

Support for your child from faraway



Encourage Open Communication

Create a safe space for students to talk about their feelings.

Listen without judgment can encourage students to share more openly.

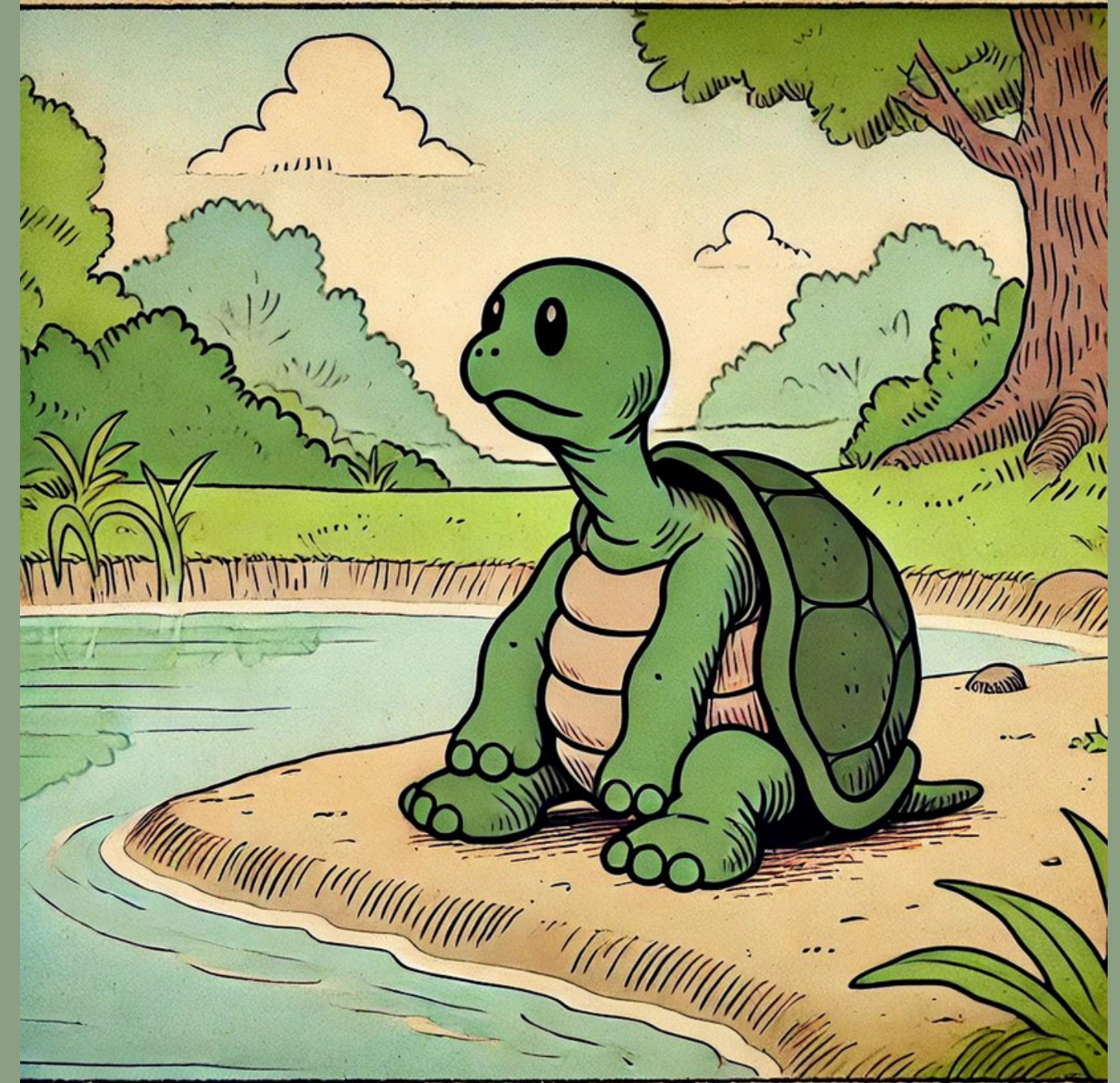
Ask open-ended questions and avoid trying to "fix" things immediately.



Recognize Signs of Struggle

Learn to recognize signs of mental health challenges, such as changes in sleep, mood, social withdrawal, or academic decline.

Be observant of their student's behavior without being intrusive. Student's behavior can be self-reported or 'sensed.'



Normalize Mental Health Conversations

Parents can destigmatize mental health issues by talking openly about mental well-being and showing that seeking help is normal and healthy.

