is to divide your stressors into controllable and uncontrollable ones.

2

Dealing with controllable stressors

It often feels as though you cannot change something, but there is often a lot you **can** do to change a situation. The important part is figuring out what you can and cannot change. Some ways in which you can change your situation would be:

- Time management
- Learning to be assertive
- Stop procrastinating

3

Dealing with uncontrollable stressors

If you cannot change the situation, such as the fact that you **HAVE** to write exams, you will need to change how you **REACT** toward it. The fact that some people are afraid of lightning while others love it, just shows how it is **NOT** the situation itself that causes anxiety, but the way we respond to it. The section on “hurtful thinking” will go into more depth on this subject.

“

I will breathe.

I will think of solutions.

*I will not let my worry
control me.*

*I will not let my stress level
break me.*

*I will simply breathe and it will be
okay because I don't quit.*

Shayne McClendon

”



4 Make time for daily relaxation

Yes, time is limited, but students who find a balance between their studies and relaxation are often the ones who are able to cope better with stress. Also remember that relaxation activities don't have to cost money.

6 Finding meaning

It is easy to forget why you decided to study when you get caught up in all the demands of university. Remembering why you are doing this will remind you why it is worth it. Keep your end goal or dreams in mind when it all just feels too much.

5 Physical & lifestyle strategies

This aspect of coping with stress is often underestimated or forgotten. Our bodies are connected to our emotional wellbeing and we cannot emphasise the importance of taking care of your health enough. When we are in good physical health we are able to cope with stress better.

Did you know?



*The benefits of breathing:
When we become anxious, we often forget to breathe properly. When we pause to take a couple of slow, deep breaths, we can feel the immediate relaxing benefits. Take a moment to practise mindful breathing.*

STRESS MANAGEMENT STEPS:

STEP

1

How do you know you are stressed?
What are your "warning signs"?

Physical

Emotional

Cognitive

Other

STEP

2

What are you stressed about? List it below

STEP

3

Divide the
above into
two areas:

Controllable

Uncontrollable

STEP

4



Examples of solutions:
Time management,
Assertiveness



Examples of solutions:
Acceptance / Letting
go / Reframing

Now come
up with
solutions for
the above:



RESOURCES



WEBSITES

www.helpguide.org

APPS

Breathe2Relax

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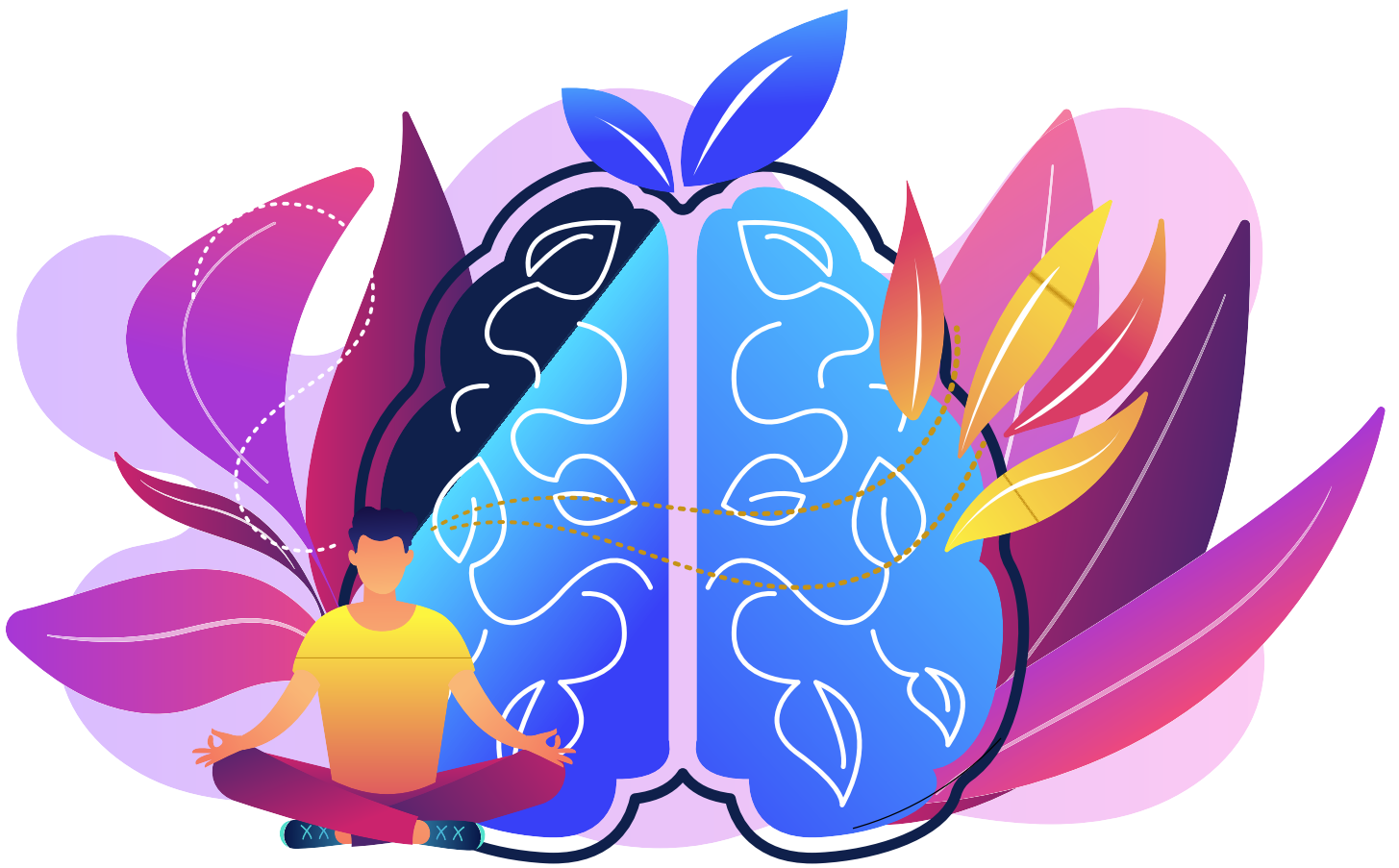
"Calm" by Michael Acton Smith

"The 10 Best-Ever Anxiety Management Techniques" by
Margaret Wehrenberg

"Stress Management for Dummies" by Alan Elkin

MINDFULNESS

THE ART OF BEING



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MINDFULNESS

THE ART OF BEING

Tobias van den Bergh

These days, it seems that we have become incapable of doing just one thing at a time. We often eat while at the same time watching a movie or series. We listen to someone talking while texting or checking our phones.



Mind Full, or Mindful?

We regularly multitask, wrongfully thinking that it is the most effective way to get through that to-do list.

Often, we engage in these behaviours without noticing that we are engaging in these behaviours. We are on autopilot, mindlessly doing things with very little or reduced awareness.



RESEARCH SAYS:

Regularly practising mindfulness has shown to increase wellbeing, alleviate stress, lower blood pressure, decrease depression and anxiety, improve concentration and rewire one's brain.

Although mindfulness practice has numerous possible health benefits, it is not a silver bullet.

It is important to seek professional help if you are struggling or feel overwhelmed. Nevertheless, it is worth trying out!

*We eat without eating,
watch without watching &
listen without listening.*

We often don't realise that our habits, although enjoyable or rewarding, are causing us more harm than good. It limits our awareness and thus limits our experience, which could potentially increase our experience of stress.

For instance, a simple activity such as taking a shower or bath could induce a relaxation response within our bodies, but if you are taking a shower while constantly thinking of the tests and assignments coming up or about something challenging that happened during the day, your body won't be relaxing. In fact, it would probably induce a stress response. That's not to say that you should NOT think or NOT feel. With mindfulness the aim is not to stop your mind from doing what it is doing.





In other words, the aim is not to control our thoughts or emotions, but rather to become increasingly aware of what is happening within and around us, without becoming entangled in the thoughts or feelings our mind spontaneously generates. Mindfulness teaches us to guide our minds and focus on the present moment, without judgement.

Practising mindfulness is a deliberate process whereby we actively focus our mind on the here-and-now, while being aware of our surroundings and simply noticing (without trying to change it) where our mind tends to wander and gently guiding it back to the present moment. To accomplish this, use an anchor such as your breath to guide your mind to the only moment you'll ever have, which is the NOW.

"Mindfulness is a way of befriending ourselves and our experience."

