

Mental Health Scavenger Hunt: Self-Guided Activity

THERE ARE MANY PROGRAMS AND RESOURCES AVAILABLE TO HELP NAU STUDENTS STAY HEALTHY AND WELL. IN THIS ACTIVITY YOU'LL TO START, PULL UP THE NAU HEALTH PROMOTION WEBPAGE AT:

NAU.EDU/HP

NOW START EXPLORING!

1

COMPLETE A SELF-ASSESSMENT

We have included a number of self-assessments related to mental health on the Health Promotion website. Choose the ones that are most interesting and relevant to you.

- [ULifeline - Mental Health self-evaluator](#)
- [Resilience Self-Assessment](#)
- [Character Strengths Assessment](#)

2

PICK 2 MENTAL HEALTH-RELATED VIRTUAL EVENTS TO ATTEND

Check out our [Virtual Programming](#) page. Scroll all the way down to the event calendar, pick 2 events or programs that you are interested in attending and that you think could help support your mental health. Now, add these events to your calendar! We'll see you there :)

HINT



Your physical health impacts your mental health. Don't limit your search to our mental health programs and resources tab! Check out all the other sections on our website too!

3

PREPARE TO HELP A FRIEND

Mental health concerns among college students are common and students are likely to turn to a friend or peer when they're struggling. Read through our tips [here](#) for identifying a potential mental health concern in a friend and how to talk to them about it in a supportive way.

BONUS




Complete the Jacks Supporting Jacks: Online Mental Health Training. This training will prepare you to support a peer in distress. Find the training [here](#).

Check out the next page for some quick tips!




Mental Health: Quick Tips

YOU MIGHT HAVE SEEN SOME OF THESE THINGS DURING YOUR SCAVENGER HUNT BUT ICYMI, HERE ARE SOME TIPS YOU CAN USE TO SUPPORT YOUR MENTAL HEALTH

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- Aim for 7-9 hours of sleep every night
 - Make time for self-care
 - Regularly connect with supportive friends and/or family
 - Do your best to eat a healthy, balanced diet
 - Limit substance use
 - Engage in physical activity for at least 30 minutes every day, in a way that you enjoy

Reflection/Action Planning

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- When it comes to supporting your own mental health, what is 1 thing you are doing well?
 - What is 1 thing that you could be doing better?
 - What would you gain by doing that thing?
 - How confident do you feel in your ability to incorporate that thing into your life within the next 2 weeks?
 - What will be your first step?