

STUDENT HEALTH GUIDE

LundaEkonomerna Student Union

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LundaEkonomerna
LUSEM Student Union

Introduction

Mental health issues are common in today's society, and many people struggle with problems, or are affected by situations that disturb their wellbeing. Since this is such a common issue, it is important to work for an open and safe climate where these subjects can be discussed.

LundaEkonomerna has created this guide in order to increase the awareness of mental health issues and wellbeing. The guide will also inform about where and who to turn to if extra support is needed.

School, job and everyday life

There are many things you want to do during your time at the University. Studying full time, being engaged in Union work and also having a social life can sometimes be overwhelming. Even though it is important to find a balance between your commitments in order to feel good, it might be trickier than expected.



Definition and symptoms of stress

Stress is the body's reaction to pressure or change from a situation which requires adjustment or response. It can trigger physical, mental and emotional responses. There are some signs that could be good to be aware of as symptoms of stress:

- Concentration difficulties
- Restlessness
- Mood swings
- More irritated than usually
- Worry and anxiety
- Behavioral changes
- Change in eating habits
- Muscle tensions
- Recurrent headache
- Sleeping problems
- Recurrent stomachache
- High blood pressure
- Memory problems
- Difficulties to take decisions



It can be useful to gain an understanding of your stress responses, and of what kind of situations that causes you stress. To map out your stress triggers you could do a stress analysis.

Situation: What triggers your feeling of stress?

Reaction: The feelings, emotions or physical symptoms which arises within you.

Behaviour: How do you act in order to handle these situations and behaviors which may arises within you ?

Effect: The result of your behavior.

Stress is not always bad, and can be helpful to a certain amount. However, stress during a longer period of time can become unhealthy. Even though it can be difficult to know where to start, it is good to reflect over your stress and your behaviors. These points might help you to get started.



What makes you stressed?

When you are feeling stressed, it is important to take one step back and find the reasons behind it. When you are able to identify stressors in your life, it gives you the opportunity to find appropriate strategies to handle these.

Set boundaries

Set boundaries towards yourself, but also towards others. This is easier said than done and you will need to practice this. Sometimes setting boundaries toward yourself is the most difficult. *You don't need to participate in all social activities!

Stop being too hard on yourself

Self-criticism triggers stress, or more exactly the body's combat and escape systems which secretes the stress hormone cortisol. A bad self-image and a feeling of inadequacy could be seen as a treat towards yourself and your body. This is something that you could need external help in order to handle.



Show sympathy

It is often easier for us to show sympathy towards others, but when it comes to ourselves we tend to act differently. By showing sympathy towards yourself, you learn to turn your internal criticism to instead become your own biggest supporter.

The importance of recovery and reflect about your personal energy

All people need energy and power to cope with the daily life. This energy is collected when your rest, or during different activities or social contacts which you find energizing. It is important to identify what parts of your daily life which give you energy and what parts that drain your energy. This in order to balance the inlet and outlet of energy in the body. A good way to start investigate this is to try to categorize your different daily activities.

What gives you energy or recovery?

What takes energy, but still feels meaningful?

What takes energy without feeling meaningful?



** Reminder: In order to feel good about yourself, it is important to find things that make you happy. It can be a hobby, hanging out with friends, working out, going on walks or just watching Netflix. Try to sort out the activities that takes energy without feeling meaningful and, focus on the ones that gives something back to you.*

Furthermore, it is essential to remember that everyone has their own social energy. A situation can be very draining for one person, while it for another can give a lot of energy. You should have respect for your own social energy and understand that everyone is different. You could illustrate it as a "budget". Doing things cost difference amounts for different people. For someone "it costs" 100 kr to go to a sittning and for another person "it costs" 1000 kr.



You can use your “budget” in different ways. It is important to remember that most things, even things you do enjoy, is a cost. To clarify, if you would schedule dinners with your friends every single evening of the week, that would decrease the budget, even though you like hanging out with your friends. Do your budget feel drained? Sleep is a foolproof method to add *money* to your budget and make sure that you recover.

THIS WILL MAKE IT CLEARER

CSN = 10 676 SEK

School

- Exam
- Paper
- Seminar

Family and friends

- Grandmas birthday
- Night out with friends
- Sitting

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- Handover meeting
- Lunch lecture
- Committee meeting
- Cleaning Skånis

Recovery and exercise

- Gym class
- Walk
- Netflix
- SLEEP (+++)



How should I structure my time?

Planning is a great tool to handle your time, while minimizing stress as well as making sure you get enough rest. There are many strategies that can help in your planning.

A good start is to create an overview of your engagements, school and other activities that take up your time. How much time are you currently spending on the different activities and how much time do you have during a normal day or week?

When you have created an understanding of where you spend your time, the next step is to distinguish between school and job. By creating different time-slots for your different activities, you can for example let yourself turn off the working notices from Union work when you are supposed to focus on school. This, as you have made sure that you have enough time to answer those emails or calls later during the afternoon. This strategy also let you be as efficient as possible. Truth be told, even though we feel effective when we are multitasking, science shows that this is not the case. If you want to be as efficient as possible, focus is key.



