how can we feel less isolated?

while COVID-19 keeps us apart.
(college student edition)
impact on college students’ mental health

Before the COVID-19 pandemic college students were already susceptible to stress, anxiety, and depression.

After a full year of social distancing and online school, students’ mental health has only gotten worse. These measures are necessary for saving lives and ending the pandemic but it is also important to acknowledge the impact they are having on mental health.

According to the CDC, three out of four Americans between ages 18 and 24 report poor mental health tied to the pandemic.

I miss my family, I miss my family, I miss my friends, I miss my friends.
it is normal to have questions and doubts about the future.

Here are two ways to cope:

Online therapy allows you to share your thoughts and feelings in a judgement free space.

Take breaks from watching, reading, or listening to upsetting news stories.
average screen time rose to 13 hours a day in March 2020.

Most U.S. college students transitioned to online school around March 2020. After moving to online learning, screen time has significantly increased since we depend on our devices for both academic and social interactions.

here are two ways to cope:

Take deep breaths, stretch or meditate.

Turn off all screens at least 30 minutes before bed.
560,000 undergraduate students didn’t enroll in fall 2020 compared to 2019.

Concerns about life post graduation in a pandemic market are on the minds of college students everywhere. It can be very difficult to focus on school work when it feels like the world is falling apart around you.

Even before the pandemic, students who reported mental health struggles were twice as likely to drop out of school than their peers.

here are two ways to cope:

Get at least 8 hours of sleep every night.

Avoid excessive consumption of alcohol and/or any other substances.