

Student Self-Help Guide

Professional, student-friendly guidance on common emotional challenges.

University life brings new experiences, opportunities, and challenges. Along with academic and social life, many students may experience stress, anxiety, low mood, difficulty concentrating, or homesickness. This guide aims to help students:

- Understand common emotional challenges
- Recognize early warning signs
- Learn simple self-help strategies
- Know when to seek professional support

This guide is **not meant to diagnose any condition**. Its purpose is to promote awareness, self-care, and early support.

Understanding Anxiety

Anxiety is a feeling of worry, nervousness, or fear that can appear during stressful situations. A small amount of anxiety is normal and can even help you stay alert. However, when anxiety becomes constant or overwhelming, it may begin to affect your studies, relationships, sleep, and daily life.



Signs of Anxiety:

Emotional signs of anxiety include constant worrying, overthinking, feeling overwhelmed, irritability, fear that something bad will happen, difficulty in concentration, feeling restless or tense and trouble sleeping.

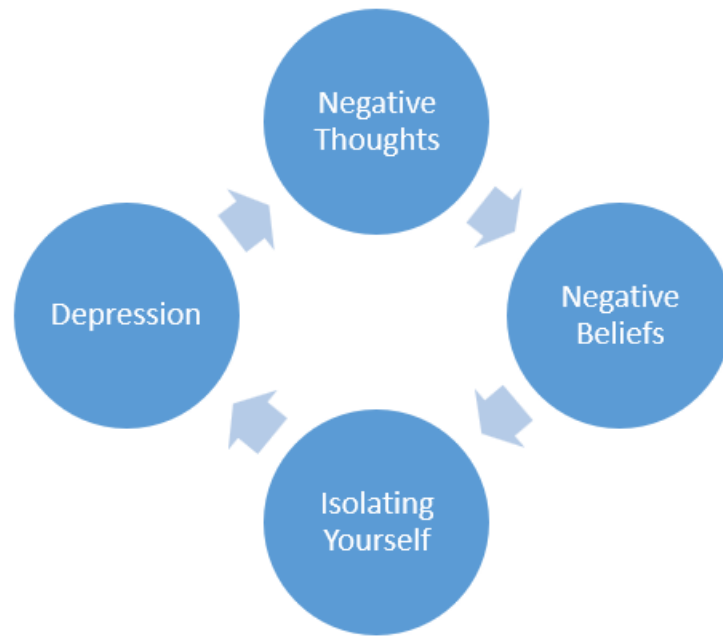
Physical signs include fast heartbeat, sweating, trembling, muscle tension, headache, dizziness, stomach discomfort and rapid breathing.

Managing Anxiety:

- Take a deep slow breath to calm your body.
- Use mindfulness.
- Write down your worries to clear your mind.
- Practice relaxation like meditation or listening to calm music.

Understanding Depression

Everyone feels sad or fed up sometimes, usually for a short time and for a clear reason. But if these feelings last for weeks or months and start affecting your daily life, it may be depression and you should seek help. Understanding the cycle of depression can help break free from it.



Signs of Depression:

Emotional signs include feeling sad, hopeless most of the time, losing interest in things they used to enjoy, feeling guilty and unworthy, finding it hard to make decisions.

Physical signs like disturbed sleep, significant weight loss and gain, feeling tired and having thoughts of self-harm.

Behavioral signs include losing confidence, lack of concentration, withdrawal from others and neglecting the responsibilities.

Managing Depression:

- Talk to Someone
- Stay Connected
- Keep Small Daily Routine
- Seek Professional Support

What is Attention Deficit Hyperactivity Disorder (ADHD)?

Some students may find it hard to focus, stay organized, or sit still, even when they try their best. Others may feel restless, easily distracted, act quickly without thinking, or feel overwhelmed by simple tasks. These signs can be linked to **Attention Deficit Hyperactivity Disorder (ADHD)**. People with ADHD have challenges with:

- Inattention - finding it hard to concentrate
- Hyperactivity - feeling restless and struggling to sit still
- Impulsivity - saying or doing things without thinking about the consequences first.