Parents can share their own experiences with stress and coping if comfortable.



Support Independence While Offering Guidance

Allow students to make their own decisions and solve problems while being available for support.

Parents can help their student learn problem-solving skills by asking guiding questions rather than giving direct answers.



Understand Campus Resources

Be aware of the mental health resources available on campus, such as counseling services, support groups, and wellness programs.

Help your student find and use these resources if needed.



Recognize and Respect Boundaries

Understand college students are navigating their independence, and respecting their autonomy is essential.

At times, ask permission before stepping in to solve problems and respect their student's privacy.



Model Coping Strategies

Model healthy ways to manage stress, such as mindfulness, self-care, and seeking support.

Students often observe and learn from their parents' coping behaviors.



Encourage Connection and Social Support

Emphasize the importance of social connections.

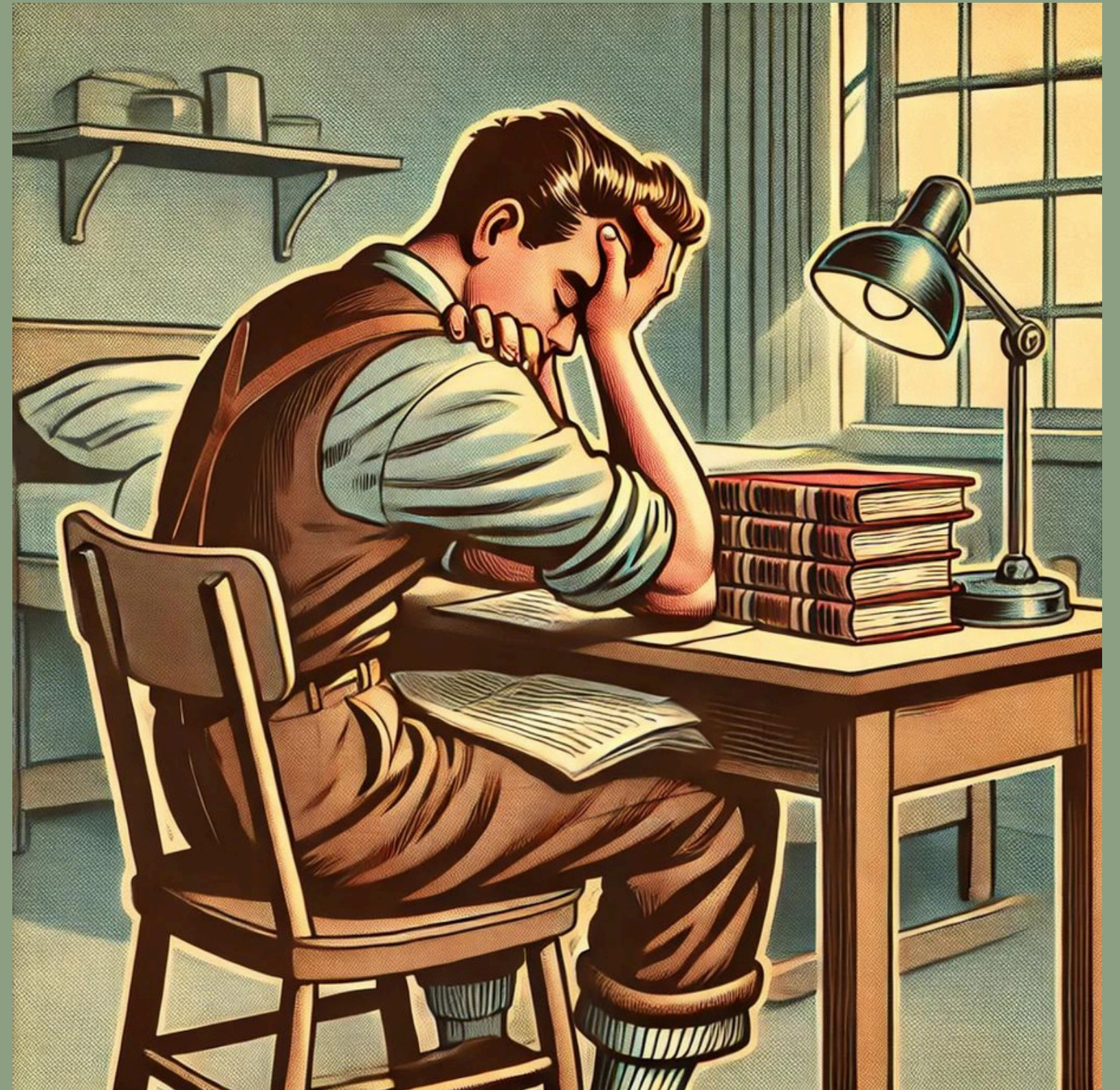
Encourage their students to build and maintain friendships, participate in campus activities, or join clubs and organizations.



