

# Let's hold each other's hand and take care of each other

Sometimes things happen unexpectedly in our lives that affect our moods,

- Feelings: shocked, scared, sad, unbearable, guilty, irritable, tensed...
- Physical: loss of appetite and sleep, headache, diarrhea, tense body...
- Behaviors: crying, blaming self and others, not feeling like doing anything or doing too many things, drinking, smoking...
- Thoughts: recurrent thoughts or memories, difficulty concentrating, self-blaming, feeling uncertain about life...

When we feel those changes in our body and mind, you could try the following ways to you stabilize your mood:

- Keep your routine: Trying to keep your daily routine and activities can help you feel grounded in your mind and body.
- Reach out to other people: Talk to your family, friends, and teachers, have meals with them, or relax.
- Do things that you like: Doing activities you like for recreation can help you change your mood.
- Sports: Finding time for sport can reduce stress.
- Religious and spiritual belief: Religious and spiritual practice can help you feel calm.

If someone around me feeling distressed, or even wanting to hurt themselves, I can--

**1 Ask:** Show your care and be an active listener.

**2 Respond:** Respond appropriately, offer your support and be there for them.

**3 Referrals:** Reach out to other resources and continue to provide support. Seeking out multiple resources can provide better care.

- For immediate danger, please dial 119 for help.
- 24/7 hotline through NCKU security center: (06)238-1187 or Ext.55555.
- Ext. 50328 for Counseling and Wellness Services Division.
- Reach out to their parents and friends.
- Contact the Department (Professor, Department Chair, Department Secretary), Student Housing Managers, Counselors, or Landlord.

If these conditions seriously affect your life, or last more than 1 month, please seek professional help. Seeking help is not a sign of weakness, instead it's a sign of strength. Please make an appointment when you feel a need. Let counselors support you through this time.



For appointments: