



DIVISION OF  
**STUDENT AFFAIRS**  
COUNSELING CENTER

**A Message of Care to All University of Maryland Students from the Staff of the Counseling Center**

The approaching end of the Fall semester may bring added stress from studying for exams, completing projects, preparing for December graduation, and making plans for the winter break.

Stress is a normal part of college life that may show up as:

- Difficulty falling or staying asleep
- Difficulty concentrating
- Pulling back from friends
- Getting into arguments
- Drinking more than you usually do
- Procrastinating
- Feeling tense
- Feeling ill

If you experience these common symptoms of stress, try these links to self-care strategies:

- [Challenging thoughts that stress you out](#)
- [Being physically active](#)
- [Eating healthier meals](#)
- [Maintaining good sleep habits](#)
- [Meditating](#)
- [Doing deep-breathing](#)
- [Taking a break](#)
- [Talking to a friend](#)

These links provide additional helpful information:

[10 Study Tips](#)

[6 Myths About Stress](#)

[Six Steps to Survive the](#)

[Suicide Warning Signs](#)

[Stress Tips](#)

[Holiday Season After Loss](#)

When stress reaches a point that you have trouble managing daily responsibilities, struggle more than usual with academic work, or feel hopeless, it may be time to seek professional help. The following resources are available on campus:

The [Counseling Center](#) in Shoemaker Building  
301.314.7651

[Learning Assistance Service, Counseling Center](#)  
301.314.7693

The [Mental Health Service](#) in the Health Center  
301.314.8106

[University Chaplains](#), Memorial Chapel  
301.314.9866

**After-hours crisis counseling from the Counseling Center at (301) 314-7651.**

**The National Suicide Prevention Lifeline at 1-800-273-TALK (8255)**  
<https://suicidepreventionlifeline.org/how-we-can-all-prevent-suicide/>

As you head into the final days of the semester, your greatest challenge may be to manage stress. Self-care is critically important at this time, and that includes asking for help. Know that we can help!

Sincerely,

The University Counseling Center  
Shoemaker Building