



## Toolkits: Skills for College Life and Beyond

Toolkits are intentional conversations designed to help students reflect on their personal and social well-being and assist them in learning new skills that can positively impact their life. Interested in hosting a toolkit for your department, organization, classroom, or group? Please fill out our online [outreach request](#) or you may call 931-221-6162 ext. 7214.

### Mood

#### *Option 1: Thinking Your Way Through the Funk*

What you will learn:

- Signs and symptoms of depression
- How to recognize depressive thoughts and ways to respond effectively

#### *Option 2: Taking Control of Your Mood*

What you will learn:

- Ways to step out of yourself and work toward solutions
- Changes to make in taking better care of yourself

### Anxiety

#### *Option 1: Move from Worry to Problem Solving*

What you will learn:

- Signs and symptoms of anxiety
- How to recognize anxiety producing thoughts and ways to respond effectively

#### *Option 2: Relaxation Skills to Calm Body and Mind*

What you will learn:

- How to maximize your breath
- Daily habits that can reduce the presence of anxiety

### Stress

#### *Option 1: Changing the Way You See Stress*

What you will learn:

- To differentiate between healthy and unhealthy stress
- How to challenge your thoughts and responses to stress

#### *Option 2: Learning to Manage Stress*

What you will learn:

- Ways to prioritize and manage your time
- Daily habits that reduce the effects of stress

### Relationships

#### *Option 1: Healthy and Unhealthy Relationships*

What you will learn:

- To discern healthy and unhealthy patterns in relationships
- How to set and communicate personal boundaries

#### *Option 2: Communication and Conflict Resolution*

What you will learn:

- Ways to effectively listen to and express yourself to others
- How to find solutions in the face of conflict

### Identity

#### *Option 1: Knowing and Loving Yourself*

What you will learn:

- How to name and celebrate your strengths
- To find acceptance and comfort with your imperfections

#### *Option 2: Body Acceptance*

What you will learn:

- To recognize and turn off your inner critic
- To reconnect with and appreciate your body

### Friend in Distress

#### *How to Help a Friend Who is Hurting*

What you will learn:

- Warning signs of emotional distress
- How to talk with and encourage a friend when they need help
- Available mental health resources on campus and in the community