Jon Kabat-Zinn

Mindfulness can be defined as:



“Mindfulness means paying attention in a particular way: on purpose, in the present moment, and non-judgementally.”

Jon Kabat-Zinn

“A mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique.”



Oxford Dictionary

“Keeping one's consciousness alive to the present reality.”

Thich Nhat Hanh



BASIC STEPS TO MINDFULNESS MEDITATION

1

Find a comfortable place that is relatively quiet and free of distractions.

Sit straight-backed on a chair or with crossed legs on the floor, resting your hands on your lap or cupping them together. You could set a timer for 10 minutes to indicate the end of the meditation.

2

Close your eyes and take a couple of deep, cleansing breaths. Then, as you breathe normally, focus your mind on the experience of breathing. You can focus on an aspect of your breath such as the feeling of the air as it moves in through your nostrils and as it flows out of your mouth. You may choose to focus on the sensation of your belly rising and falling with each breath.

3

When your mind is anchored by noticing the flow of your breath, you can slowly widen your awareness. You may focus your mind on sounds that are close by and sounds that are further away. You may shift your focus to the different sensations you feel in your body or to ideas (i.e. thoughts) that your mind is producing. Do this while holding an awareness of the act of breathing.

4

Remember, the goal is to constantly and deliberately focus your mind on the task at hand. It is natural for the mind to wander. One way to help you notice where your mind wanders to is to remember the acronym **EMITS** – our mind produces Emotions, Memories, Images, Thoughts, and/or Sensations.

5

When your mind wanders, embrace and briefly consider the emotion, memory, image, thought or sensation it produced without judging it as good or bad. Just notice and acknowledge where your mind wandered to (i.e. non-judgementally) and gently and compassionately return your focus to your breathing. Then expand your awareness again.

6

When your meditation comes to an end, slowly open your eyes. Notice your environment – pay attention to what you see around you, what you notice without judging anything as good or bad. When your mind judges, simply notice that thought for what it is: a thought that happens within you, but it is NOT you.

There are numerous ways to formally and informally practise mindfulness, such as body-scan meditation, drinking tea mindfully, counting meditation, mindful walking or simply washing the dishes. The main goal remains to constantly focus your mind on the present moment, non-judgementally. This is an active process, and the more you practise, the greater the possible health benefits you could reap. This way, you become more of a human being than merely a human doing.





RESOURCES



WEBSITES

www.yogiapproved.com
www.mindful.org
www.freemindfulness.org
www.pocketmindfulness.com

APPS

Headspace
Stop, breathe and think
Mindfulness App
Happify
Brain.FM
Joyable
Calm

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+27 51 505 1298 (SOUTH)

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scdqq@ufs.ac.za

scdsouth@ufs.ac.za

BOOKS

"The Power of Now" by Eckhart Tolle





"Feel the fear and do it anyway" by Susan Jeffers

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I DON'T LOVE ME

A GUIDE TO DEVELOPING A HEALTHY SELF-ESTEEM

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I DON'T LOVE ME

Lize van den Bergh



A person who does not set conditions for his/her self-worth has a healthier relationship with him/herself. A statement such as: "Yes, my boyfriend broke up with me, but this doesn't mean I am not worthy of love. It just means we did not work together and will probably be better suited with another person" means you have unconditional self-acceptance and self-love.

Most people have moments or days when they don't feel good about themselves. That is pretty normal. But, it can become a problem if it is more frequent than not. Naturally, a person might feel more negative about themselves at certain times in their lives, for example after failing a test or after a break-up. This is also normal. It is sometimes a natural process of figuring things out.

When you fail a test, feeling bad about it often leads to doing something different for the next test. You might be feeling bad about yourself, because you KNOW you didn't study hard enough. In this case, it is helpful, as it raises self-awareness. BUT, if this feeling is more permanent than fleeting, it does a lot more harm than good.

Being able to fully accept yourself, warts and all, is an important aspect of living a fulfilling life. If you are able to do this, you won't need to "conditionally" accept yourself. For example, a person who has a low self-esteem usually has conditions for him/herself:

*"IF I succeed at my test,
THEN I am clever/worthy" or
"IF I have a boyfriend THEN I am
pretty/important."*

Learn to accept yourself unconditionally

It is important to get to know yourself and to know your strengths and challenges without judging them.

WHERE DOES MY SELF-ESTEEM COME FROM?

Events in the past are most often to blame. Children are not born with low self-esteem. Some experiences that might have a negative impact on your self-esteem are:

- Having a critical parent
- Being abused (sexually, verbally, physically)
- Experiencing academic difficulties
- Romantic relationships (that ended badly / are unhealthy)
- Being bullied



***You have
weaknesses,
but you ARE NOT
your weaknesses.***



HOW DO I LET GO?

Holding on to past events does more harm than good. We often struggle to let go due to the emotional impact that this event had on us.

It is also easier sometimes to blame someone/something for us not succeeding in life. Refer to page 100: “Something in my past continues to haunt me” for more help with this.

SELF-SABOTAGE

Long after the event / person is no longer in our lives, we often sabotage our own success / happiness because we often do not believe we deserve it. Some self-sabotaging behaviours are:

- Procrastinating
- Addictions (substances, shopping, relationships)
- Self-harm
- Negative self-talk
- People-pleasing
- Being submissive

It is important to become aware of your own sabotaging behaviours, so that you can CHOOSE to live your ultimate life. The life you deserve!

COMMITMENT

Today, I commit myself to:

- Let go of my past
- Stop waiting for my life to get better
- Choose action
- Focus on MY truth, values and beliefs, not those of others
- Love myself unconditionally

I choose to be kind,
gentle and patient
with myself.

I choose
self-compassion.

I choose self-love.

List 5 things that you appreciate about yourself.

These can be physical attributes or personal characteristics.

1

2

3

4

5



Another way to create more self-love is to nurture and take care of yourself. By doing this, you are giving yourself the message that you are worthy of receiving love and care, just like anyone else. Here are some examples of self-nurturing activities.

Try to do one of these every day:

Spoil yourself with a cappuccino / milkshake

Get a massage / pedicure / manicure / haircut

Go to the movies by yourself

Take a walk in nature

Watch

Relax with a

the

good book or

something

sunrise

soothing

special that you

or

music

can afford

sunset

Have breakfast in bed

Write yourself a kind letter filled with compliments and acknowledgment of your accomplishments



Keeping a daily self-esteem journal could help you focus your attention on positive things within and around you. You might realise that you do a lot of great things without thinking about them.

I felt proud when

Today I really enjoyed

I was kind when

A positive thing I witnessed

Today I accomplished

A compliment I received

I had fun when



Repeating positive affirmations is another way of boosting your self-esteem. Here are some examples:

- I am a valuable and important person
- I deserve to be alive
- I am kind to myself and others

ADD YOUR OWN:



RESOURCES



WEBSITES

www.helpguide.org

APPS

Simply Being
Confidence Coach
Pay It Forward
Cognitive Diary
Happier
Build Confidence
Self Esteem Building Guide

