



Student Health Services
invites you to...



Take a Minute *for your mental health*

How are you coping? Are you taking time to breathe?
Are you finding ways to manage your stress and anxiety?
Here are a few helpful ideas for you!

THINK POSITIVE!

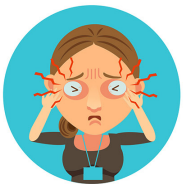
What are Positive Affirmations?

Positive affirmations are phrases or mantras that you repeat to yourself that describe a specific positive outcome. You may choose to use positive affirmations to motivate yourself, encourage positive changes in your life, or boost your self-esteem. If you frequently find yourself getting caught up in negative self-talk, positive affirmations can be used to combat these often subconscious patterns and replace them with more adaptive narratives. Positive affirmations require regular practice if you want to make lasting, long-term changes to the ways that you think and feel.



Here are a few positive affirmations to try:

- I look forward to the future and my role in it.
- I appreciate all the good things in my life.
- I commit to learning new things.
- I am feeling positive, healthy and strong today.
- I am courageous. I am confident. I am worthy.
- I like who I am!
- I never give up.



BE KIND TO YOUR EYES!

It seems everyone is staring at a computer screen, phone or other digital device these days. And it's causing a serious problem called digital eye strain. Symptoms of eye strain include: eye fatigue and discomfort, dry eyes, headaches, blurred vision, neck and shoulder pain, eye twitching and red eyes. Here are a few easy steps you can take to reduce your risk of eye strain:

- Get a comprehensive eye exam
- Use proper lighting
- Minimize glare
- Update your display
- Adjust your computer display settings
- Blink more often
- Take frequent breaks

And remember: Currently enrolled AVC students are eligible for vision care coverage that includes free comprehensive eye exams, and frames and lenses if prescribed by Wallis Family Eyecare.

Get your virtual vision voucher! Contact Student Health Services to have your vision voucher issued electronically. E-mail: studenthealth@avc.edu with your name, 900# and AVC e-mail. Your vision voucher, along with appointment instructions, will be issued via e-mail.