

FIGHTING NOVEMBER BLUES

ACCUEILLIR | SOUTENIR | ACCOMPAGNER



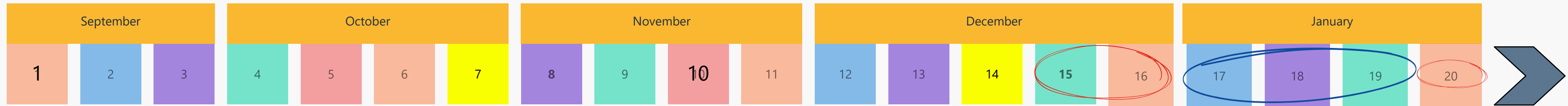
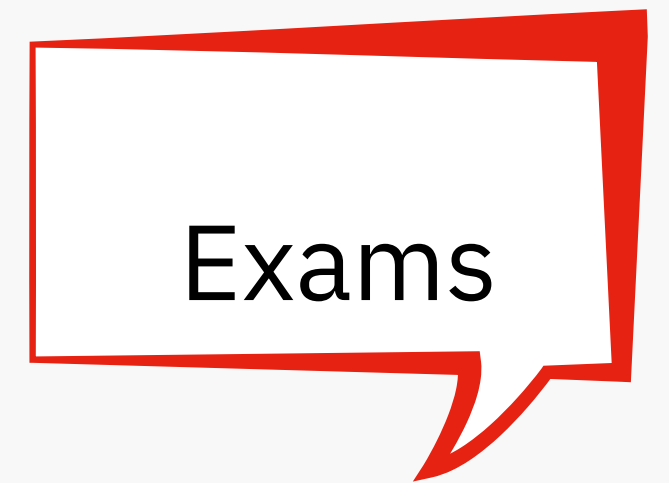
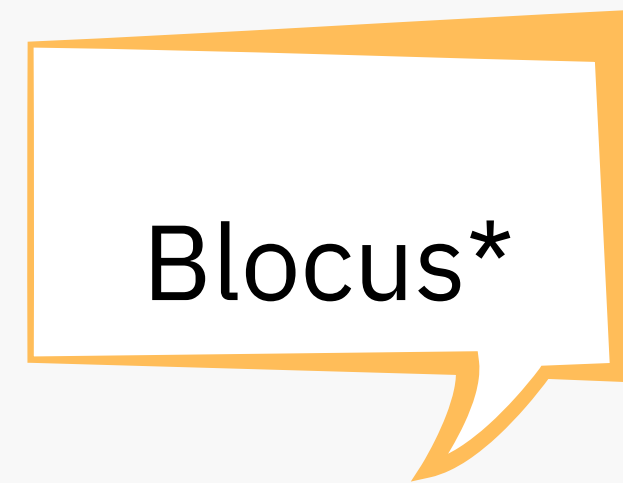
SAA

Learning Support Service
(Service d'aide aux apprentissages)