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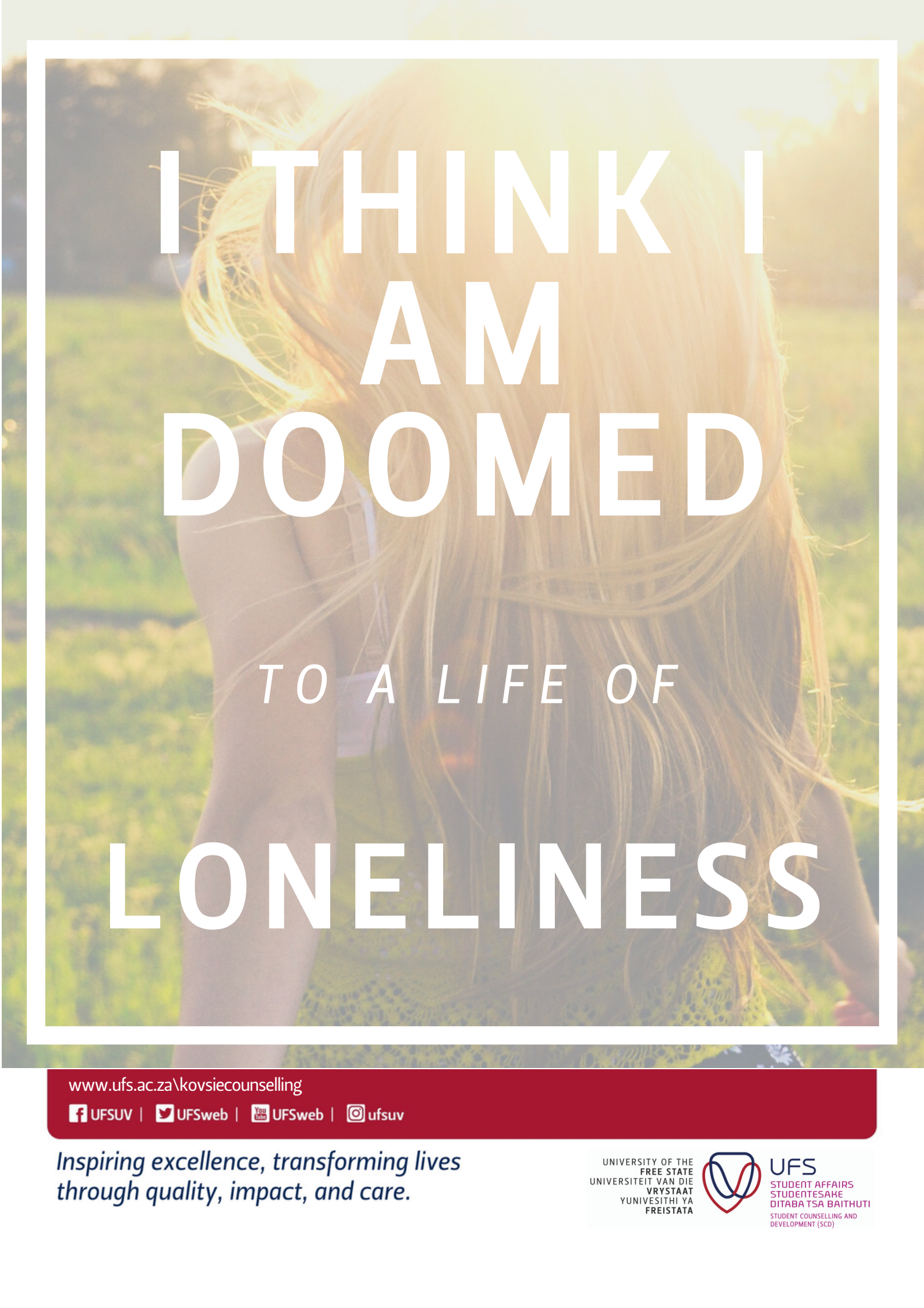
BOOKS

"The Personal Workbook for Breaking the Chain of Low Self-Esteem: A Proven Program for Recovery from LSE"
by Marilyn J. Sorensen, Ph.D.

"The Anxiety and Phobia Workbook" by E.J Bourne





"The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are" by Brene Brown

"The Self-love Experiment: Fifteen principles for becoming more kind, compassionate, and accepting of yourself" by Shannon Kaiser



I THINK I AM DOOMED TO A LIFE OF LONELINESS

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I THINK I AM DOOMED TO A LIFE OF LONELINESS

Lize van den Bergh

Sometimes it can feel as though you will never have any good luck in your love life. You might have experienced a couple of [disappointments](#) or failed romances. Perhaps you feel like you are always on the sidelines when it comes to love - always hoping for a person to notice you...

Unfortunately there is no recipe or magic wand when it comes to romance. But that also means that no two relationships are the same. In other words, every person's journey is [unique](#). One person finds love at 16, another at 40. The problem is often that we have learnt to expect perfect love stories. We get these "messages" from the media and society.

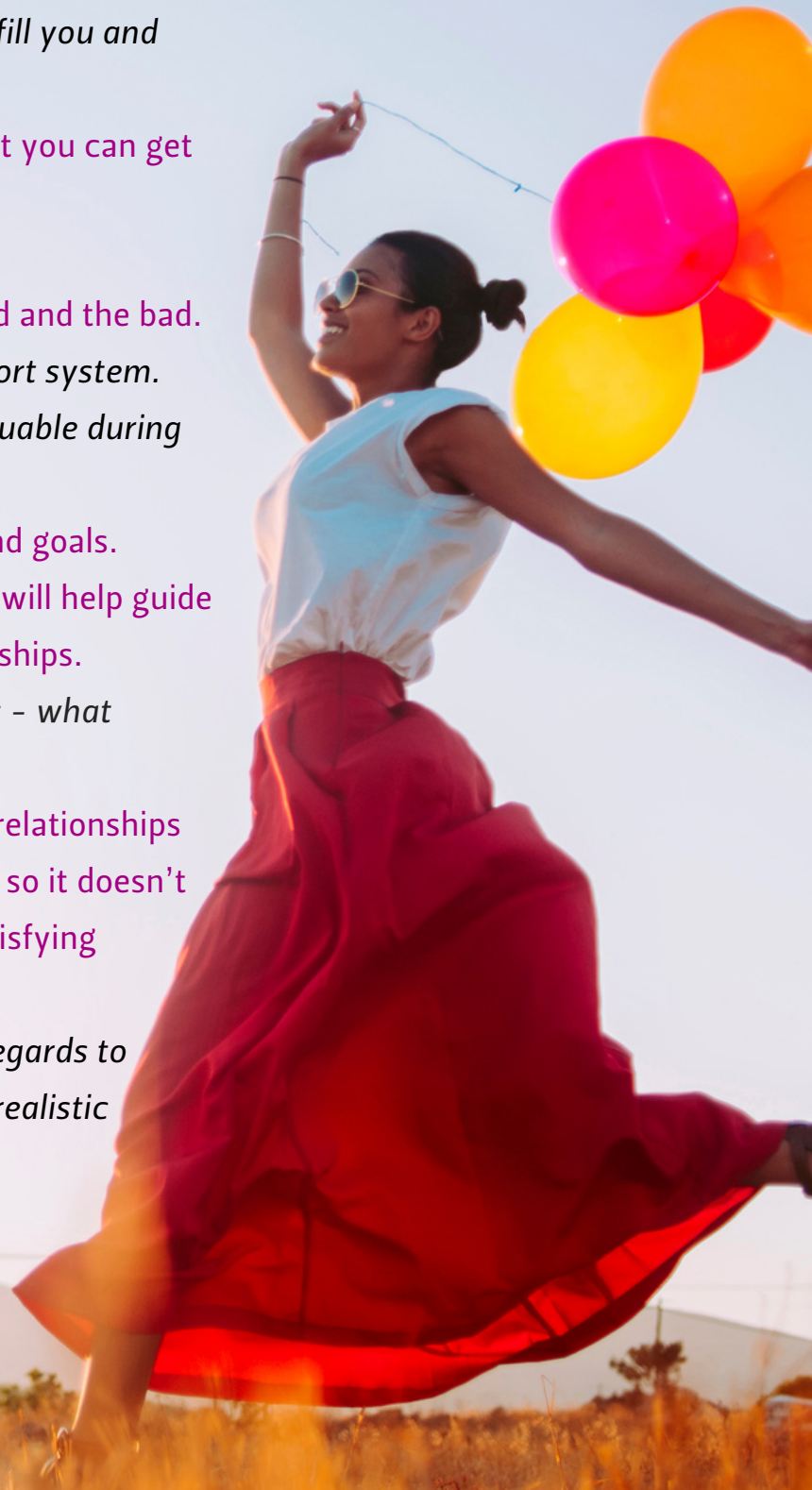
It is important for you to realise that [you do NOT need to be in a relationship to be happy](#). If that were the case, every 5 year old child would be unhappy. The truth is that you get happy single people and unhappy couples. It is more helpful to focus on your [internal happiness](#). This will prepare you for a future relationship. It also means that you will not need your future partner to make you happy as you fulfill that role already.