Be Prepared for Setbacks

Setbacks are a normal part of the college experience, and it's important for parents to remain calm and supportive during difficult times.

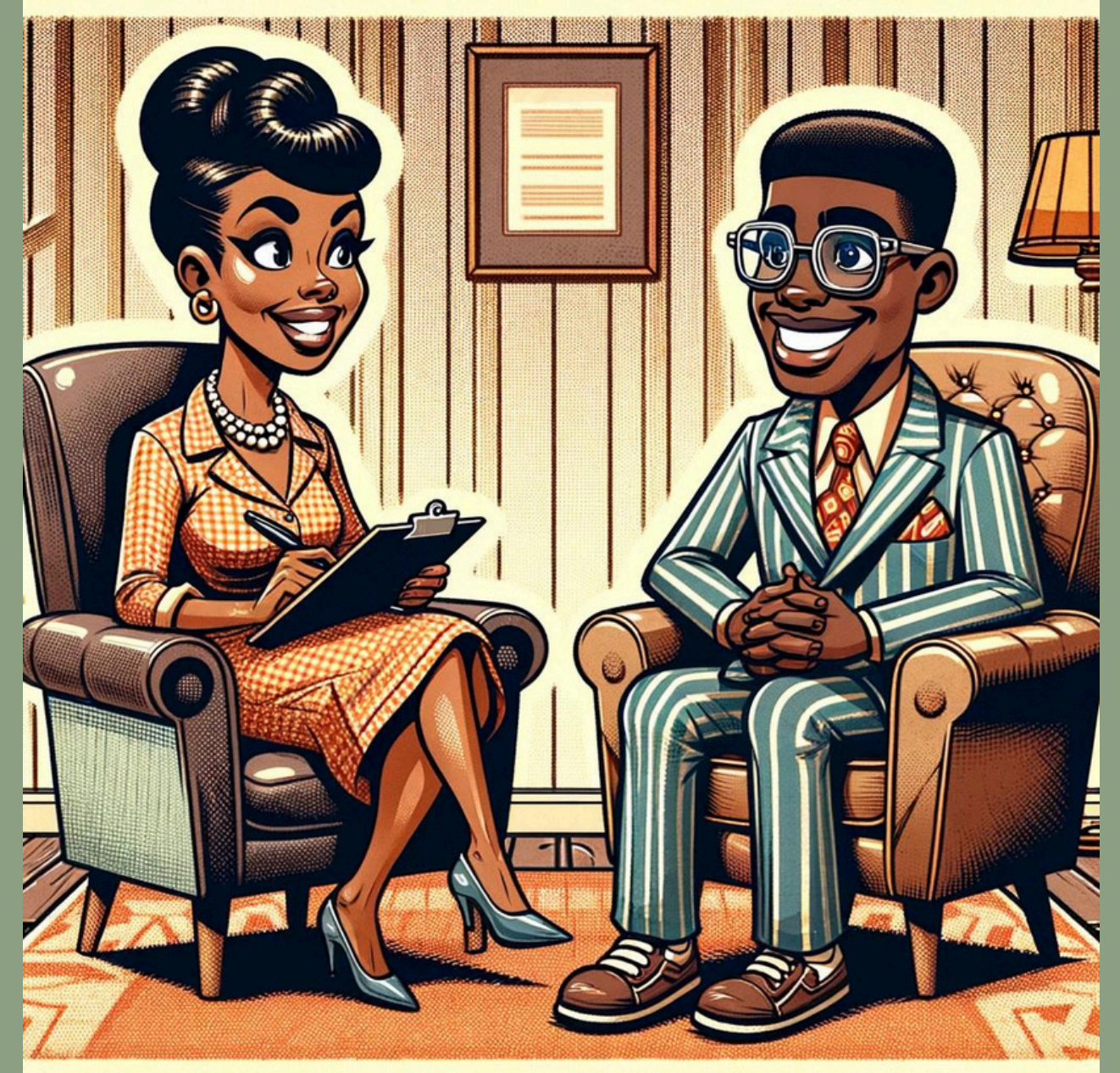
Students may need extra support during transitions like midterms, finals, or adjusting to college life.



