

Translational Final Project

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Being a college student is extremely difficult, and stressful. Between homework, projects, and tests for multiple classes can be overwhelming for many. During these stressful times, many forget to take care of themselves. Such as having a good sleep schedule, or eating meals. This is why I wanted to create a resource for college students on how to practice self-care, and how to be compassionate with yourself. According to Chadron State College (Chadron State College, 2020), over 80% of college students have felt overwhelmed by all of the work they had to do in the past year, also more than 40% feel hopeless in these times of stress. This article also states that over 60% of young adults have dropped out of college due to mental illness. This shows how many, if not most, college students struggle daily with their mental health, and don't know how to take care of their own emotional well-being properly. In an article posted by Active Minds (Active Minds, 2021), they shared the statistic that suicide is the second leading cause of death among young adults. In today's society, seeking help for your mental health can be extremely challenging. Young adults also don't know what resources to use, or what resources are available for them to use. The mental health of college students is rarely talked about, and using Instagram as a platform will help get the word out.

Using Instagram posts, and stories will help get the message across to young adults since social media is a tool we use constantly. Using social media as the platform for my message among young adults will show relatability and a way to show that many college students struggle with the same issues. I feel like this is one of the best fits since we surround ourselves with social media. In the cultivation theory, It explains how if you are regularly exposed to social media, you start to do as the media tells you to believe, or think. Knowing this knowledge, and using Instagram as my platform, I had family, and friends repost it to their social media. The more you

see a topic talked about, the more you want to get involved. The more you see mental health accepted by family, and friends the more your attitudes towards mental health grow.

In the article *When College Students Look after Themselves: Self-Care Practices and Well-Being*, researched by Jemma Moses, and Graham Bradley, they researched which self-care activities work best for college students. Such as trying mindful acceptance, seeking social support, sleep hygiene, and food habits (Moses & Bradley, 2021). They found that all four of the activities increased the participants' emotional well-being. The two top activities were sleep hygiene and mindful acceptance. Using this information, I came up with a list of ideas (on an Instagram post) on how to practice sleep hygiene, and why you should. Some ideas include keeping a consistent wake-up, and sleep schedule, putting your phone away after a certain time, and only laying in your bed for sleep, nothing else. I used these ideas, because of the research that backed it up, and also from my own personal experience. Sleep hygiene is very important to me since that was something I struggled with for a long time. I also believe that drawing my own personal experience, and including that in my posts will give me more relatability among young adults.

Stress and Health Habits in College Students written by Gretchen E. Fogle, and Terry F. Pettijohn talks about the patterns seen within college students. The researchers found that those who scored low on the stress scale would have better nutrition habits, exercise habits, and time management skills (Fogle & Pettijohn, 2013). College students with stress are more likely to have health problems as well. This is why taking care of your emotional well-being is very important to every aspect of your life. Being stressed, and losing yourself in the mess of homework leads to far more problems than just the stress. Your emotional health starts to deteriorate as well as your physical health. When college student is stressed, It is important for

them to have a constant reminder to take care of themselves. Again, using social media will help college students and young adults see the message, and get that reminder to take care of yourself.

This process of creating a translational resource was very enjoyable. This gave me a way to spread the word about mental illness, and emotional well-being. As well as learning new ideas for myself and my friends. Using Instagram is a way to reach many different demographics but young adults are one of the major ones. Especially after this course, I am constantly telling my friends what they can do to help themselves during finals week. I also believe that posting on Instagram about how to practice emotional well-being will be extremely beneficial during finals week, or their upcoming finals week for college students. It was also enjoyable to find resources, and research studies that talked about mental health regarding college students. I feel as if this topic isn't talked about enough. The stress college kids are under is sometimes unbearable, but having these practices will give an easily assessable way to destress, and unwind for a little bit.

Citations

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Fogle, G. E., & Pettijohn, T. F. (2013, April 30). *Stress and Health Habits in College Students*. SCIRP Open Access. https://www.scirp.org/html/1-2250026_30651.htm.

Gran, B. (2020, May 26). *COVID-19 Self-Care: 7 Ways To Indulge Yourself Without Breaking The Budget*. Forbes.
<https://www.forbes.com/sites/advisor/2020/04/03/covid-19-self-care-7-ways-to-indulge-yourself-without-breaking-the-budget/?sh=60d2d91454d6>.

My instagram stories, and posts.



don't forget about self care!

CELEBRATING



according to the ACHA,
over 66% of college
students have experienced
overwhelming anxiety in
the past year.

Self Care

=

Self Love
(Even during
Finals!)

SELF LOVE
- IS THE -
best love



try a face mask, or watching
an episode of your favorite
show to unwind!

FENWICK
20 FENWICK HIGH SCHOOL 15
SPEECH AND DEBATE

7:04



FEELING STRESSED ABOUT FINALS?

ST. NORBERT COLLEGE



FUEL YOUR BODY!

Green Labeled Food:
Nutrient-rich whole
grains, nuts, seeds,
or protein-rich
snacks!



BRAIN FOOD



New! Fuel your brain at the
Smart Cart in the GMS
South Teaching Wing
9:30 am - 2:30 pm



DON'T CRY ALL OVER YOUR FINALS

GO TO GMS SMART CART FOR A QUICK REFRESH, OR A STUDY BREAK!