Academic year

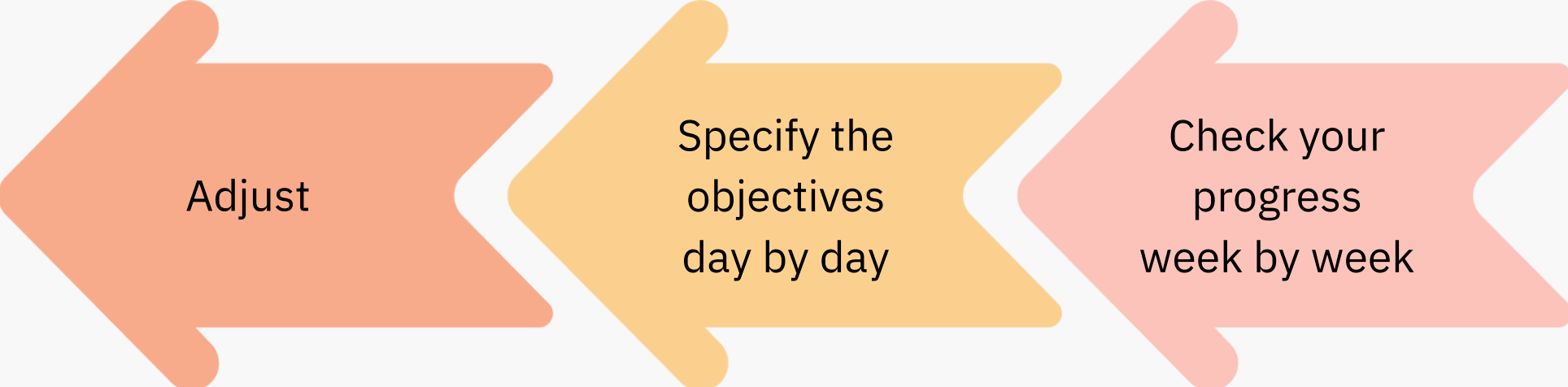
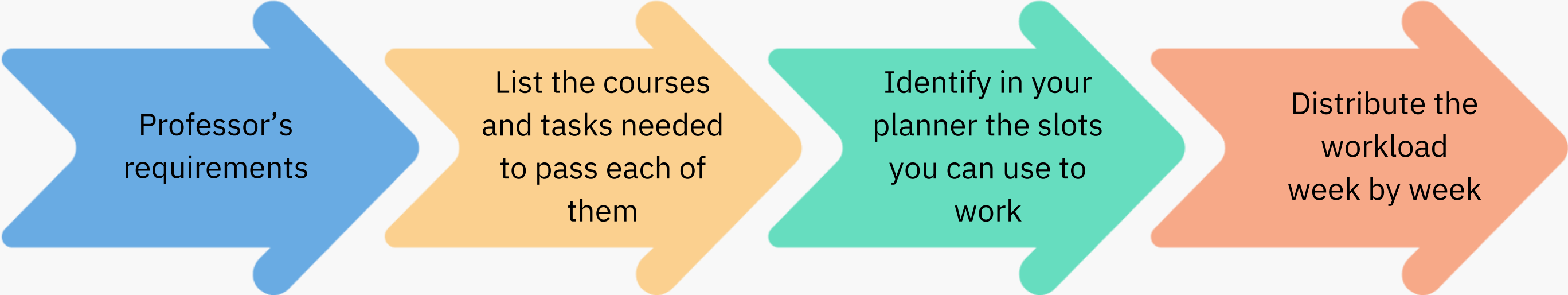
You are here !



*in Belgium, it refers to the period reserved to study, right before the exams session.

Create your own planner

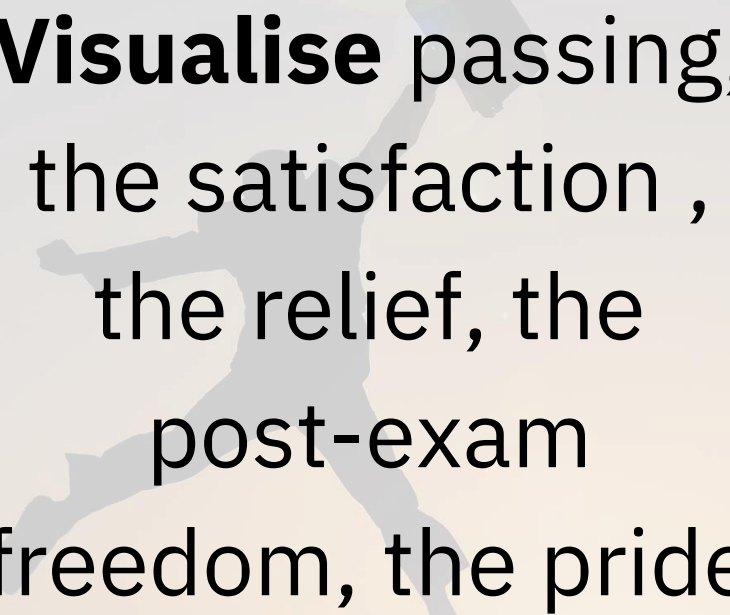
Conception



Utilisation



You also need to eat, sleep, move around and entertain yourself




Visualise passing,
the satisfaction ,
the relief, the
post-exam
freedom, the pride



Remember your
previous
experiences of
success



Imagine yourself
into the pleasant
moments



Take the control
back over your
thoughts

Get motivated

Act on your thoughts

I choose to act on ...