Know When to Seek Professional Help

Trust your instincts and guide students toward professional help if their struggles seem too big to handle alone.

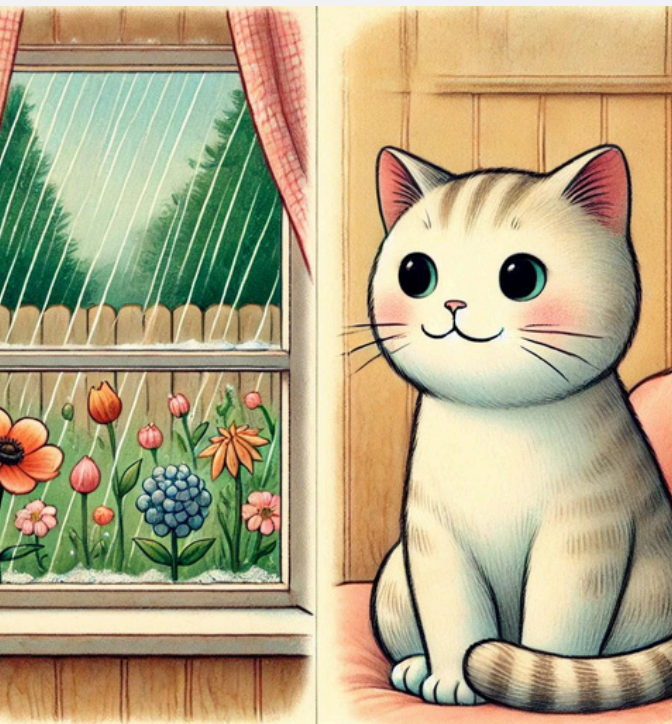
Signs that indicate it's time to seek professional mental health support include persistent sadness, anxiety, ongoing irritability or rapid mood changes, intense loneliness, feelings of helplessness, crisis of identity or not meeting self-imposed expectations, or any mention of self-harm or suicidal thoughts.





If source of distress CAN be changed:

Problem-solve and
make a plan.



If source of distress CANNOT be changed:

Change your perception about the
problem. Look at it differently to feel
differently about it.

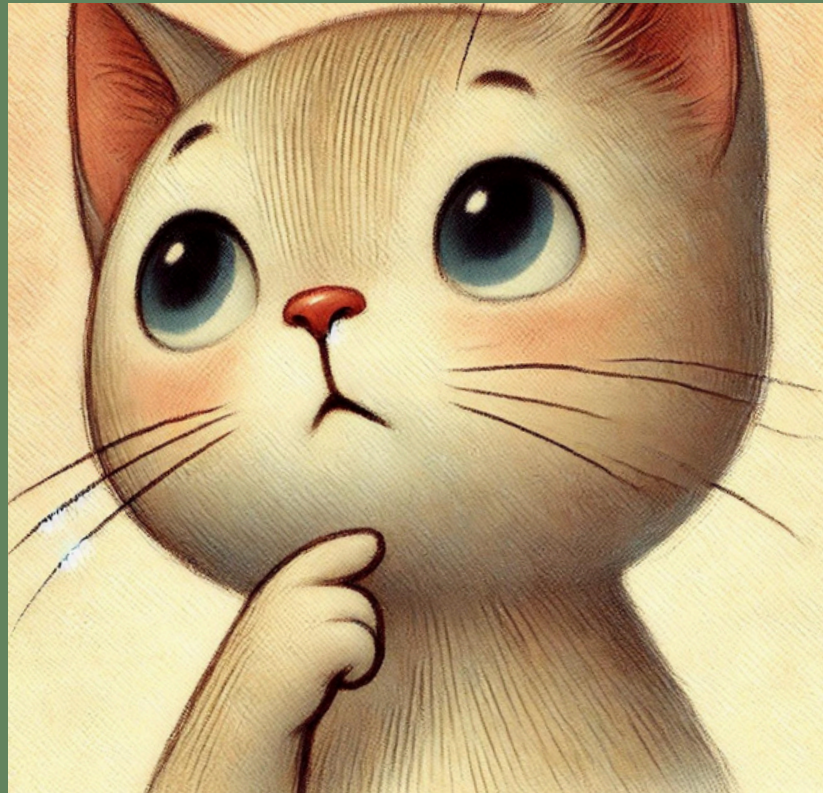


**If source of distress &
perception CANNOT be changed:**

Tolerate the problem and use self-cares.
Try not to make situation worse.

