

Student health care

- how to be sustainable

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Counsellor

Agenda

Student health care - What we offer

What is stress and different reactions of stress?

How to identify your stressors and your behavior?

Tips on stressreducing activities and techniques on how to get sustainable

Student health care offers

- Offers support and advice about your health and wellbeing.
 - Individual counselling – Stress, worries, anxiety, feeling low, loneliness, self esteem, homesickness, failing exams, procrastination....
 - The service is a complement to the Primary health care

Counselling

Free of charge

Telephone
13.00-14.00
monday to Friday
013-281000

Professional
secrecy

Apply by
Liunet
homepage

Nothing is too big
or too small

At Campus or
digitally meetings



Swedish health care

If you need a doctor – Primary health care =Vårdcentralen

If emergency call 112

For advice call 1177



Many advice about health problems can be found at 1177, in English and other languages, if uncertain you can contact Student health.

<https://www.1177.se/en/other-languages/other-languages/>

Studying with disability – who can apply?

- Dyslexia
 - Neurodevelopmental disability
 - Mental ill-health
 - Impaired vision or hearing
 - Mobility impairment
 - Chronic disease
-
- We do NOT carry out investigations for a disability

For student with disabilities

- Examples of services students can get:
 - Talking books
 - Prolonged time during examination
 - Alternative examination forms decided by the examine
 - Access to a quite room
- Make contact as soon as possible
- The assessment of support that may be required is made individually,

What is stress

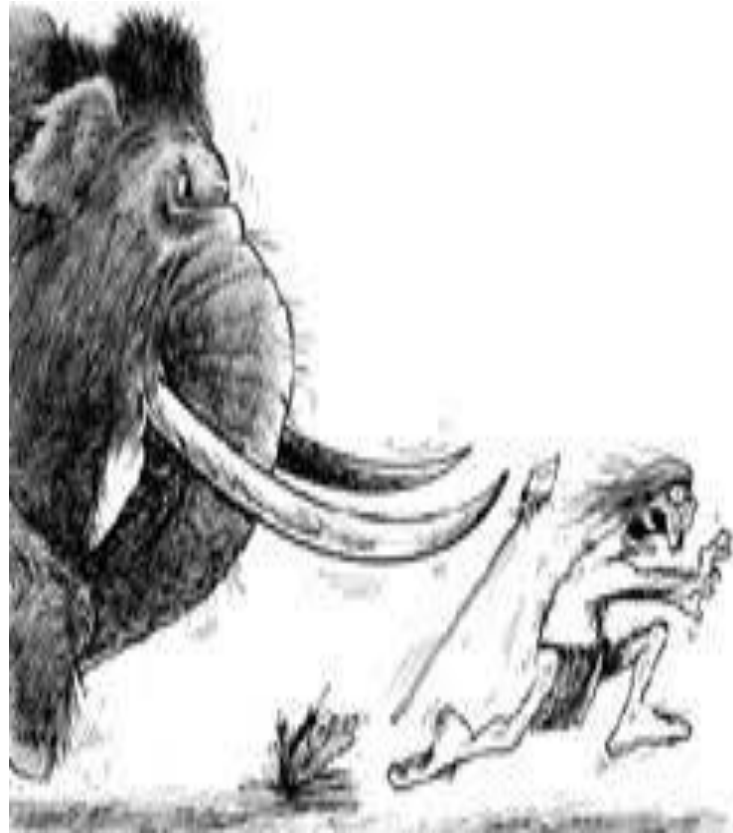
Stress is your body's way of responding to any kind of demand or threat...



...real or imagined



Stress before





Stress today



Sympathetic nervous system

- Increases the heartbeat
- Breathing is fast and shallow
- Bloodpressure rises
- Muscles tighten
- Hormones as adrenalin and cortisol rouse the body for emergency action
- Expands your energy



