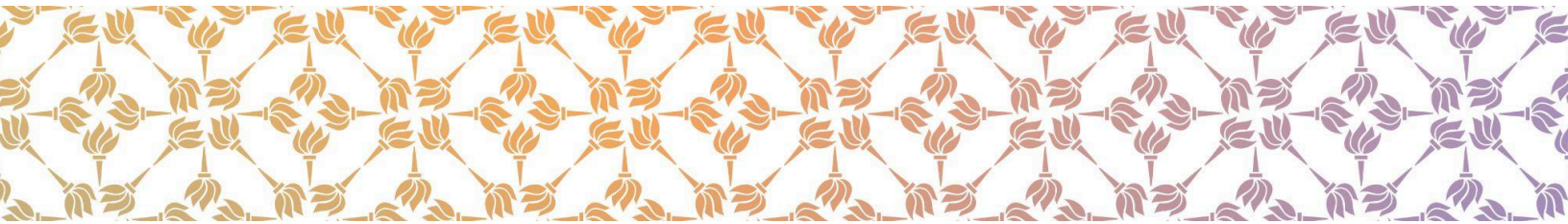


Mental Health Support: Tip Sheet

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NYU ABU DHABI



Mental Health Support: Tip Sheet

Mental health matters. Like physical health, mental health requires intentional actions to maximize the possibility of staying healthy, but it can be challenging to do it all on your own. Like getting a yearly physical examination or going to the hospital if you're not feeling well, some people may need support or professional assistance.

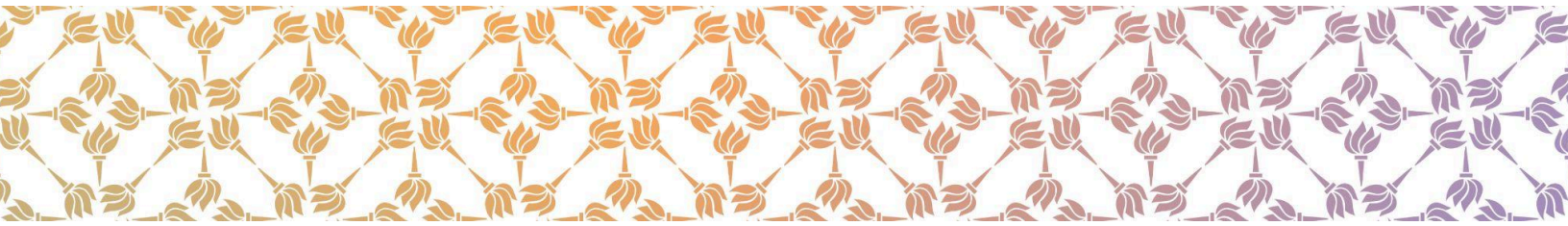
The below suggestions have been specifically curated for the NYU Abu Dhabi community on how to support your mental health and well-being, and that of others. But maintaining your mental health is a journey, and you may still have moments where you need help, and no matter how you're feeling, it's okay to reach out.



Mental health resources for students
[are available here](#)



Mental health resources for faculty and staff
[are available here](#)



Supporting Yourself

Looking after your body: Physical and mental well-being are interdependent. Here are some of the key factors that can help keep you physically healthy and support a holistic approach to your mental well-being.

- **Movement:** Find some form of exercise that brings a smile to your face, and make it a regular part of your routine. If you're a supervisor, schedule a tour of campus facilities to familiarize your team with the range of sports, fitness classes, and other forms of physical activity that are available to them.
- **Sleep:** Prioritize sleep as much as possible. Remember, if you stay up late working or studying, you're only making the same actions harder tomorrow. Practice sound sleeping habits, wind down before bed, avoid screens, and avoid heavy meals late at night.
- **Nutrition:** A balanced diet makes a world of difference. If time is a challenge, there are some wonderful entities in the UAE to assist with this.