*A healthy relationship will never require you to sacrifice
your friends, your dreams, or your dignity.*

Mandy Hale

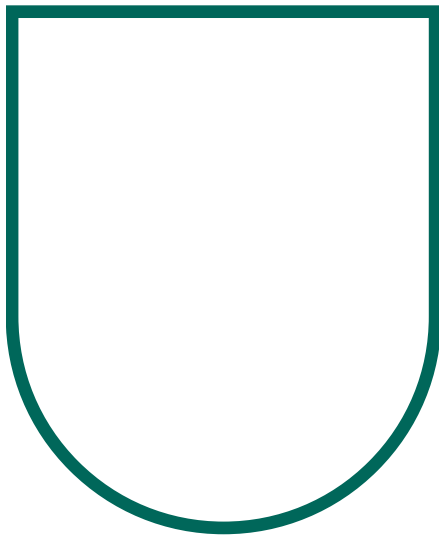
SOME IMPORTANT THINGS TO REMEMBER:

- Work on achieving inner peace, happiness and acceptance (check out the self-esteem section).
- *Find hobbies and interests that fulfill you and make you happy.*
- Allow time for introspection so that you can get to know yourself better.
- *Spend time alone and enjoy it!*
- Learn to accept yourself - the good and the bad.
- *Ensure that you have a good support system. Friends and family can be very valuable during difficult times.*
- Investigate your values, dreams and goals. Knowing what is important to you will help guide future decisions regarding relationships.
- *Learn from your past relationships - what worked and what didn't?*
- Don't drag the baggage from past relationships along with you. Rather deal with it so it doesn't prevent you from experiencing satisfying relationships in the future.
- *Maintain a realistic outlook with regards to romantic relationships. Having unrealistic expectations might lead to a lot of disappointment and hurt.*



RELATIONSHIP REFLECTIONS

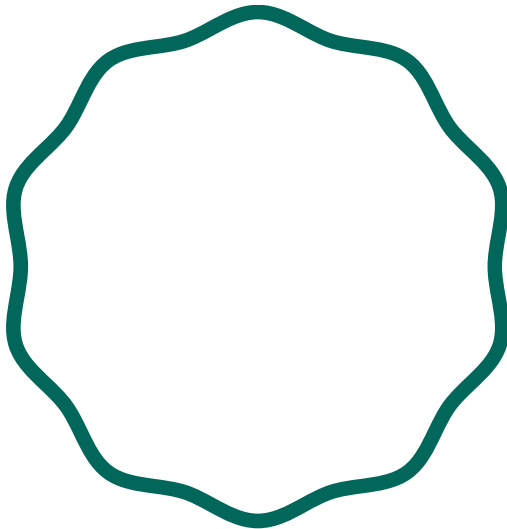
What values are important to me in romantic relationships?



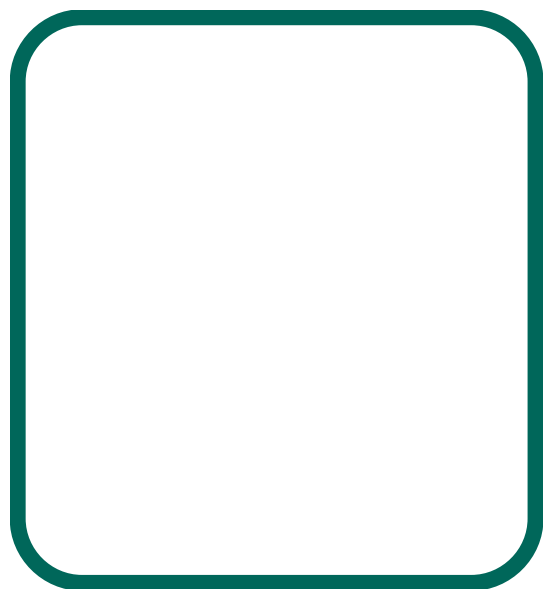
What do I enjoy doing on my own?



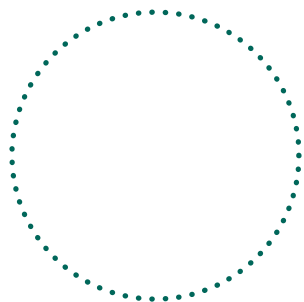
What have I learned about myself in relationships?



Is there still some baggage that I need to let go of?



Who will always be there for me?





RESOURCES



WEBSITES

www.tinybuddha.com
www.lifehack.org
www.helpguide.org
www.developgoodhabits.com

APPS

Unstuck
Breakup Shakeup
Lovesmart

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BOOKS

"The Five Love Languages: The Secret to Love That Lasts"
by Gary D. Chapman

"Deal Breakers: When to Work On a Relationship and When to Walk
Away" by Dr. Bethany Marshall

"Mindful Relationship Habits: 25 Practices for Couples to Enhance
Intimacy, Nurture Closeness, and Grow a Deeper Connection"
by SJ Scott & Barrie Davenport

"How to be Happy Alone: A single's guide to a satisfying life"
by Katharine Coggeshall

"The Power of Now: A Guide to Spiritual Enlightenment"
by Eckhart Tolle

"Braving The Wilderness" by Brene Brown

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WHY CAN'T I JUST SAY NO?



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WHY CAN'T I JUST SAY NO?

Lize van den Bergh



Students (and people in general) find saying no very challenging at times. It may be that you struggle with certain situations (like asking questions) or with specific people, such as parents, for example.

THERE MAY BE VARIOUS REASONS FOR YOUR DIFFICULTY, SUCH AS:

Fear:

- that the person(s) might react in an unpleasant way
- that the person(s) may reject you

Belief systems:

- that your opinion is less worthy/not important
 - that you should always help people and put them first
-



A low **self-esteem** can exacerbate these reasons. It can make you fear losing people that are important to you as well as make you believe that you are not as important as other people. If you want to have **different** results from interactions with people, you need to **choose** different reactions.

Learning to be assertive is a lifelong skill. It takes time and practice, so be patient with yourself (and others).

You also need to **accept** that some people might not be happy with the changes within you. That, however, is their problem. You have every **right** to stand up for yourself. Your **responsibility** lies in how you choose to react. How they in turn react is again up to them.

Steps:

1 Develop nonverbal assertive behaviours.

Your body communicates more than your words, so it is important to learn how to stand your ground physically. Observe how you stand/sit during conflict situations. Square your shoulders and try to keep your voice calm and firm.

2 Recognise and be willing to exercise your basic rights.

We are often taught that we are not allowed to stand up for ourselves. This is not true. Remind yourself that you have the right to say no, change your mind, ask questions, express feelings, change and grow, be respected, etc.

3 Become aware of your own unique feelings, needs and wants.

You have to know what you are feeling and why you are feeling it to be able to fully and effectively communicate it to others. We are sometimes unaware of our true feelings or needs and this can lead to more frustration. It is like ordering a pizza and being disappointed when it arrives because you actually wanted a burger.

4 Practise assertive responses by writing, role playing and applying this to real life.

The final step is to start practising assertive behaviours. It helps us prepare for those difficult situations. Write down what you would do in a situation, practise it on your own and then with a friend. Do not be discouraged if things don't go as you had hoped or planned. That is part of life. Rather, focus on what you did well and build on that.



Assertiveness is your ability to act in harmony with your self-esteem without hurting others.

Author unknown



With whom do you struggle to be assertive?



Which situations do you struggle with?



What do you want out of life that you are
not getting by not speaking up?



What are you scared of /
What is preventing you from speaking up?



MY PERSONAL BILL OF RIGHTS

I have the right to:

- make mistakes and not be perfect
- ask for what I want
- say no to requests or demands I can't meet
- express all of my feelings, positive or negative
- change my mind
- follow my own values and standards
- say "I don't know"
- say no to anything when I feel I am not ready, it is unsafe,
- or if it violates my values
- determine my own priorities
- not to be responsible for others' behaviour, actions, feelings or problems
- have my own needs and wants respected by others
- expect honesty from others
- be angry at someone I love
- be uniquely myself
- my own needs for personal space and time
- be in a non-abusive environment
- change and grow
- be treated with dignity and respect
- be happy



RESOURCES



WEBSITES

www.mindtools.com
www.skillsyouneed.com
www.mayoclinic.org
au.reachout.com

APPS

Learn to Be Assertive
Confidence Booster: Self Esteem &
Assertiveness Training

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BOOKS





"The Anxiety and Phobia Workbook" by E.J Bourne

"The Assertiveness Workbook: How to Express Your Ideas and Stand Up for Yourself at Work and in Relationships" by Randy J. Paterson

"When I Say No, I Feel Guilty: How to Cope - Using the Skills of Systematic Assertive Therapy" by Manuel J. Smith

MY PARENTS ARE DRIVING ME CRAZY

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MY PARENTS ARE DRIVING ME CRAZY

Lize van den Bergh



*"IT FEELS LIKE
MY PARENTS
ARE PUTTING
A LOT OF
PRESSURE
ON ME!"*

It is normal for parents to want you to do well. But, sometimes you might feel like you cannot live up to their perceived expectations. So, what can you do?

