



**2021 DSAES LEADERSHIP CONFERENCE  
UH-Student Health Center**



# UNIVERSITY of HOUSTON

## STUDENT HEALTH CENTER

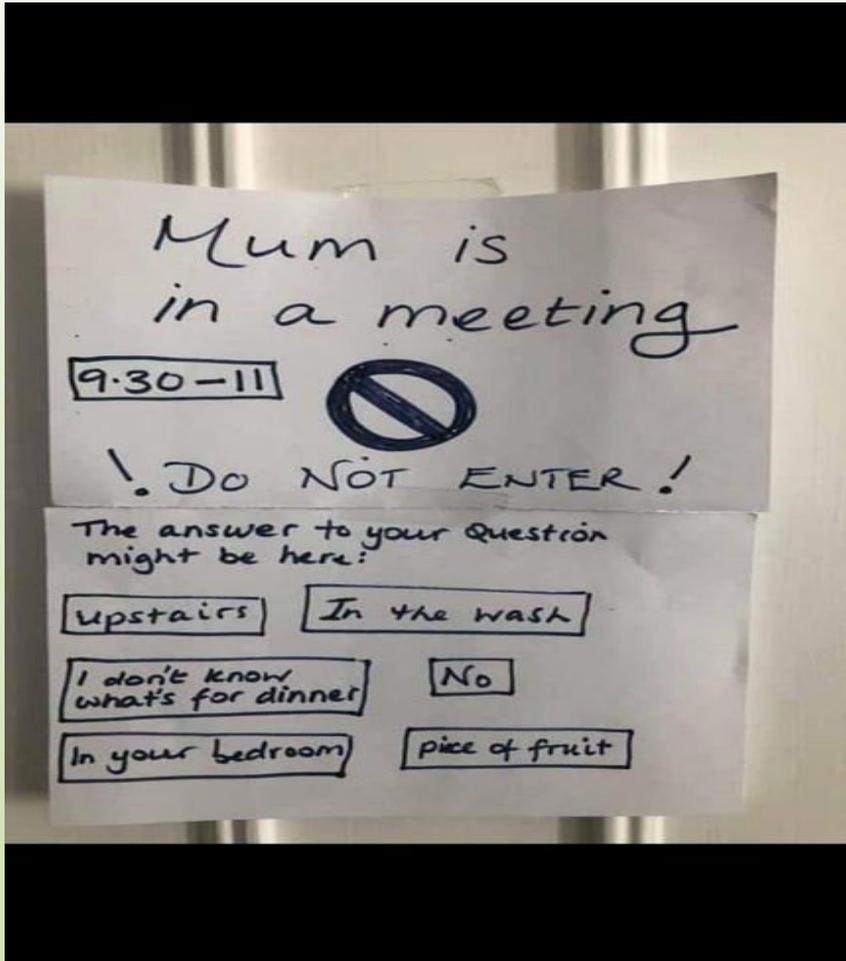


## *Transitional Anxiety*

- Social awkwardness
- New sources of anxiety
- Leadership communication

## *Supporting Students*

- ✓ encourage students to re-connect with IRL friends and make new IRL friends
- ✓ Maintain a school/work routine
- ✓ Alcohol only temporarily reduces anxiety, and can make it worse with problematic drinking



## *Transitional Anxiety*

- ❖ Potential distrust of leadership plans
- ❖ New sources of anxiety
- ❖ Comfort with online work environment

## *Supporting Colleagues and ourselves*

- ❖ vaccination reduces risk
- ❖ re-engage slowly and increase exposure
- ❖ In person team building exercises if possible

## *General tips to reduce anxiety*

Sleep is critical for reducing anxiety

Exercise is effective at reducing anxiety

Maintain a routine

Yoga and meditation are shown to reduce anxiety

No Dr. Google for symptoms/concerns

***UH Power Up Employee Wellness has additional resources***

<https://uh.edu/covid-19/>

# UH Go App >> Health & Wellness >> Student Health Center