Stratagies to Manage a Problem

3 keys to Managing Feelings



1 Be mindful of how you are feeling...

- Observe how you are feeling
- Name how you are feeling
- Don't judge how you are feeling.

Knowing how you feel improves emotional intelligence!



2

Accept how you are feeling...

- Accepting how you feel reduces tension.
- Accepting how you feel does not mean you like the feeling or its source.
- Accepting how you are feeling is just seeing the feeling as-is.

Acceptance promotes mental clarity!



3

'Ride the Wave' of your feeling...

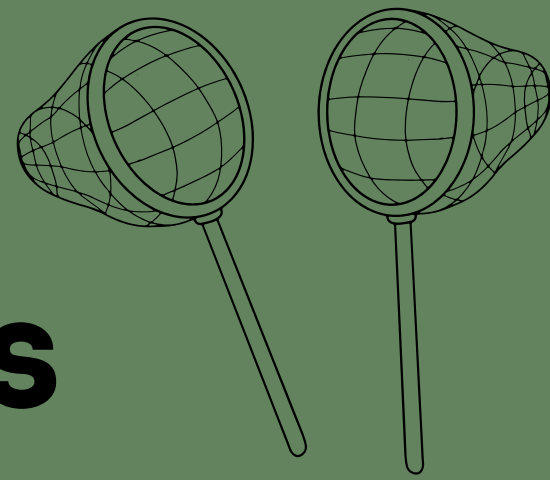
- Be with the ups and downs of the feeling.
- Let go of secondary feelings.
- Secondary feelings are feelings we have in response to our core feeling.

Be patient and be easy on yourself!

