WARNING SIGNS of Distress

While many students recognize the warning signs and seek help on their own, families can make a difference by being aware of distress indicators, including:

- Significant changes in sleep or eating habits
- Personal hygiene deterioration
- Significant changes in behavior
- Angry or threatening outbursts
- Thinking or expressing ideas/thoughts of harming themselves or others
- Changes in levels of functioning (e.g. decreased academic performance, social withdrawal)
- Evidence of drug or alcohol abuse
- Paranoia
- Anxiety, nervousness or agitation
- Forgetfulness or difficulty concentrating
- Low energy level or continuous sadness
- Irritability or low frustration tolerance
- Significant weight gain or loss
- Procrastination

REDUCING STRESS

Good health is about balancing life in all areas. Here are some tips for encouraging and supporting your student’s wellness.

- **Sleep**
  Too little sleep results in decreased motivation, memory and concentration.
  By studying well before exams and learning to take regular study breaks, students can avoid burnout and fatigue.

- **Healthy Diet**
  Balanced meals help build a healthy immune system. UC Irvine’s food service offers students healthy menu options.

- **Relaxation**
  Relaxation decreases metabolic heart rate, blood pressure, breathing rate and muscle tension. Deep breathing and stretching help manage test anxiety and improve academic performance.

- **Involvement**
  Building relationships outside the classroom provides students significant mental health benefits and a break from academic routine.

- **Exercise**
  Along with maintaining fitness, exercise can help students make friends, relax after a test and allow time for reflection.

**UCI Campus Recreation and Anteater Recreation Center (ARC)**

www.campusrec.uci.edu

Offers intramural and club sports, workout options, nutrition and healthy cooking classes, outdoor adventures and more.

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Be Well AT UC IRVINE

The University of California, Irvine is committed to excellence through diversity and provides equal opportunity in its admissions, employment, programs, and services in compliance with all applicable federal and state laws. This publication will be made available in alternative formats for people with disabilities, upon request to UCI Student Affairs, telephone 949.824.7985. The campus and all buildings are accessible by wheelchair.

July 2012
Safety

Medical or police emergency
CALL 911
UCI Police will dispatch help to you.

Safety questions, or to report a crime
UCI Police Department
824-5223 (non-emergency)
UCI Police Department
100 Public Services Building
department.police.uci.edu

Dusk to dawn safety escorts
CSO Safety Escort Program
824-7233 (824-SAFE)
UCI Police Department
100 Public Services Building
police.uci.edu/services/safety_escorts.html

Crisis & Stress

Crisis response help, information, referral on sexual assault issues
Campus Assault Resources & Education (CARE)
824-7273
G320A Student Center
www.care.uci.edu

Feelings of anxiousness, depression, stress
Counseling Center
824-6457
203 Student Services I
www.counseling.uci.edu

Mental & Physical Wellness

Questions on health topics, nutrition, birth control, or alcohol and other drugs
Health Education
824-9355 (824-WELL)
G319 Student Center
healtheducation.uci.edu

Health concerns, sickness, dental or eye care, or questions about undergrad and graduate health insurance (UC SHIP)
Student Health Center
824-5301
501 Student Health
www.shc.uci.edu

Disability Assistance

Temporary or permanent
Disability Services Center
824-7494
TDD 824-6272
100 Disability Services
Building 313
disability.uci.edu

Dispute Resolution

Help solving a problem
Office of the Ombudsman
824-7256
205 Multipurpose Science and Technology Building
www.ombuds.uci.edu

Students at academically competitive universities like UC Irvine commonly experience stress in the transition to college life.

While most students adjust well to the change, some may become depressed, anxious, experience eating disorders or abuse alcohol and drugs.

All of these problems can interfere with academic performance and seriously threaten student health.

Parents and families can help students restore balance and emotional wellness by being aware of and suggesting options for support and services at UCI.