Returning to campus after the hiatus that COVID-19 caused may feel intimidating. After a year or even more of virtual classes, adjusting to campus likely comes with difficulty. It is normal to feel a degree of anxiety associated with going back to school. It might feel uncomfortable, awkward, or even scary. Adjusting back to campus might even bring about mental health distress, or perpetuate symptoms in those previously diagnosed. Despite these challenges and the creation of new norms, it is important that students remain resilient and make the most out of the opportunities to come. As we approach the upcoming semester, here are some potential recommendations to help you navigate your college experience:

**Be Aware of Resources on Campus:** Each campus has a counseling center geared to provide services to their students. Services might include therapy, workshops, groups, or even campus-wide events. Not only are there mental health services on campus, but universities are also known for the many offices and resources they have intended to aid students throughout the college experience. Become familiar with what your campus offers.

**Ask for Help:** After becoming familiar with your campus, it is important to express when you need help! Whether it be financial aid concerns or even just advice from an advisor, utilize the resources available to you by asking for help.

**Develop Support Systems:** Utilizing healthy support systems can be highly beneficial in reducing isolation. Seek out a club or group that resonates with you. Academic clubs, community service groups, sports, recreation, and art groups are just some of the many types of outreach experiences on campuses. Joining a club can foster relationships and make you feel united with your university.

**Engage in Self-Care:** Self-care is essential in limiting distress/managing stress. When we do not engage in self-care, we may notice ourselves feeling extra tired, moody, and even experiencing burnout. Focus on yourself by incorporating self-care into your daily routine. Doing so can help promote a healthy lifestyle and decrease some of the stress associated with school. Go here for a full list of self-care activities – [https://www.developgoodhabits.com/self-care-ideas/](https://www.developgoodhabits.com/self-care-ideas/)

If you feel you would benefit from talking with a professional and would like the name of a qualified psychologist in your area, please try our [Psychologist Locator](https://www.developgoodhabits.com/self-care-ideas/).