Increases our chance to survive in short term

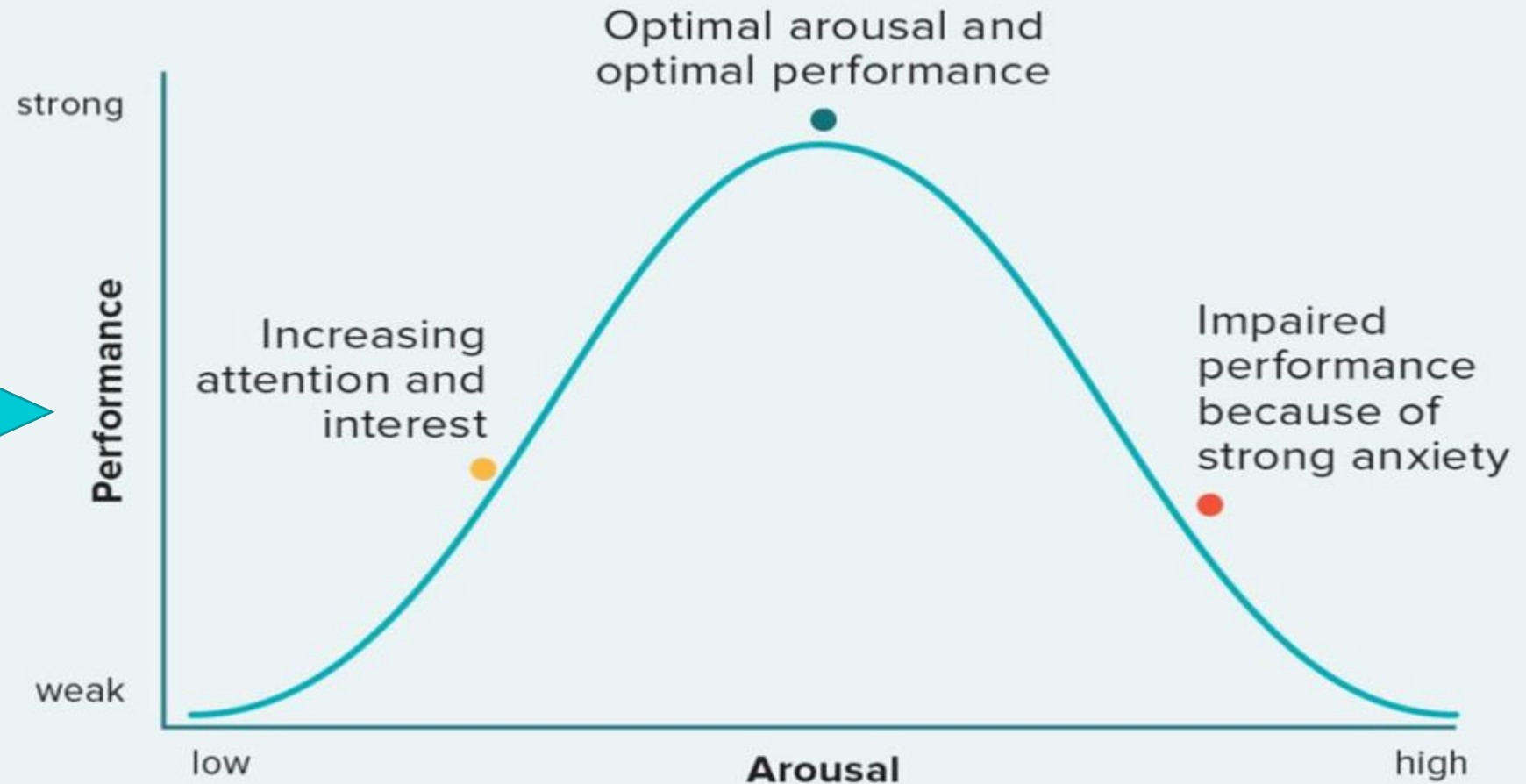
Parasympathetic nervous system

- Slow and calm heartbeats
- Breathe is full and slow
- Hormones of oxytocin, (lifting your mood and helping you to relax)
- Bloodpressure decreases
- Muscles relax
- Conserves your energy

