

SUNY College Cortland

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COR 101 Slides

COR 101 Student Symposium

12-2022

The Ups and Downs of Mental Health

Sonya Concepcion

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Ups
The and of
Downs
Mental Health

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I chose to present this topic because mental health had a major effect on me during my transition period my freshmen year. It's difficult for students to express their emotions or when help is needed, so I thought it would be the right fit to speak on my experience and how it may help theirs.

Roadmap

How we define
Mental Health

1

Mental Health on
Ivy League
College Campuses

3

My Personal
Experience with
Mental Health

5

Color Brain
Activity

2

Mental Health at
SUNY Cortland

4

Short and Long
Term Effects of
Mental Health

6

Roadmap

Maslow's
Hierarchy of
Needs

Resources on the
SUNY Cortland
Campus

DIY Resources

1

3

5

2

4

6

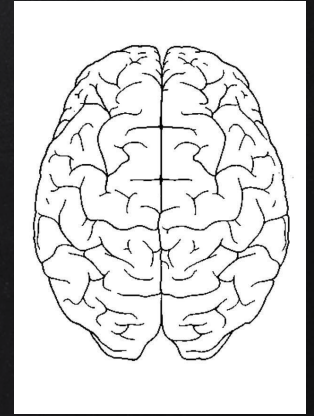
Ways to keep
up with your
Mental
Health

Resources outside
of SUNY Cortland

A Better You!!

How do we define Mental Health?

Color Brain Activity



Our brain focuses on so many things at once!
Color in your brain based on how much of each component takes up space in your mind

Black- Stress

Purple- School Work

Yellow- Happiness/Peace

Pink- Your Mental Health

Blue- Interpersonal Relationships

Red- Future

Green- Money



“My dark days made me stronger. Or maybe I already was strong, and they made me prove it.” — Emery Lord

“The experience I have had is that once you start talking about [experiencing a mental health struggle], you realize that actually you’re part of quite a big club.” — Prince Harry



“The emotional health of incoming freshmen is at the lowest point in at least three decades”

Why do you think that is?

What factors play into this statistic?

Mental Health on Ivy League Campuses

- 40% of students felt it was too difficult to function due to their depression
- 10% have seriously thought about suicide
 - There is 1 health physician for every 1000-2000 students
- 70% of Ivy League students are from the top 20% (pay gap)



Mental Health at SUNY Cortland

Although SUNY Cortland isn't an Ivy League, mental health has the same effects

The Counseling Center at Cortland sees approximately 2,000 students a semester

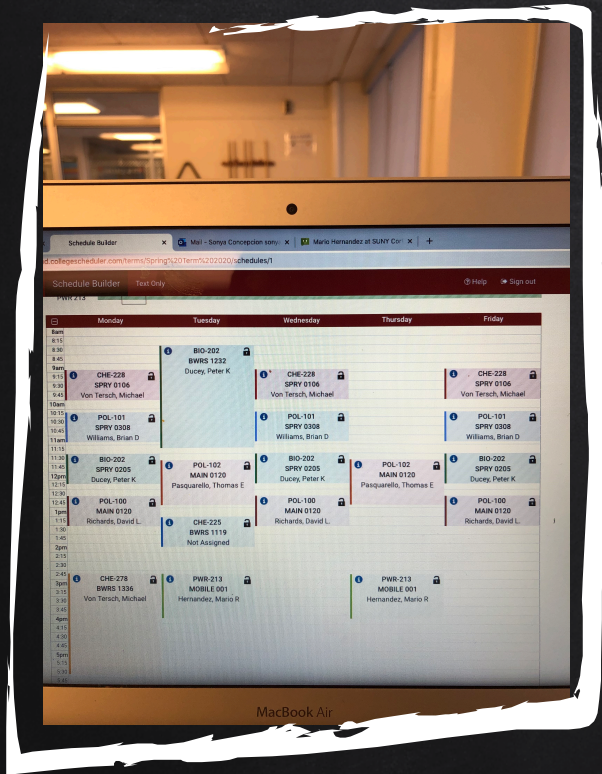
These are the students who get themselves help—many don't get help
Many students come from prestigious or pressured environments so they're afraid to ask for help



My Personal Experience with Mental Health

To the left: My freshman fall semester schedule as a Biomedical Sciences Major

Finished this semester with a 1.06 GPA





Short and Long Term Effects of Mental Health Deterioration

Short Term Effects

Physical Exhaustion

Indigestion

Sleep problems

Long Term Effects

Chronic fatigue

Heart Disease

Depression



Maslow's Hierarchy of Needs





ways to check your Mental Health According to Maslow's Hierarchy

Did I eat today?

Did I get 8 hours of sleep?

Am I drinking the right amount of water for my body?

Am I comfortable learning at SUNY Cortland?

Is my job secure?

Do I have a stable lifestyle?

Am I making good connections at college?

Am I surrounded by good vibes?

Am I in a toxic relationship?



ways to check your Mental Health

Am I being my most authentic self?


Do I have the confidence to be myself?

Am I rewarding myself on my achievements?

Am I tapping into my inner potential?

Am I accepting things for what they are and going with the flow?

Am I making goals to eventually reach?

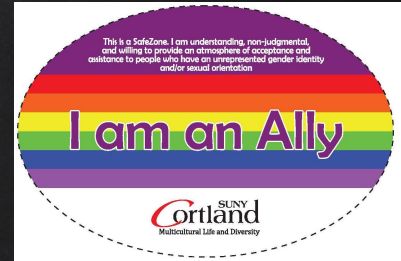


Resources on
the SUNY
Cortland
Campus

SUNY
Cortland
NEUBIG HALL

Counseling Center
Van Hoesen Basement aka
Hallway of Help
Monday-Friday 8am-12pm
1-4pm 607-753-4728

Faculty around campus
Look for "I am an Ally" sticker



Your RA/RHD
varies on the office hours they have

*These resources are mandated
reporters except
The Counseling Center
All of these options have tele-visit*

Resource
outside the
SUNY
Cortland
Campus



Family Counseling Services of Cortland
165 Main St



DIY Resources



Journaling

Helps relieve daily emotions

Spa Day

Pampering yourself lets go of all the stress

Coloring

Encourages the imperfect, mindfulness, and reduces stress

Reading

Puts you in a fiction world where you can be someone else

Taking a walk and listening to music

Helps clear the mind



Important Takeaways

Prioritize your Mental Health

Nothing is more important than being your best self!

Don't be afraid to ask for help!

Everyone needs help—no matter how big or small the task, ask for help.

utilize your resources

Even if you feel like your mental health is thriving, you can still go to counseling or speaking to a faculty member regularly.

Don't wait until it's too late

At any inconvenience, check up on yourself. It will benefit you later.

Always re-evaluate your friendships

The people surrounding you should be growing with you! Constantly note who's not gradually changing/performing the same



SOURCES

<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/coloring-is-good-for-your-health>

<https://www2.cortland.edu/offices/student-development-center/counseling-center/>

<https://rudermanfoundation.org/press-releases/new-study-reveals-ivy-league-schools-fail-students-with-mental-illness/>

Nature Rx, 2019, Rakow, Cornell University Press

Since I was an Orientation Assistant last summer, I was familiar with Cortland's resources. I learned other information about Mental Health since my freshmen year when I struggled with adapting to Cortland.

The class was very hesitant at first when the topic was introduced because it can be uncomfortable, but I assured them that they can step out if they get uneasy. I also started out with the coloring activity, which helped ease the tensions around the topic. I also shared my GPA after my first semester struggling with mental health to be vulnerable with them.