My feeling of effectiveness



- Divide
- Look for resources
- Act on your thoughts

The meaning I give to my work



- Think about the meaning and utility
- Cultivate the pleasure
- Prioritise value-added tasks

Hunting for distractors



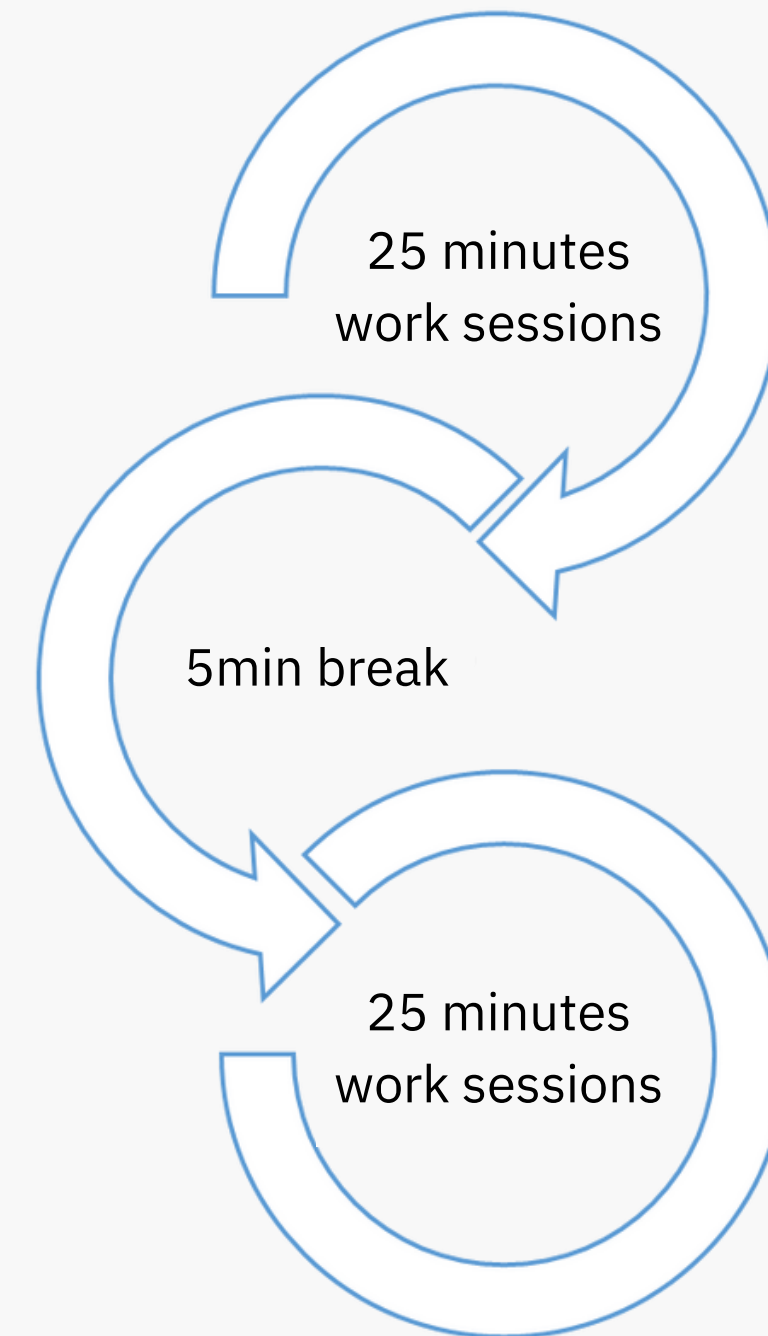
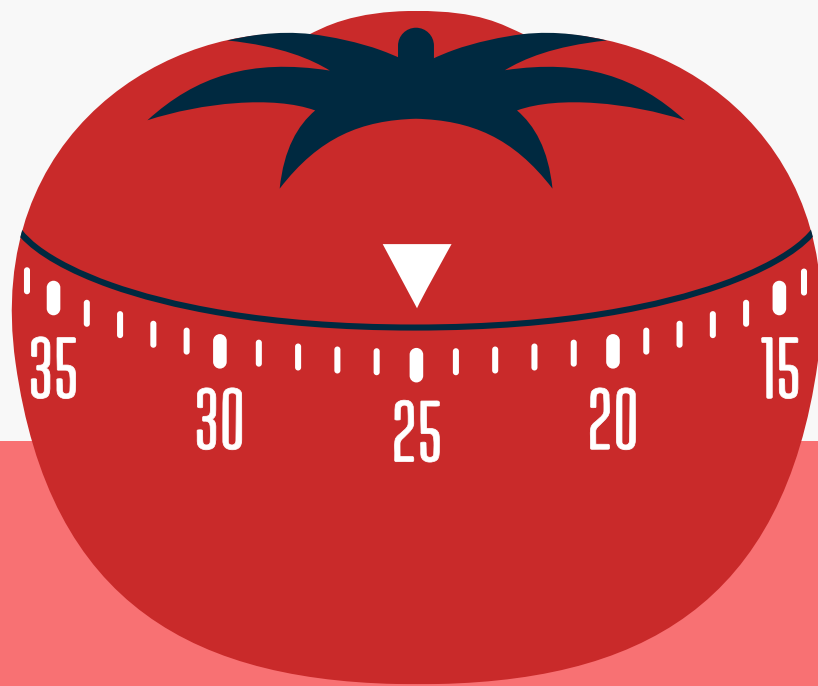
- Keep distractors away
- Alternate between moments of works and of relaxation