Increases your chance to survive
in long term



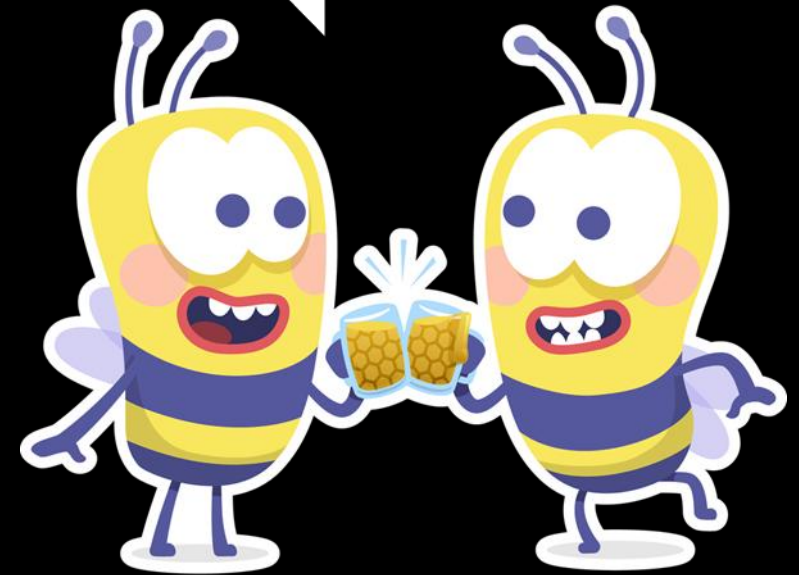
YERKES-DODSON LAW BELL CURVE



Some stress
is good

How do **you** know
when you are
stressed?

2 min Behive
Bzzzz



Different reactions of stress

- Worrying
- Trouble sleeping
- Concentration difficulties
- Dizziness
- Emotional unstable
- Feelings of Fear, Anger, Shame
- Anxiety, Depression
- Isolation, Eating, Drinking
- Digestive problems
- Heart disease.....



Which stressors do you have?

- school
- work
- relationship
- family/friends
- finance
- health/illness
- living situation
- climate changes
- social media



How to identify your stress and your behaviour?

How do I know that I 'm stressed?

What is causing me stress?

What can I do about it?

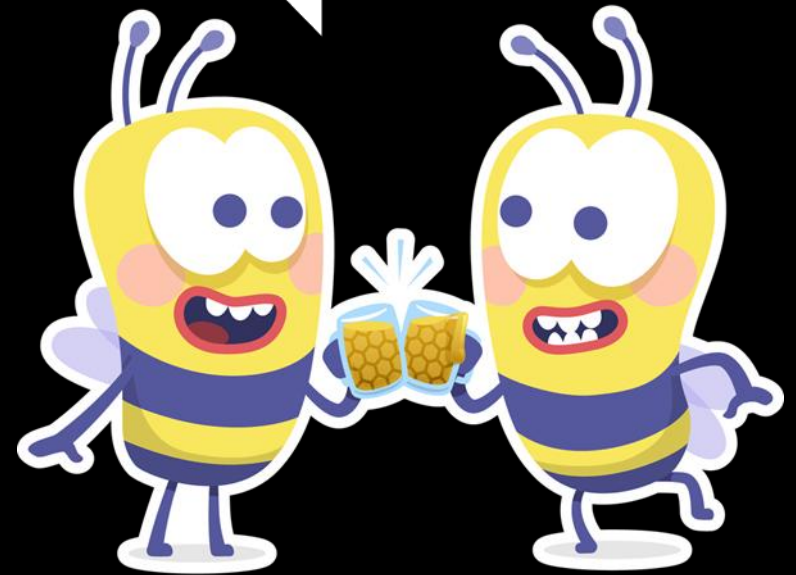
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Share **your** best tips
on how to unwind and
recover

2 min Behive
Bzzzz



How to reduce stress and anxiety

- Eat a balanced healthy diet
- Limiting caffeine, alcohol and sugar consumption
- Get enough sleep
- Exercise
- Scheduling time for hobbies
- Talk to a friend/social relations
- Mindfulness/meditation
- Practice deep breathing
- Self compassion
- Enjoy the nature
- Recognizing the factors that trigger stress
- Talk to a professional

