Positive psychology is the science of happiness. Hoos can develop habits of mind that help them feel good and thrive, even when life is unpredictable.

HABITS FOR井井有条

Focusing on things that help us feel better takes practice and perspective. This means prioritizing time for positive thoughts and actions.

HOO knoW?

Most students do something they find restorative, like art or reading, to feel better.*

Try these tips

Give!

Using your strengths to help others by volunteering or cheering on a friend can widen your viewpoint and bring you back to what is important to you.

Take Care!

Practicing self-care can help you feel grounded in what you know about yourself. Try listening to music, getting fresh air outside, drawing in a coloring book, or watching a funny video.

“If you are feeling down, treat yourself well. Doing something relaxing, like going for a walk with a friend, can help you gain perspective.” — C.Z., Engineering 2020

Say Thanks!

Take time each day to say thanks or reflect on some things you are grateful for.

HOO knoW?

Three out of four UVA students practice gratitude.*

Positive psychology is the science of happiness. Hoos can develop habits of mind that help them feel good and thrive, even when life is unpredictable.

CRUSH THIS ANT

ABSOLUTES
“I am the only person at UVA not at a party tonight.”

CATASTROPHIZING
“I botched the exam and now I will never get a job!”

FORTUNE TELLING
“I did not make the team or club! Now I will never find friends!”

MIND READING
“My professor forgot my name, so she must hate me.”

TRY THIS TRUTH

“I want to use my weekends to relax and de-stress in ways that make me feel good.”

“Bad tests happen sometimes, and I know I can improve next time.”

“There are tons of groups to join at UVA and people everywhere who also want to make friends.”

“My class has a lot of students, and I might need to introduce myself more than once.”

Resources

Madison House HELP Line
(434) 295-TALK
No issue is too big or too small. They’re here to listen.

Counseling and Psychological Services (CAPS)
(434) 243-5150 — M-F 8AM-5PM
For after-hours emergencies: (434) 297-4261
Call to see how CAPS can best support you.

Peer Health Educators
(434) 924-1509
One-on-one peer counseling sessions for mental wellness and other topics.

IfYou’reReadingThis.org
Personal letters and photos from UVA students sharing about mental health and encouraging peers.

*From the February 2017 Health Survey with responses from 1,010 UVA students.

Want this poster for your room? Feel free to take me home February 12–16. Talk to us at StallSeatJournal@virginia.edu!