Organisation and deadlines



- Plan
- Set your priorities
- Set deadlines
- Start small

The pomodoro method



... After 5 sessions of 25 minutes : longer break (20 to 30')



PsyCampus

Service de Santé Mentale à l'ULB

Rob Kaelen, psychologist

Be in touch with your well-being

- It's okay to not be okay
- Take time for self-care
- Reach out to people around you
- Talk to a (mental) healthcare professional



It's okay to not be okay

- Difficult to admit we're having a tough time
- Beware of comparisons to others
- Emotions are useful, it's all about balance
- What are my needs?

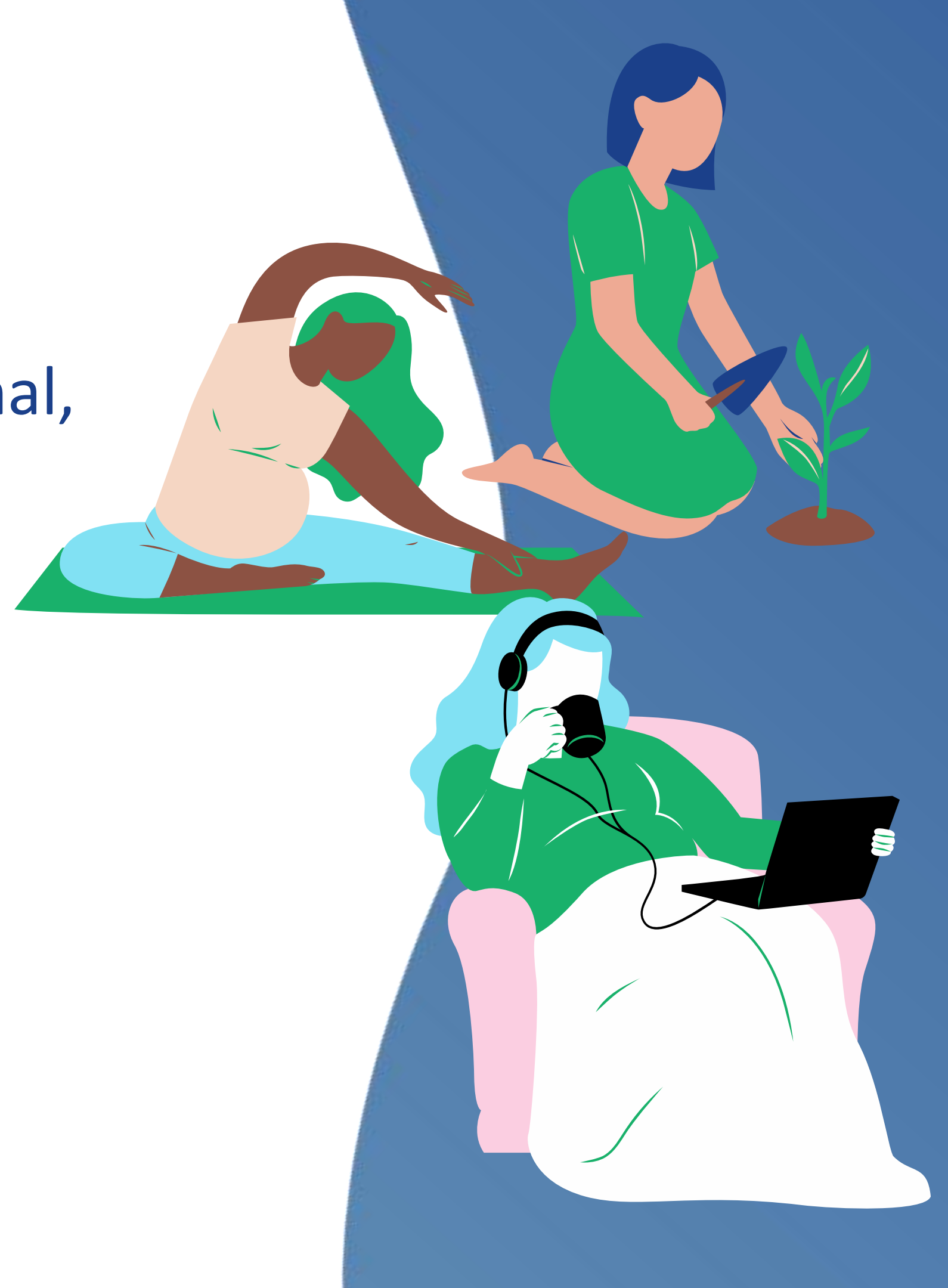


Self-care

Activities that improve mental, emotional, social and physical well-being

What recharges your batteries?

- something we want to do, not something we have to do
- be kind with yourself
- beware of comparisons to others



Reach out

- It's OK not to be OK
- Would it help to share?
- Is there something that keeps me from sharing?
- Who could be a resource?





Talk to a mental health professional

We tend to ask ourselves questions :

- When is the right time?
- Do I suffer enough?
- Am I taking someone else spot?

It's okay to ask for help

Where to ask for help?



3 options :

- Private sector
- Public centres : Services de santé mentale (mental health centres) or centres de planning familial (// planned parenthood)