Pay yourself first: Instead of fitting rest and hobbies around work or studying, schedule intentional times to rest, recuperate, and do the things you love.

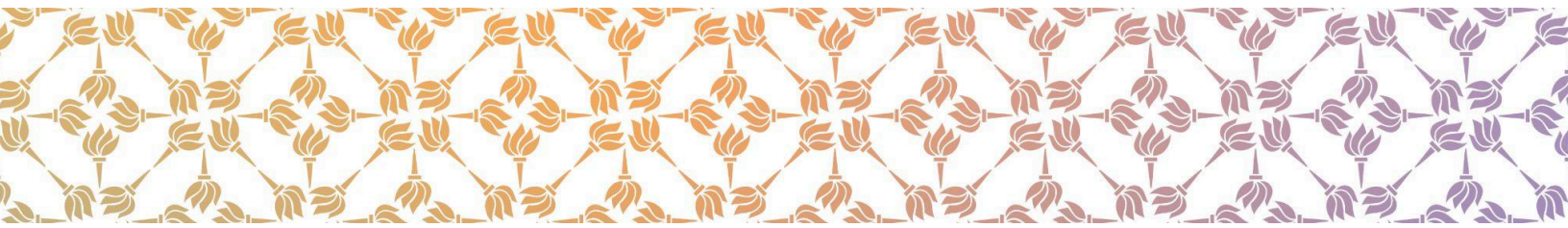
Make time for loved ones: Regular calls or activities with loved ones are an important part of a healthy lifestyle and maintaining a network of support.

Prioritize: Is every item on the to-do list really necessary? Put your time into what will make an impact based on your bandwidth. Some things may need to be pushed to tomorrow, or may not be possible, and it's important to be intentional about logging off.

Say thank you: Whether it's making a gratitude journal or saying thank you to people who make a difference in your life, gratitude helps you appreciate life more. It's a way to keep track of life's pluses and will help lower stress levels, release tension, gain a better understanding of self, promote self-care, create clarity, and focus on what matters in life.

Find a self-care habit that you love: It can be difficult trying to find time for yourself at university or work when you're trying to keep up with responsibilities, but try to relieve the pressure and do something you enjoy. Watch your favorite TV show, draw, or listen to music. Meditating is also a great way to calm your mind, even if just for a few minutes a day.

Join a club, audition for a play, or get into sports on campus: For students, we have multiple student interest groups that can provide you with a strong sense of belonging, long lasting friendships and spaces where you can talk about your interest and create projects for the good of all the community. For faculty and staff, there are many exercise clubs across Abu Dhabi, and websites like MeetUp have information about book clubs, writing groups, choirs, and all manner of other activities.



Schedule send non-urgent emails: If you're working late or on the weekends, schedule send non-urgent emails so that your colleagues or professors don't feel an implicit expectation to reply and work outside of work hours. Communicate expectations of response times, especially outside of business hours.