- Understand their fears, background and hopes
- Talk to your parents about feeling pressured
- Discuss realistic expectations
- Communicate often regarding your academics and other pressures
- Try to remain as calm as possible

Sometimes, you may find your parents are not receptive to the above-mentioned open discussions. If you attempted this approach and things didn't go as well as you had hoped, try the following:

- Accept that you and your parents don't see eye to eye
- Focus on what is in YOUR hands
- Take responsibility for your studies
- Take responsibility for how you communicate academic news to your parents/caregivers
- Do not take responsibility for how others react

Did you know?

It is
normal
and 100%
okay to
have different
ideas about
things!



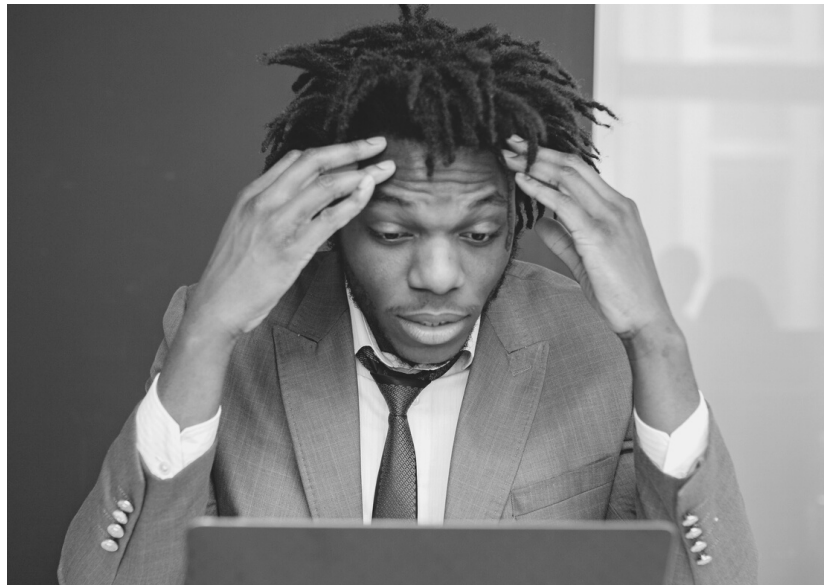
*“You may give
them your love, but
not your thoughts,
for they have their
own thoughts.”
“You may strive to
be like them, but
seek not to make
them like you.”*

*Kahlil Gibran
“The Prophet”*

As a student, you might find that you are discovering new things about yourself as you are increasingly exposed to a variety of situations. Although this can be exciting, it may create challenges; not only within yourself, but also in your relationship with your parents/caregiver. They might not understand the “changes” you are going through, which could lead to conflict.

Some areas that you may start exploring or discovering:

- Religion/spirituality
- Values
- Belief systems related to sexuality, race or gender



This stage of finding your identity can evoke a mixture of feelings for you and your parents. Children learn certain behaviours, beliefs and attitudes from their parents and when they start questioning these, children could experience guilt or shame while parents can become fearful and angry.

COMMUNICATION IS KEY

STAY CALM

Adjusting to these changes is possible, with patience, empathy and time. Here are some guidelines:

Understand your change

Is it a true change of a belief or were you influenced by others.

Understand your family's perspective

Often parents are just modelling their parents' behaviours and beliefs. Parents often worry if they see any changes in their children. Most parents want the best for their children and they often believe that they know what that is.

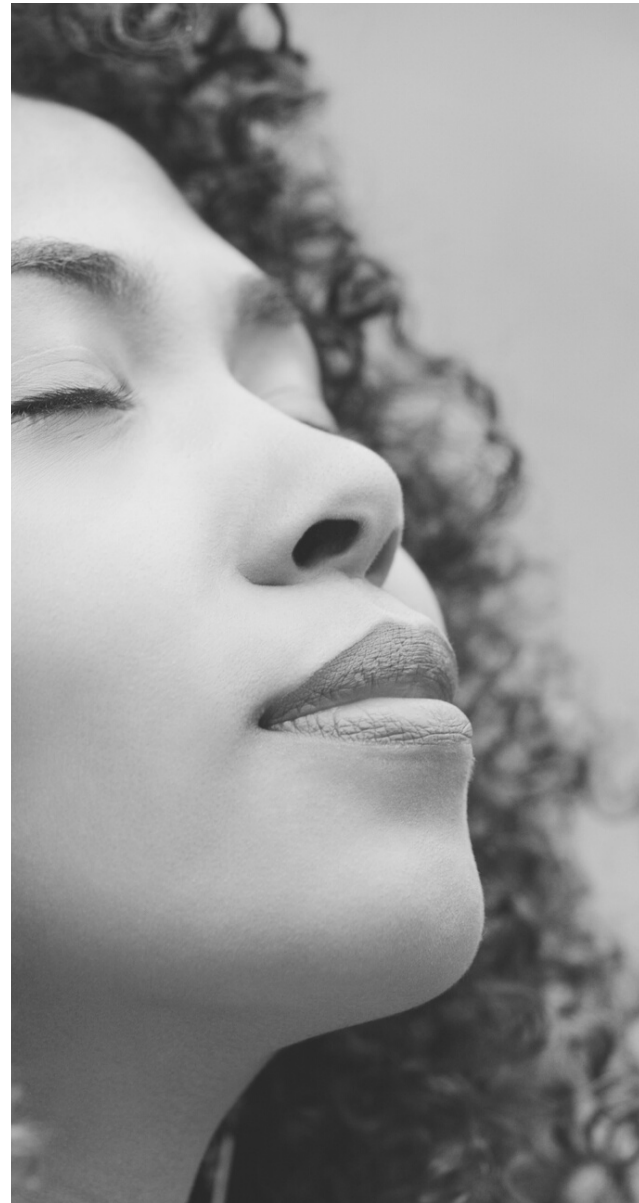
TRY NOT TO BE JUDGEMENTAL

Communicate, communicate, communicate

Talk to your parents about your viewpoint and try to stay calm. Do not be judgemental – they are entitled to their opinion, just as you are entitled to yours. Keep in mind that, although you may have been feeling this change for some time, it will probably come as a shock to your parents when they first hear of it.

Nothing drastic needs to change

Just because you have a different belief system doesn't mean you cannot continue having a relationship with your parents.



Please note:

If you need assistance with dealing with abusive parents, please book an appointment with a mental health professional.

What are you fighting about?

What is your side of the story?

What is their side of the story?

Can you compromise?

Can they compromise?

YES

NO

NO

YES



Communicate what you are willing to do and commit to it.

Learn to accept the current situation if neither party can compromise and rather choose your reaction towards it.

Acknowledge their willingness to compromise

What will the impact be if you resolve this issue?

What will the impact be if you do not resolve this issue?



RESOURCES



WEBSITES

www.myhorridparent.com
www.mindtools.com
www.skillsyouneed.com
www.mayoclinic.org
www.wehavekids.com
au.reachout.com

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APPS

Cognitive diary CBT Self-help
Build confidence
Mindfit

I can make you confident
Personal growth & success - build confidence
New Day Assertiveness Booster

BOOKS

"The Anxiety and Phobia Workbook" by E.J Bourne





"The Assertiveness Workbook: How to Express Your Ideas and Stand Up for Yourself at Work and in Relationships" by Randy J. Paterson

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DO I LIKE BOYS OR GIRLS OR BOTH?



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DO I LIKE GIRLS OR BOYS OR BOTH?

Dr Melissa Barnaschone



Are you struggling to figure out your sexual orientation?

Take this quiz:

Are you a ...

- a) Male
- b) Female
- c) Other

Guess what? We're going to be completely honest with you... it is rather impossible for anyone to be able to predict your sexuality without asking you. Your personality, interests, views and even your appearance ultimately have nothing to do with your sexual preferences.

There is an entire spectrum of sexual orientations out there, from heterosexual to homosexual – with a lot of other preferences in between. Figuring out your sexual orientation can be a very exciting time in your voyage of self-discovery, but it can be a scary and confusing process too.





It is also a journey that differs for each individual, as some are aware of their sexuality as children or teens, whereas others question this as adults. As a student, you are working on becoming your own person and being more independent while, at the same time, you may be struggling to fit in. Here are some tips to consider while exploring:



BE OPEN WITH YOURSELF

Really open.

Once you are open to altering your life, you can discover who you truly are.



EDUCATE YOURSELF

Take a course on sexuality and gender-related topics or do your own research. Firstly, it is helpful to learn more about sexuality and gender in order for you to better understand yourself. Secondly, you will learn that you are not alone in your questioning and exploring - there are others out there like you.