- 1st line psychologists (psybru.be)

PsyCampus is here for you



- Service de Santé Mentale à l'ULB
- Psychological support for higher education students

- Psychologists et psychiatrists
- 8€/session maximum
- Intake and referral service



PsyCampus is here for you

To place a new request, call us on
working days (except Tuesdays)
between 10 and 12am:

0471 20 56 38

0471 20 56 34

If you'd like to call in English,
preferably call on Thursday



Thank you!



ssm·ulb

Le Service de Santé Mentale à l'ULB

PsyCampus



Public Health Service : Prevention & Promoting Health

→ enable people to increase control over their own health

Reminder from World Health Organization :

"Health is a state of complete **physical, mental and social well-being** and not merely the absence of disease or infirmity."

Different factors determine your health :
disease, genetic, sleep, nutrition, exercises, social network, stress, habits, financial security, housing, politics, air quality, ...

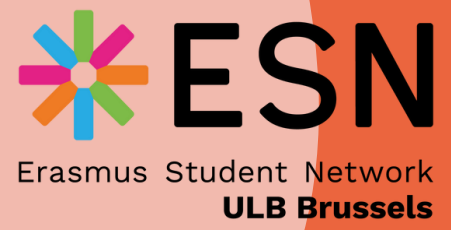
ULB Santé here to help you :

- to find services :

doctor, psychologist, but also legal service aid, sport, ...

- to control your own health:

get some knowledge and improve your capacity through our games, conferences, workshop, posters, ...



Any questions?



welcome@ulb.be

