

I asked myself how to handle life's affairs?

- ▶ My room gave me a perfect answer!

Roof said.....Aim High.

Fan said.....Be Cool.

Clock said.....Value Time.

Calendar said.....Be Up To Date.

Wallet said.....Save Now for Future.

Mirror said.....Observe Yourself.

Wall said.....Share Others Load.

Window said.....Expand the Vision.

Floor said.....Always Be Down to Earth.....!

Happy Faces, Share Happiness



What needs to be done for that?

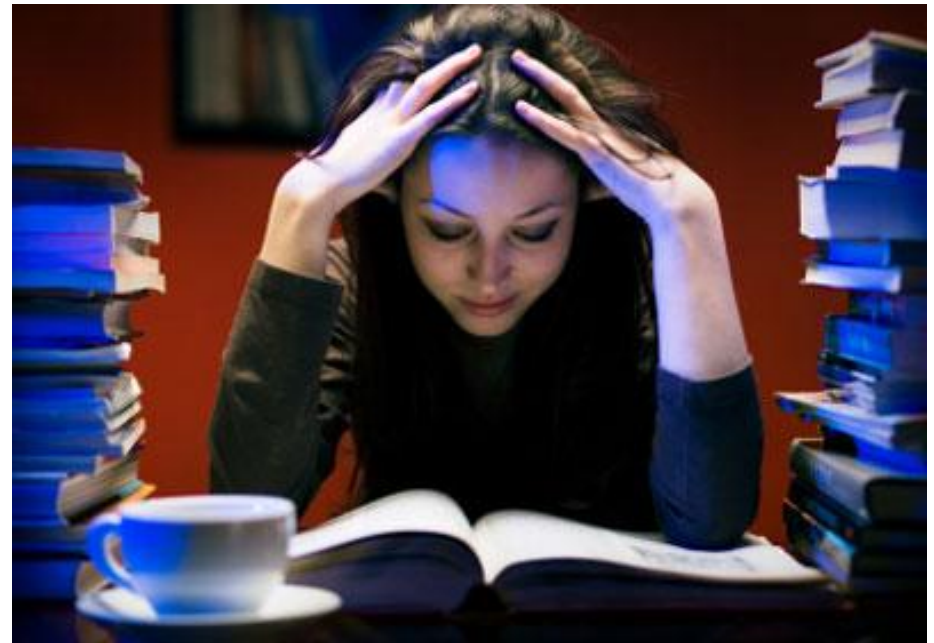
- ▶ Believe in yourself
- ▶ Be optimistic
- ▶ Know the reason
- ▶ Let it happen
- ▶ Change is the only thing which is constant, accept this.
- ▶ Be creative to avoid stress
- ▶ Create possibilities to motivate yourself
- ▶ love yourself for what you are

The Campus Mental Health Crisis

And What We Must Do About IT



To transform your personality



Bring changes to your life

- ▶ We have two bulls in our mind and they fight together all the time, could you please tell me who will win?
- ▶ What will happen if you go in front of a lion assuming that the lion will not eat you because you are a vegetarian?

The Challenges of College

- ▶ The best years of your life? Expectations..
- ▶ Even positive change is stressful
- ▶ Greater academic demands
- ▶ Unstructured time
- ▶ Decreased adult availability
- ▶ Being on your own in a new environment
- ▶ Changing relations with family

Challenges of College: Choices

- ▶ Alcohol and other drugs
- ▶ Sex–identity, values, practices
- ▶ Food
- ▶ Sleep
- ▶ Balancing Academic and Extra–curricular
- ▶ Room mates

What is going on in College and should we be worried about it?

- ▶ The data reported by college students and research is FRIGHTENING
- ▶ Depression Doubled, Suicidal Ideation Tripled, Sexual Assaults quadrupled over 13 years
- ▶ 45% students self report depression
- ▶ 10% report serious suicidal ideation and 44% binge drink

Why Now?

- ▶ More Diversity–Cultural, Socioeconomic, “Family Dreams”
- ▶ Availability of medications
- ▶ Financial Stress 1981–1994: 200% cost increase at private schools. Income increased 75%
- ▶ Pressure to perform starts earlier

Stress

- ▶ Biggest problem described by students
- ▶ Amazing simple accurate test
- ▶ Picture of 2 identical dolphins
- ▶ Careful scientific study shows that if you perceive 2 or more differences between the dolphins
- ▶ You have a high level of stress and need a vacation...

Stress Test



Obstacles

- ▶ Most people who need care don't seek it or receive it
- ▶ Stigma, cultural pressure, mistrust, lack of information keep people out of care
- ▶ So do lack of resources; treatment and medication are expensive
- ▶ Care is disjointed
- ▶ Some schools don't see emotional well-being and growth as in their "mission"

Mental health issues are a serious problem

- ▶ Ninety-five percent of college counseling center directors surveyed said the number of students with severe psychological problems on their campus has increased in the past year.
- ▶ Anxiety is the top presenting concern among college students (41.6 percent), followed by depression (36.4 percent) and relationship problems (35.8 percent).
- ▶ On average, 24.5 percent of clients were taking psychotropic medications.
- ▶ 19 percent of directors report the availability of psychiatric services on their campus is inadequate.

Common mental health issues that haunt campuses:

- ▶ **Depression**
- ▶ **Anxiety**
- ▶ **Suicide**
- ▶ **Bipolar Disorder**
- ▶ **Eating disorders**
- ▶ **Addiction**
- ▶ **Self-harm**

Reality Of Life

Bill Gates never did Laxmi Pooja but he is richest man.

Einstein never did Sarasvati Pooja but he was very intelligent.

Believe in **WORK** not in **LUCK**.

Trust in **God** but don't be dependent on him.

Alexander's last words:

Bury my body and keeps my hand outside, so that the world know "The man who won the world had nothing in hands when he left"...

Select the best, out of available

- ▶ The Best “om” is home!!
- ▶ The Best “age” is courage!!
- ▶ The Best “mile” is smile
- ▶ The Best “stand” is understand!!
- ▶ The Best “end” is friend!!
- ▶ The Best “day” is today !!

So enjoy to its fullest..!!!!

THANK YOU