YOU ARE NOT OBLIGATED TO PLACE A LABEL ON YOURSELF

If you're questioning your sexuality, do not be ashamed to say that you are not sure. You do not need to pick a label to satisfy other people.



CONNECT WITH OTHERS LIKE YOU

Meet and speak to people who have similar thoughts, questions and experiences to you. Take advantage of LGBTQI groups on campus.



SEEK COUNSELLING & SUPPORT

Not yet comfortable talking to friends and family? Seeking professional support can really help. Remember, counselling does not suggest that you have a mental-health problem – it is a confidential, non-judgemental and safe space for you to continue to explore and gain support.



THE CONFUSION WILL NOT LAST FOREVER

It may take longer than you would like, but you will figure out who you are. Do your best to enjoy the process.



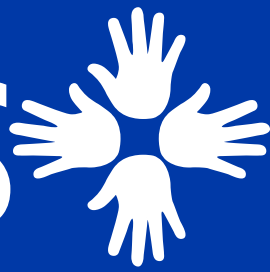
EXPLORE, WITH NO REGRETS

As you start to explore your gender and sexuality, you might find yourself being interested in and doing new things. Be safe, be respectful to yourself and be respectful to others. As long as you follow these principles, you have nothing to regret and no self-judgement is required.





RESOURCES



WEBSITES

au.reachout.com

www.optionsforsexualhealth.org

APPS

Lovesmart

CONTACT US AT:

+27 51 401 2853 (BFN)

+27 58 718 5032 (QQ)

+27 51 505 1298 (SOUTH)

scd@ufs.ac.za

scdqq@ufs.ac.za

scdsouth@ufs.ac.za

BOOKS

"Oranges Are Not the Only Fruit"

by Jeanette Winterson

"The ABC's of LGBT+"

by Ashley Mardell

"This is a Book for Parents of Gay Kids:
A Question and Answer Guide to Everyday Life"

by Dannielle Owens-Reid and Kristin Russo

"The Velvet Rage: Overcoming the Pain of Growing up Gay
in a Straight Man's World"

by Alan Downs

"This Book is Gay"





by James Dawson

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MY THOUGHTS ARE CAUSING ME PAIN



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MY THOUGHTS ARE CAUSING ME PAIN

Dr Melissa Barnaschone

Admit it, we all think a lot! Often, we overthink, overanalyse, and overcomplicate things. On top of that, our thoughts very often go unchecked and we believe them as if they are true, wreaking havoc in our lives without us knowing it.

We base our actions on our thoughts,
but what if they're wrong?

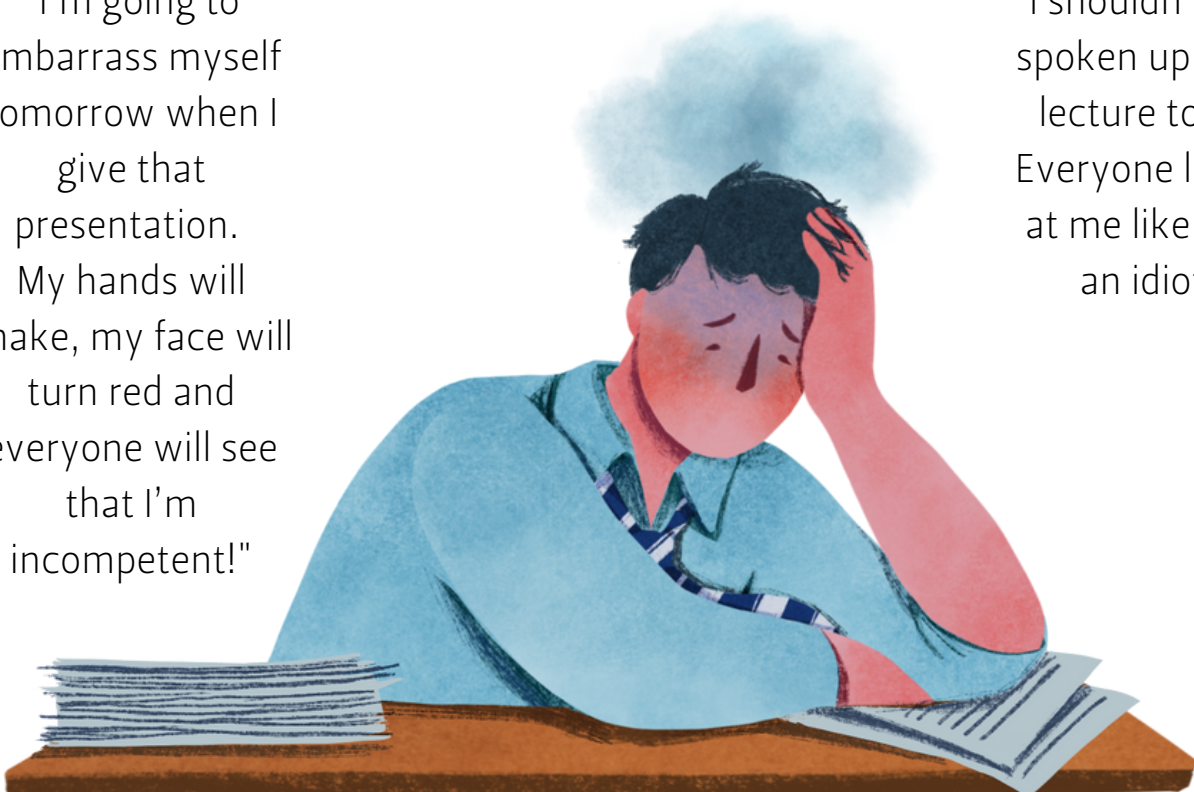
Worrying involves negative (often catastrophic) predictions about the future:

OUR INNER MONOLOGUE
CAN INCLUDE TWO
DESTRUCTIVE
TYPES OF THOUGHT
PATTERNS

Ruminating involves rehashing the past:

"I'm going to embarrass myself tomorrow when I give that presentation. My hands will shake, my face will turn red and everyone will see that I'm incompetent!"

"I shouldn't have spoken up in the lecture today. Everyone looked at me like I was an idiot."



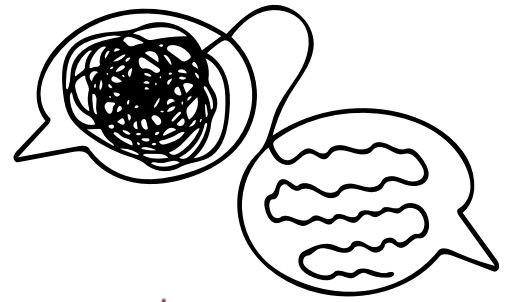
HOW TO STOP OVERTHINKING

1

Keep the focus on solution-building. Dwelling on your problems is not helpful, but looking for solutions is. Instead of asking why something happened, ask yourself what you can do about it.

3

Change the channel. The more you try to avoid the thought from entering your mind, the more likely it is to keep popping up. Distracting yourself with an activity is the best way to change the channel. Exercise, engage in conversation on a completely different subject, think of something humorous or tranquil, or get working on a project.



2

Challenge your thoughts. Learn to recognise and replace your unhelpful thinking patterns with more helpful thoughts and ideas.

4

Notice when you are thinking too much. Awareness is the first step to putting an end to overthinking. Pay attention to the way you think. When replaying events in your mind over and over, or worrying about things you cannot control, acknowledge that your thoughts are not helpful.



Thinking too much about things isn't just a nuisance; it can take a serious toll on your mental, physical and emotional wellbeing.



“

***DON'T BELIEVE
EVERYTHING
YOU THINK***

”

OTHER TECHNIQUES YOU CAN TRY

- **ANTI-PERFECTIONISM**
Do poorly rather than do nothing at all.
- **EXPOSURE**
The more you confront in life, the less fearful you become.
- **RELAX**
Use exercise, meditation or mindfulness to your advantage.



RESOURCES



WEBSITES

www.mentalhelp.net
www.getselfhelp.co.uk
www.moodjuice.scot.nhs.uk

APPS

ABC-Schema
Moodkit
Pacifica
What's Up?