Students with ADHD are often creative, intelligent, energetic, and capable. ADHD is not laziness or lack of intelligence.

ADHD Symptoms

Inattention: Easily distracted, forgetfulness, trouble focusing, losing things, difficulty organizing, avoiding long tasks and careless mistakes.

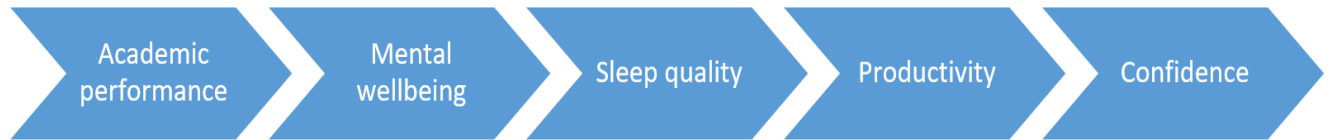
Hyperactivity & Impulsivity: Fidgeting, restlessness, talking excessively, interrupting others, acting without thinking, difficulty waiting turn, leaving seat frequently.

Managing ADHD

- Use planners & reminders.
- Try short study sessions (25 min + 5 min break).
- Reduce distractions.
- Break tasks into smaller steps.
- Move your body regularly.
- Make study time more engaging.
- Focus on progress, not perfection.

Time Management:

University life comes with lectures, assignments, exams, projects, social activities, and personal responsibilities. Without proper time management, students may feel overwhelmed or stressed. Good time management can improve:



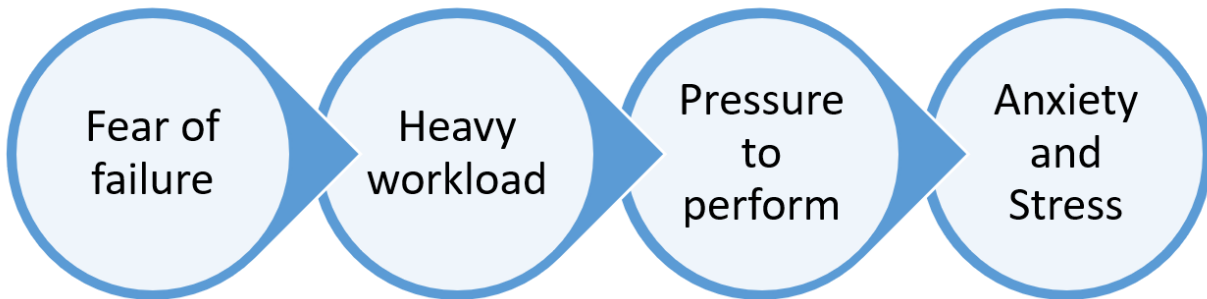
Time-Management Strategies:

Helpful habits to manage time efficiently are listed below

- Make daily to-do lists
- Set realistic goals
- Prioritizing important tasks
- Reduce procrastination
- Remove distractions
- Get enough sleep
- Review your progress regularly

Academic Stress and Exam Pressure:

Exam pressure can lead to following



Healthier Ways to Handle Exam Stress

- Start preparing early
- Make a study plan
- Focus on understanding
- Take regular breaks
- Avoid last-minute panic
- Stay positive

During the Exam:

- Eat & Stay Hydrated
- Arrive Early
- Read Questions Carefully
- Breathe if Anxious
- Move on if Stuck

Homesickness and Hostel Life:

Starting university and moving into hostel life can be exciting, but it is also very common for new students to feel homesick. Being away from family, familiar surroundings, and daily routines can lead to feelings of loneliness, anxiety, or discomfort in the beginning. However, these feelings are normal and usually get better over time as students gradually adjust to their new environment.

Ways to Coping with Homesickness:

- Understand that your feelings are normal
- Give yourself time to settle in
- Stay connected with family
- Join societies or clubs
- Make new connections
- Keep yourself busy
- Explore new environment
- Bring a piece of home: Personal items like photos or familiar things can make your space feel more comfortable.
- Limit overthinking