Catch a Feeling

with

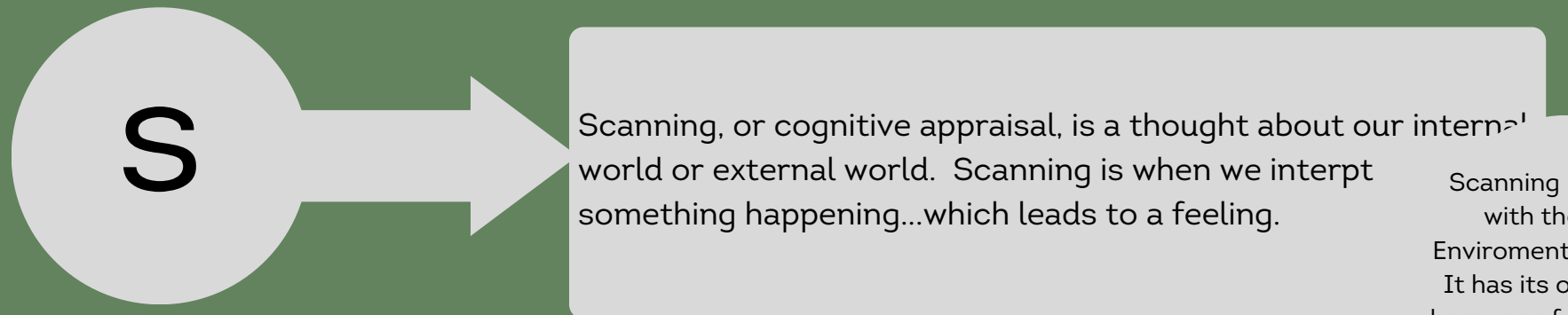
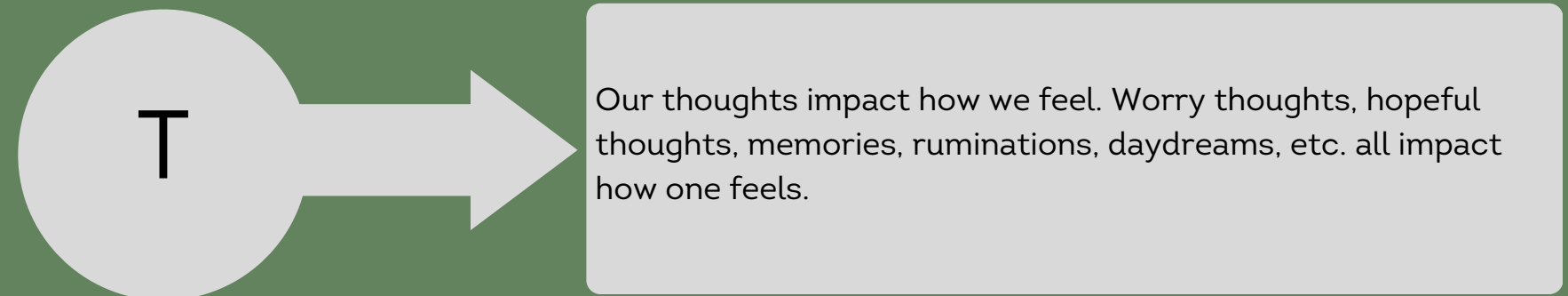
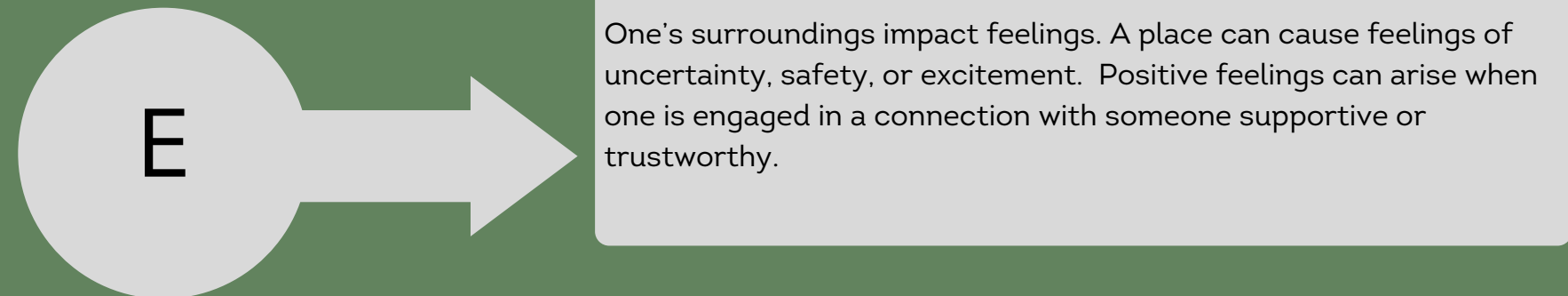
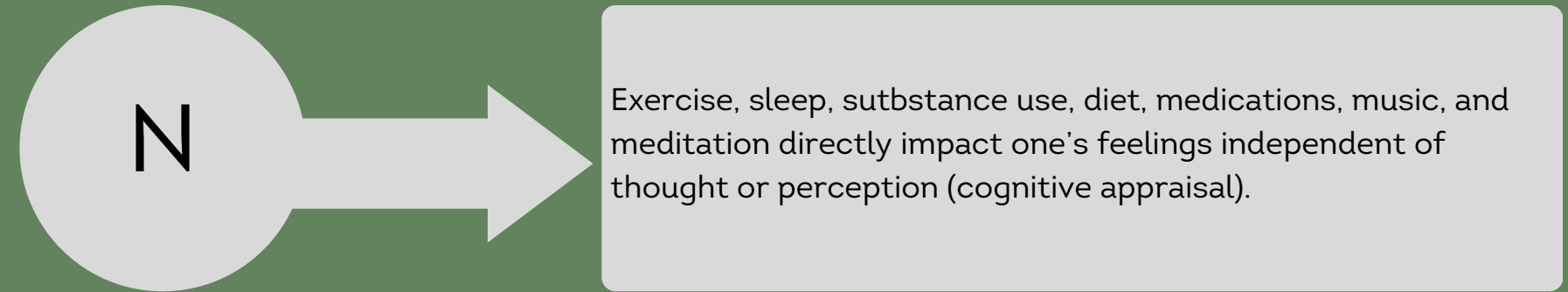
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In conversation with others we typically assign the source of feelings to one of four places.

1. Neurochemistry: 'I feel grumpy because I am hungry' or 'I feel great because I just worked out.'
2. Enviroment: 'I felt great hanging out with my friends or 'I feel weird being here.'
3. Thoughts: 'Thinking about this test has me so anxious' or 'Thinking about my trip is has got me excited.'
4. Scanning: 'I saw them and immediately felt awkward' or 'I am so frustrated I still feel upset.'

Drake Counseling's Feeling Attribution Acronym



Scanning is intertwined with the category Enviroment and Thoughts. It has its own cateogory because of its distinct role in feeling formation.

Drake Counseling Center

Student Counseling Center

The Drake University Student Counseling Center, located inside Broadlawns Community Clinic at Drake, seeks to compassionately address mental health concerns and provide valuable self-care tools to improve your overall well-being, through an equitable and inclusive lens