CONTACT US AT:

+27 51 401 2853 (BFN)
+27 58 718 5032 (QQ)
+27 51 505 1298 (SOUTH)

scd@ufs.ac.za
scdqq@ufs.ac.za
scdsouth@ufs.ac.za

BOOKS

"Breaking Negative Thinking Patterns: A Schema Therapy
Self-Help and Support Book"

by Gitta Jacob, Hannie van Genderen & Laura Seebaue

"Conquer Your Critical Inner Voice: A Revolutionary Program to
Counter Negative Thoughts and Live Free"

by Robert W. Firestone

I LOST SOMEONE



DEAR TO ME

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I LOST SOMEONE DEAR TO ME

Lize van den Bergh



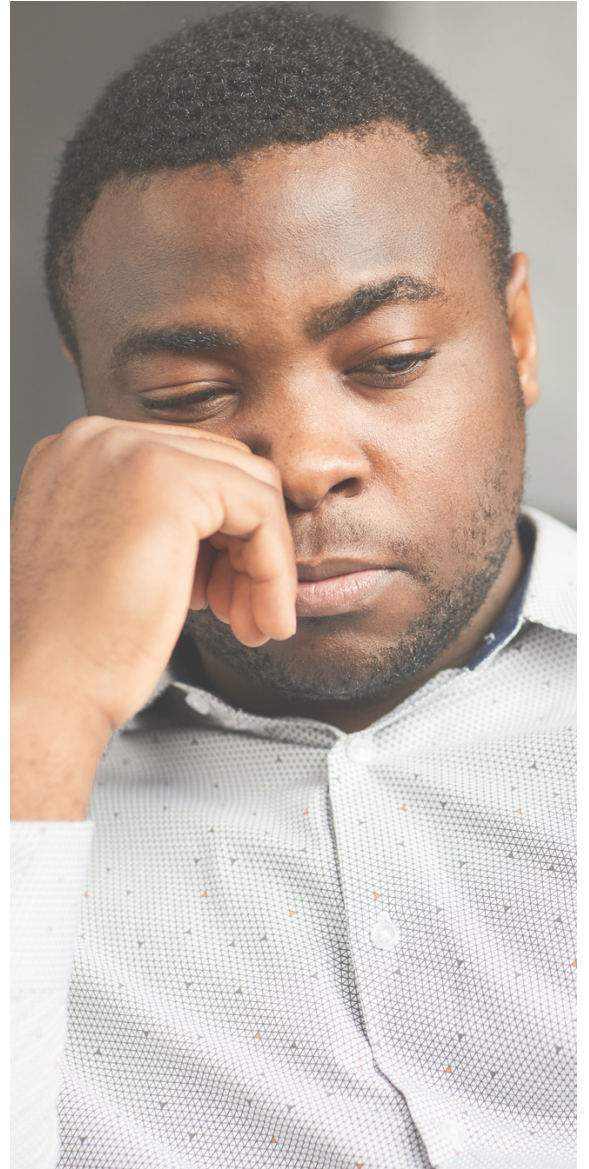
Losing a loved one can feel like the worst thing in the world. You might feel like nothing will ever be the same again and that you may never be happy without this person in your life. These intense feelings can flow into different areas of your life, such as your academics and other relationships.

Did you
know?

It is normal to experience a variety of emotions after losing a loved one.

Our first reaction is usually one of disbelief. The news is such a shock to us that we sometimes cannot believe it is true. We try to hold onto any grain of hope that this might be some mistake and that our loved one is still with us.

SHOCK AND DENIAL



PAIN

Grieving a loved one can hurt so much that it might even cause our hearts to physically pain with sadness.

Most people will tell you that they felt guilty after the death of a loved one. They feel they should have said or done something differently. This is the one emotion that people struggle with the most, as there are so many questions and “what ifs”, that a person finds it difficult to move on if they don’t forgive themselves.

GUILT

ANGER

You might be angry at yourself, another person, the person who died or even with God (or whatever deity you believe in). You may feel that if someone did something differently, the person might still be alive.

You most probably feel a great deal of sadness with regards to your loss. This person meant a lot to you and now they are gone. You may start thinking of all the memories you shared together and all the “future losses”.

SADNESS / DEPRESSION





You might experience all of the above and more and you may also experience it in different degrees or stages. There is no recipe or “set” way of grieving. It is a very personal journey for everyone. However, the great thing is that you will feel better over time. You do not grieve forever and your feelings will not always be as intense as they are now.

Here are some things that may be beneficial to you during your healing process:

1 ALLOW YOURSELF TO FEEL WHAT YOU ARE FEELING

Do not suppress your feelings, as they will just pop out somewhere else or in an unhealthy way. It is normal to experience various emotions and for them to present themselves with different intensities.

2 TALK TO YOUR SUPPORT SYSTEM

You may feel as if you have no one left, but you will soon find out that this is not true once you start reaching out to people for support.

3 WRITE A LETTER

People often feel as if there are unresolved issues with the person that passed away. You may have wanted to express certain feelings or thoughts, but did not have the opportunity to do so. Writing a letter (or letters) to this person may help you gain some closure.

4

MAKE A MEMORY BOX

You will never forget this person, so why not make a memory box filled with special memories you shared with him/her? When you miss them, you can look through the box and reminisce joyously.



REMEMBER THAT THIS PERSON LIVES ON WITHIN YOU

5

People live on in our hearts and minds and often in our actions. Whatever you have learned from this person, you will continue to live out. In this way you can always honour this special person and they will always be a part of you and your life.

*The last step in the grieving process is **ACCEPTANCE**. There will come a day when you are truly at ease with the loss. It means you are ready to move on with your life without this person in it. You have accepted that this person is gone and that you are able to cope with that fact. You will never forget, but you will be able to remember all your special moments with a content heart, instead of with sadness.*

Grief is like the ocean; it comes in waves, ebbing and flowing. Sometimes the water is calm, and sometimes it is overwhelming. All we can do is learn to swim.

Vicki Harrison

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There is no text or other content on the page.



RESOURCES



BOOKS

"It's Ok That You're Not Ok"
by Megan Devine

"The Year of Magical Thinking"
by Joan Didion

"A Beautiful Grief"
by Cheryl Eckl

APPS

My Grief Angels

Headspace

Lilies

WEBSITES

www.helpguide.org

www.sadag.org

www.crusebereavementcare.org.uk

CONTACT US AT:

+27 51 401 2853 or scd@ufs.ac.za (BFN)

+27 58 718 5032 or scdqq@ufs.ac.za (QQ)





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SOMETHING IN MY PAST CONTINUES TO HAUNT ME



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SOMETHING IN MY PAST CONTINUES TO HAUNT ME

Lize van den Bergh

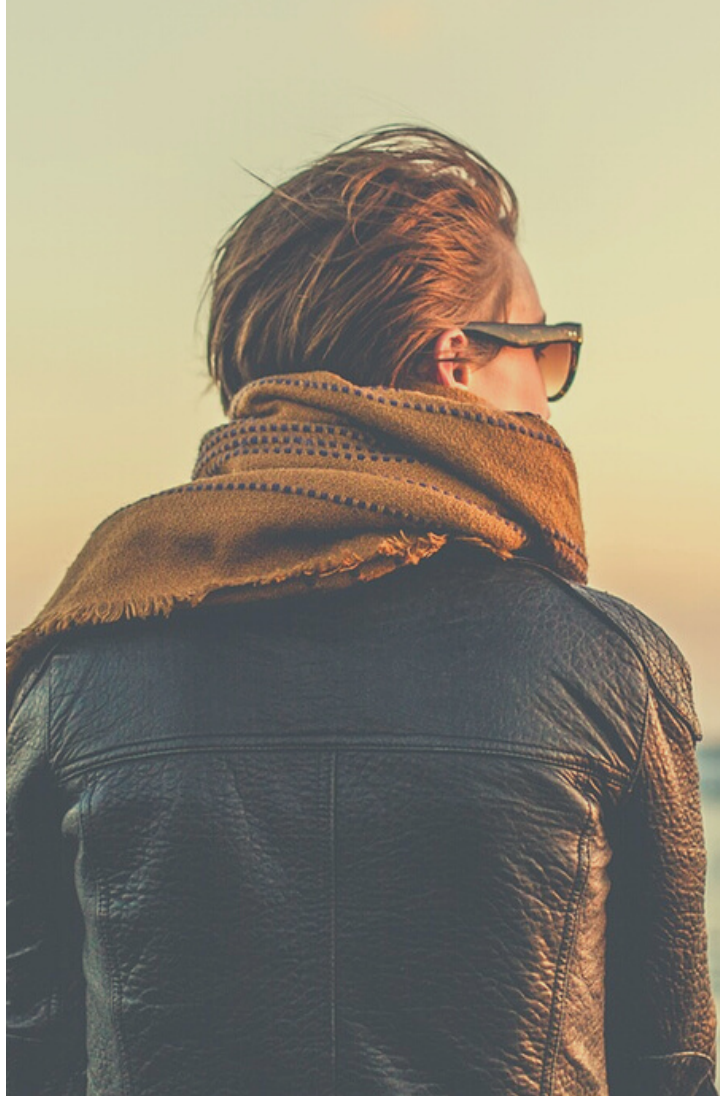


Being able to let go and move on from painful past experiences is probably one of the most challenging things to do. But it is also one of the most rewarding. Some of these experiences can continue to haunt us if we allow them to. Learning how to release yourself from these chains can allow you to live a more fulfilling life.