If you want more concrete examples on how to work with your planning, you could take a look at these strategies and apps that might be useful.

Eisenhower model

Different tools

Eisenhower Matrix

Simple tool that helps you make the distinction between tasks that are important, urgent, and not urgent.

Urgent tasks: are time-sensitive and demand your attention. They're tasks you feel obligated to address. These tasks can make you feel rushed and narrowly focused.

Important tasks: contribute to your long-term mission, values and goals. Doing this tasks can make you feel calm, rational, and open to new ideas.



Important and degree of ambition

This tool is divided into two parts: level of importance and level of ambition. You use a scale from 1 to 5. 1 (importance) / 1 (ambition) means that it is not important and that it doesn't take too much energy or time. 5 (importance) / 5 (ambition) means that it is very important and that it will take both time and energy.

Apps:

Microsoft To do, can be found at Apple store

Tasks, can be find at Gmail



Tips on preventive measures/mindset:

It can be difficult to meet a person that is feeling down and, to know how to handle those situations. It is important to remember that helping another person should not affect your own well-being. If you feel that it affects you, don't hesitate to contact the Board or refer to professional help. Here are some different things to do if a colleague seeks help from you.

1. Highlight that you are glad that they are coming to you. It takes courage to tell someone else about your feelings. Make sure they understand that you think it was good of them to come to you.
2. Take them seriously. Even though it may not be something that you can help them with directly, it is important that you show that you care. Never minimize any one else's problem. It is enough to support them during the process when they are looking for professional help.
3. How should I really handle it then?
 - a. Show your support and be clear that it is not the person's fault that they are feeling bad. They do not let the Union down by scaling down their engagement.
 - b. Ask how you could help the person, and see if they have an own idea of how they want to handle the situation. A good way is to ask if they know what they need in this situation. We all need help in different ways.



It could be difficult to end a person's engagement if the person is feeling bad on a personal level. Especially as the engagement often is a big source of joy and inspiration for our Active Members. The engagement might also be a sanctuary for some people, where they don't need to talk or think about stressful or tough thoughts. It is important to remember that you are not alone when someone comes and seeks support from you. There are many people that are professionals and you could always ask for help or guidance.

There are several support functions that you can talk to if you need it:

Internal Relations Manager

The Internal Relations Manager is responsible for all Project Leaders and Active Members of LundaEkonomerna. She/he focuses extra on motivation, stress and well-being and can help you with these kinds of questions. You are always welcome to come and talk to this person if needed.

Contact information: int.rel@lundaekonomerna.se or 072 3220 041



Contact Person

Every committee has a Contact Person from the Board. This person has weekly meetings with the Project Leader or Project Leaders and help them with all kind of things regarding the committee. This person can also help the committee members if needed. If you don't feel that you can contact your Contact Person or the Internal, then you are always welcome to contact any Board Member which you feel comfortable with.

Contact information: you can find more information about the different Contact Persons at www.lundaekonomerna.se/contact/board-contact/

Inspector

LundaEkonomerna has an Inspector. His name is Martin Blom, and he offers his support for the Union. You can always turn to the Inspector if you feel that you need to talk with an adult, and don't know where to start. Martin is used to these situations and knows people that are suitable for you to talk to. He works at the school so he is often nearby. That can be nice to know.

Contact information: +070 8588 040 or martin.blom@fek.lu.se



Unga vuxna

Unga vuxna offers help for those between 16 and 29 years old. You can seek help if you are feeling low, and feel like you need support or help.

Contact information: 046 359 80 93

Studentprästerna

It can sometimes be nice to talk to an “external” adult about things that have happened. Studentprästerna can offer support and guidance. Regardless of belief or outlook on life, you are welcome to Studentprästerna.

Contact information: 046 718 735

Studenthälsan

Here you can get tips and advice on how to handle problems that may occur during your study time. You can book a meeting for individual meetings, Online treatment and take part in different courses, lectures and support groups.

Contact Information: +46 46 222 43 77, or more information at <https://www.lu.se/studera/livet-som-student/service-och-stod/studenthalsan>



Concluding words

The aim of this guide is to act as a supportive document throughout your engagement within LundaEkonomerna. It is important to remember that your engagement should be fun and rewarding, and that it should not feel like a burden. Take care of yourself and prioritize yourself. You don't need to do everything and maximize every hour in your daily life. Lastly, remember that there are always people that could help you. You are never alone. Please save this guide so that you have it accessible. It can also be a good thing to read it through once in a while. You never know when difficult times may hit and it can be a good thing to work preventably. You can also reach out to the Board/Internal if you have any questions about this guide.



More Contacts

Brottsofferjouren Mellersta Skåne
046 32 32 98

Krisinformation (no emergency)
113 13

Krissamordnare at Campus Helsingborg, Annika Olsson
070 522 45 69

Police's information number
114 14

Police in Lund (only between 18-04 and during week-
ends)
010 561 39 55

Sjukvårsupplysningen
1177

SOS alarm
112

Univeristets larmtelefon
046 222 07 00