Why the Brain is Built for Movement

youtube.com/watch?v=a9p3Z7L0f0U

Anders Hansen Psychiatrist

Create balance

Stress belongs to life – learn to cope



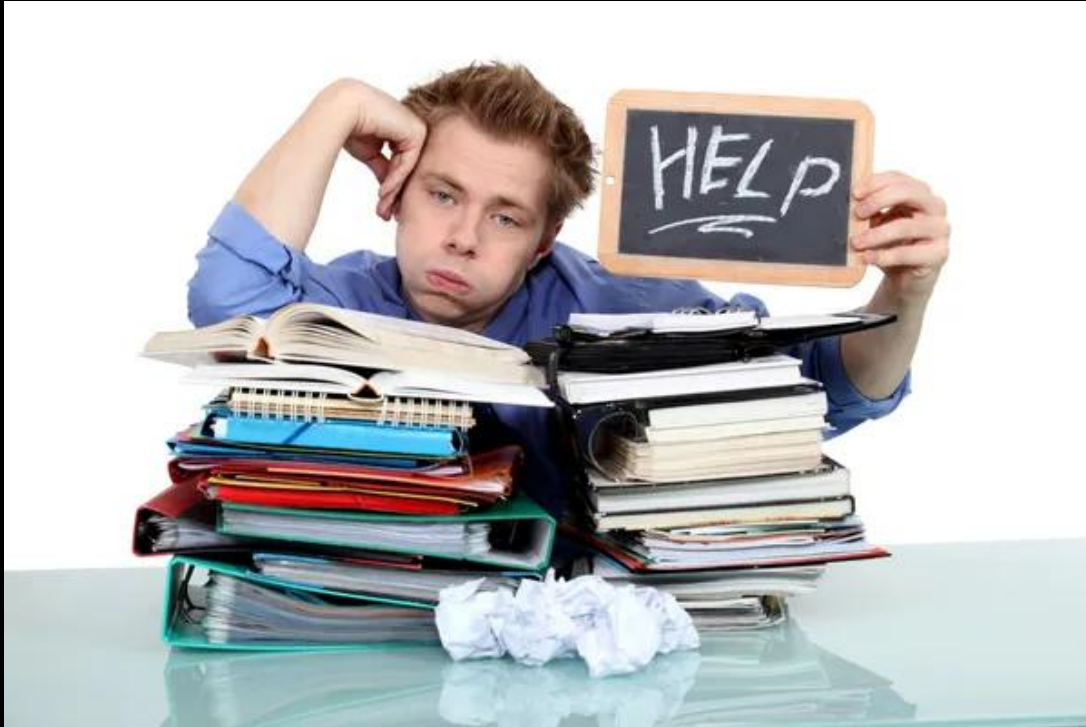
”8 hour rule”

8 h Sleep – 8 h Studies – 8h Free time



Mind Full, or Mindful?

Avoid procrastination!



- 1. Write down things you need to do.
- 2. Prioritize 1-3 things
- 3. Do it now! (don't wait for the feeling)



New student?

Student life has its ups and downs.
At studenthalsa.se you get tips and
advice for an awesome student life.



studenthalsa.se

Thanks for listening

www.student.liu.se/studenthalsan

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References:

Studenthalsa.se

Helpguide.org

Calmclinic.com

Getselfhelp.co.uk

Study Guidance for the Master's Programme in Statistics and Machine Learning

Jennie Wallin, Study Advisor

My main tasks are to:

- Support you in your studies
- Neutral party
- Bound to professional secrecy
- Don't give advice
- Help you further if you do not know where to turn

Programme specific questions

- Elective courses
- Study leave and return
- Transferring of credits
- Threshold requirements (read the syllabus for every course!)

Career competence

- Career competence refers to the skills and knowledge individuals need to navigate their educational and professional journeys. It includes the ability to:
 - Understand oneself and one's strengths, interests, and values
 - Explore educational and career opportunities
 - Make informed decisions and take responsibility for those choices
 - Manage transitions and adapt to change throughout life

Developing these skills through your academic education is an effective way to build strong career competence.

Exercise

- What are you good at (skills) when it comes to studying?
- What do you enjoy most about studying?
- What are you curious about when it comes to this programme?

Do remember that...

- There are threshold requirements for courses during semesters 2, 3 and 4 that you need to pass.
- LiU cannot guarantee an extension of your residence permit if you do not pass your studies. That decision is made by the Swedish Migration Agency.
- The university and the Swedish Migration Agency are two completely
- separate authorities.

Threshold requirements during the programme

- for semester 2 Courses
 - Passed Advanced Academic Studies, 3 ECTS credits
- for semester 3 Courses
 - At least 24 ECTS credits passed in the main field of Statistics at second cycle and at least 5 ECTS credits passed in the main field of Computer Science at second cycle
- for semester 4 Course
 - At least 54 ECTS credits passed in the main field of Statistics at second cycle and at least 6 ECTS credits in the main field of Computer Science at second cycle
 - Passed courses Machine Learning, 9 ECTS credits, and Statistical Methods, 9 ECTS credits.

Ways to get in touch with me

- Programme room in Lisam (in the left column)
- Email address: studievagledare.ida@ffk.liu.se
- Google Jennie Wallin + LiU