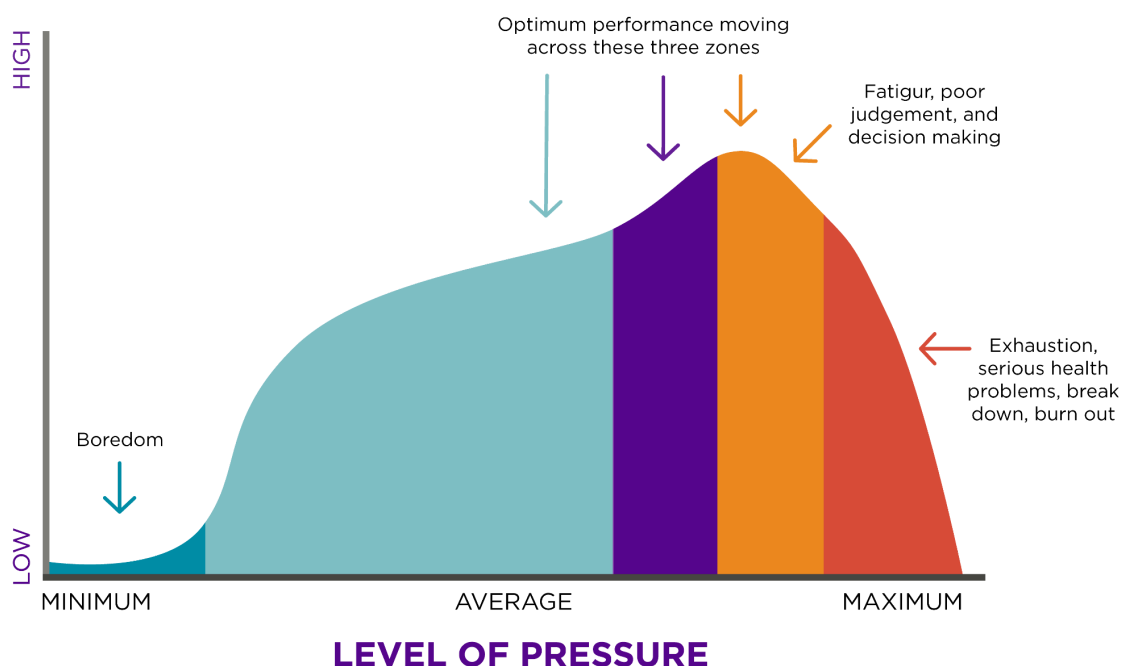
Break up the monotony: Although our routines make us more efficient and enhance our feelings of security and safety, a little change of pace can perk up a tedious schedule. Alter your jogging route, plan a road-trip to another emirate, take a walk somewhere new, hang some new pictures, or try out a new restaurant.

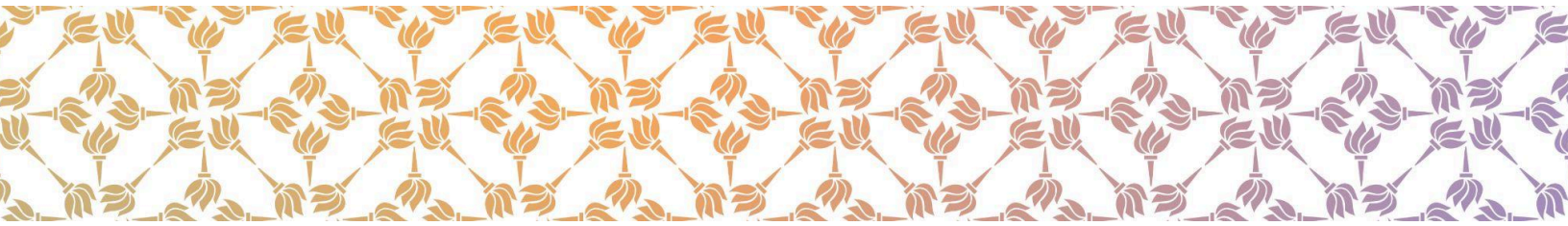
Take two minutes to focus on the world around you: Help free yourself of constantly swirling thoughts by reconnecting yourself with where you are at this moment in time. To anchor yourself, name one thing that you can see, one thing that you can hear, and one thing that you can touch.

Get closer to nature: We all live with worries, fears, uncertainties, losses, and pressures that make us feel stressed. Connecting with nature helps us feel calmer, more hopeful, and less alone.

Be aware of the effects of the pressure performance curve: When you are experiencing chronic stretch, strain, or crisis, your mental health will likely take a hit (Delphis, 2020). Be aware of what the expectations are at work and whether they are temporary stresses or more permanent. Take the steps to support yourself, and discuss with your supervisor or a Student Success and Well-Being coach what can be done to address pain points.

PRESSURE PERFORMANCE CURVE





Supporting Yourself When You're Struggling

Take a break: When you're struggling, it's especially important to build in meaningful rest breaks and focus on your core needs. Prioritize yourself over productivity.