WHY DO WE STRUGGLE TO LET GO?

Sometimes, these experiences involve other people, which makes it trickier to move on if we are unable to get closure from them.

There may be various reasons the past is still haunting you. [Here are only some of the main explanations:](#)



These events might have caused an immense amount of pain and, because they are still embedded in our minds and hearts, we struggle to imagine a world where it is not hurtful anymore. It seems impossible to be free of it, so we do not believe it can be let go of.

EXCESSIVE PAIN



EMOTIONAL CONNECTION

Memories are deeply connected to emotions. We remember events with a high emotional content much easier than events that had less impact on us on an emotional level.

RESPONSIBILITY VS VICTIM ROLE

This might be very difficult to fully accept, but we get stuck in the “victim role”, which prevents us from taking responsibility for our own lives. It is easier to blame our unhappiness on other people or events, linking it to something external to us.

BENEFITS

Yes, it is true, there are “benefits” to being stuck to the past. We have excuses for not becoming the person we want to be. “Because X did this or X happened, I cannot achieve my potential.” Only by taking back control from these events/people can we realise our dreams and live a self-actualised life.



*"Life becomes
easier when you
learn to accept
the apology you
never got."*

Robert Brault



FORGIVENESS OFTEN FEELS "TOO EASY"

People often say that if we forgive people, we are “accepting” what they did. Forgiving doesn’t have to mean that we are saying it is okay that someone did what they did. It means accepting that it happened, and freeing ourselves from the pain. It is not about them, it is about us. Sometimes, we also need to forgive ourselves. We are all human, and we all make mistakes. It is about learning from them, not punishing ourselves for such errors.

It is also helpful to remember that it is often people who are hurting inside, who end up hurting others. It is a vicious cycle which only you can stop. Some people either continue this cycle of pain by turning inwards (with self-defeating thoughts and actions) or choosing to hurt others.

A hallway with a patterned wallpaper and a wooden floor. There are several white doors in a row. The third door from the left is highlighted in yellow, standing out from the others. The text "WHAT WILL YOU CHOOSE?" is overlaid on the bottom half of the image in large white letters.

WHAT WILL
YOU CHOOSE?

What are
you
struggling
to let go
of?

.....

.....

.....

.....

.....

What do
you think is
preventing
you from
moving on?

.....

.....

.....

.....

.....

What will
you gain
when you
let go of
the past?

.....

.....

.....

.....

.....

VERY IMPORTANT

*If you have been raped, sexually abused or physically assaulted,
and are struggling to deal with the trauma, we strongly urge you
to make an appointment with a professional to assist you.*



RESOURCES



WEBSITES

www.sadag.org
www.lifehack.org

APPS

Happify
Pacifica
What's Up?

CONTACT US AT:

+27 51 401 2853 (BFN)
+27 58 718 5032 (QQ)
+27 51 505 1298 (SOUTH)

scd@ufs.ac.za
scdqq@ufs.ac.za
scdsouth@ufs.ac.za

BOOKS

“You Can Heal Your Life” by Louise L. Hay

“The Power” by Rhonda Byrne

“The Power of Now” by Eckhart Tolle

“Feel The Fear And Do It Anyway” by Susan Jeffers





“The Art Of Happiness” by the Dalai Lama

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I THINK IT WOULD BE BETTER IF I JUST DIED

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I THINK IT WOULD BE BETTER IF I JUST DIED

Dr Melissa Barnaschone

.....
University can be a stressful time. Feelings of depression, hopelessness and despair can build when you don't take the necessary steps to cope with stressors.

Many students experience frustration and doubt, but sometimes those thoughts gain a frightening momentum, bringing people to a place where they seriously consider ending their lives.
.....



The following may help lower the risk of suicidal ideation and suicide attempts:



- Get support from your family and friends, and talk to them about how you feel
- Join a self-help or support group, where you can discuss issues with people who understand, get help from others, and help people with similar problems to get through their difficulties
- Avoid isolation. Stay connected to the outside world as much as possible
- Exercise
- Eat a well-balanced, healthy diet
- Seek and follow treatment with a psychologist or spiritual mentor
- Get at least 7-8 hours continuous sleep in every 24-hour period
- Never forget your sense of humour and feel free to laugh at yourself
- Do more things that give you pleasure, such as being with friends or family, and focus on the good things in your life
- Remove any guns, knives and dangerous drugs from your surroundings
- Avoid alcohol and drugs



WHAT SHOULD YOU DO IF YOU START TO NOTICE SUICIDAL BEHAVIOUR IN YOUR FRIEND?

1

ASK! If you have a friend who is talking about suicide or showing other warning signs, don't wait to see whether he or she starts to feel better; talk about it.

2

ENCOURAGE them to call a helpline or contact someone they might turn to for support, for example, a friend, family member or psychologist.

3

LISTEN to your friend without judging and offer reassurance that you're there and you care. If you think your friend is in immediate danger, stay close – make sure he or she isn't left alone.

4

FOLLOW UP with them after the crisis has passed, as this tends to reduce the risk of a recurrence.

5

KEEP THEM SAFE by staying around and removing any means of committing suicide, such as knives, medication, etc.

6

DON'T keep it a secret – confidentiality does not apply when someone has voiced that they are suicidal. Even if you're sworn to secrecy and you feel like you'll be betraying your friend if you tell, you should still get help. Share your concerns with someone who can assist you.

7

TRUST your gut feeling!

Remember that many people experience suicidal thoughts at some time, and many of them find a solution, for example, by sharing their problem with someone. It does not mean that there is anything wrong with you. Even if you feel alone in a place and afraid to share what you are going through, a confidential helpline may help.

MY GRATITUDE JOURNAL

Keeping a daily gratitude journal has shown to improve psychological health. You can complete a category a day or add one thing you are grateful for each day in any category.

POSSESSIONS

KNOWLEDGE

EXPERIENCES

NATURE

PEOPLE

I AM
GRATEFUL
FOR...

MY BODY

SONGS

SKILLS



RESOURCES



WEBSITES

www.sadag.org
www.helpguide.org
www.mobieg.co.za
www.suicidepreventionlifeline.org
www.beyondblue.org.au

APPS

my3

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+27 51 505 1298 (SOUTH)

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scdqq@ufs.ac.za
scdsouth@ufs.ac.za

BOOKS

"Conquer Your Critical Inner Voice: A Revolutionary Program to Counter Negative Thoughts and Live Free" by Robert W. Firestone

"Suicidal Thoughts: How To Deal With And Overcome Suicidal Tendencies And Feelings" by D.C. Johnson

PHONE

UFS Student Careline (24/7) 0800 00 6363

Suicidal Emergency 0800 567 567 (SADAG)

24hr Helpline 0800 12 13 14 (SADAG)

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I'M STILL LOST

What now?



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I'm still lost – what now?

If you did not find what you were looking for in this booklet, please do one of the following:

- 1** Visit other online sources such as #WellbeingWarriors or those suggested at the end of each section.
- 2** Attend one of the workshops at UFS Student Counselling & Development (SCD).
- 3** Make an appointment with a psychologist at UFS Student Counselling & Development (SCD).

All our services are free of charge to registered UFS students.



HELPFUL ONLINE RESOURCES:

helpguide.org
mobieg.co.za
sadag.org

CONTACT US AT:

+27 51 401 2853 (BFN)
+27 58 718 5032 (QQ)
+27 51 505 1298 (SOUTH)

scd@ufs.ac.za
scdq@ufs.ac.za
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REFERENCES

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Dr Refiloe Seane:

For saying YES! when I pitched the idea many years ago.

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