Set small goals: Mental health challenges can make the smallest of tasks seem impossible, so don't try and push yourself too hard. Make your to-do list achievable and realistic, no matter how small the tasks may seem.

Reach out to friends and family: It's even more important to make time for connection with loved ones, and let them support you. Loved ones may not know that you're struggling unless you tell them.

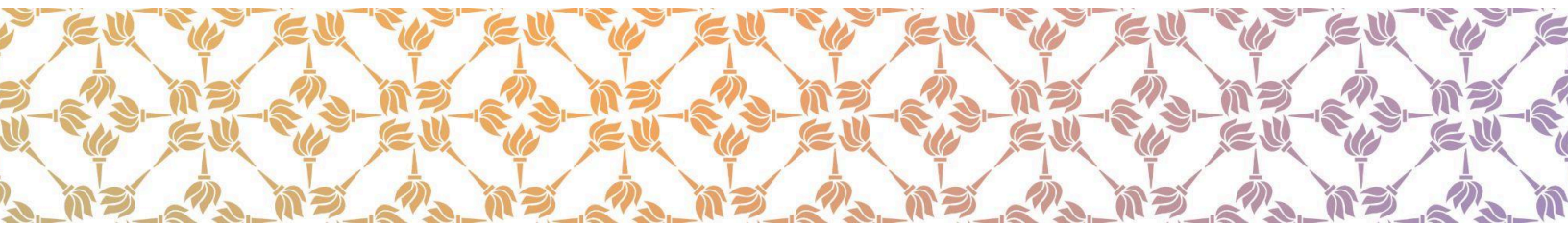
Reach out to professionals: We are not always equipped to help others. If you are struggling, [help is available](#). Or if you see your friends or colleagues having a difficult time, reach out to them and offer your support and if needed try to connect them to a counselor, especially if you are concerned about their safety.

Supporting Others

Take care of yourself: Caring for a friend in need can impact our own mental health. Make sure you are checking in with yourself, setting boundaries, and not handling situations alone.

Educate yourself: It's okay to not have all the answers. Training such as Mental Health First Aid is offered periodically to faculty, staff, and students at NYU Abu Dhabi and will equip you with the skills to identify and support people who are struggling. Websites like [Mind](#), [Re:Set](#), and [Mental Health UAE](#) have a wealth of resources to help you learn.

Invite colleagues and friends to events on and off-campus: It's easy to feel lonely sometimes. Help others meet new people by bringing them along to events, and introducing them to your network.



Supporting a Team

Communicate about what is available for your team's support: Periodically remind your team about the Employee Well-being Program, Counseling, and other mental health support at NYU Abu Dhabi.

Normalize time off when needed and acknowledge mental health: Remind staff that sick days are for both physical and mental health.

Model healthy behaviors: Including taking a sick day when needed, and not working late unless necessary. Remember that your team may regard your example as an implicit expectation on them. Talk about your boundaries, and encourage your team to set their own.

Make time to talk: Leave space in 1:1s to check in with your team about how they're doing, especially if it seems like they're struggling.

Implement a buddy system: Ensure all new team members are paired with a buddy prior to joining to help welcome them to NYUAD, and the UAE, if they are new to the country.

Help new faculty, staff, and students adapt to NYUAD or the UAE: Encourage new community members to join local community groups to help with meeting people and attending upcoming events: Facebook: NYUAD Community Life, Where to UAE, BestBitesAbuDhabi, etc.

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Encourage a growth mindset: Educate your team about the importance of a growth mindset. Even if they are struggling with certain skills, it is an opportunity to learn. Talk about mistakes as an opportunity for reflection and improvement next time.

Support yourself: Make sure that you are getting what you need in order to best support your team.

Tokens of Appreciation: Just a small token of appreciation can go a long way. This could be a post-it note, card, chocolate, or telling them that you notice the effort they're putting in.