

## SELF-HELP BROCHURES



### Putting the Puzzle Pieces Together

Why Seek Testing? To learn more about your strengths and weaknesses; To gain information helpful in creating your therapy goals; To understand your struggles; To learn about your personality, how you see the world, and how you relate to others; To discover your career interests and goals; To know whether academic accommodations are appropriate for you.



### Attention Deficit-Hyperactivity Disorder

Attention Deficit-Hyperactivity Disorder is neurological disorder that can affect several aspects of one's life. In particular, it can impact one's self-esteem, social relationships, and outlook for the future. This brochure provides information regarding its cause and coping strategies.



### Help for Depression

Major depression is one of the most debilitating illnesses impacting Americans today. Depression can affect your relationships with others, the ability to manage your life, and your self-concept. This brochure provides an understanding of depression and treatment options.



### Help for Eating Disorders

Females and males can suffer from the debilitating illness of an eating disorder. Eating disorders can rob someone of his or her identity and the ability to connect meaningfully with others. This brochure describes key symptoms for anorexia nervosa, binge eating, and bulimia nervosa.



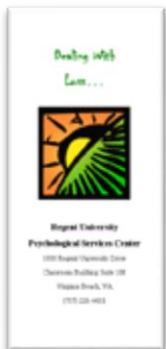
### Is Forgiveness an Option for You?

Forgiveness is a process that can have many positive effects; however, it can be very difficult to do given the perception of the person who was 'wronged'. Unresolved emotional injury can be debilitating to personal growth and optimal living. This brochure addresses the process of forgiveness and provides resources for additional information.



### Help for Acquired Amusement Deficiency Syndrome

When was the last time you had a good, hearty laugh? Can't remember, then it's time! Humor can have a profoundly positive effect on our lives by enhancing our emotional and physical state. This brochure provides helpful hints for incorporating more humor into your day and leading a more joyous lifestyle.



### Dealing with Loss

Grief is a natural response to loss. Over the course of our lifetime, we become attached to people, pets, or other significant things. When these are removed from us, it can feel very unsettling and painful. This brochure addresses the impact of loss and ways to deal with it.



### **Relationship Violence: The Deadly Truth**

Violence within relationships is a serious problem that undermines one's sense of safety and value. Relationship violence is not unique to a specific social group; it occurs within all cultures, socioeconomic statuses, age groups, and sexual orientations. This brochure addresses the scope of the problem and steps toward healing.



### **Help for Sexual Addiction**

Sexual addiction is a controversial area in the professional arena. Although there is not a specific classification in the Diagnostic Statistical Manual, many believe that its compulsive pattern is unique and requires different treatment from other addictive behaviors. This brochure provides an understanding of sexual addiction and resources for dealing with it.



### **Are You Stressed? Help for Managing Stress and Anxiety**

Stress is an important factor in managing our everyday demands. Eustress (positive stress) is when we have adequate resources (financial, emotional, physical, etc.) to meet the demands in our life. We are motivated to navigate our day. Distress (negative stress) occurs when our resources are inadequate and feel depleted, anxious, or out-of-control. This brochure provides tips for dealing with stress of daily living and maximizing one's life through self-care practices.



### **Services for International Students**

Studying abroad is a unique experience. International students studying abroad are able to contribute in many ways by engaging in campus events, classroom discussions and social settings. Students can teach others about their nation and culture, which makes our university a richer place to learn and grow. However, studying abroad can also be challenging. Students may feel the separation from family and friends. They may feel isolated and lack resources and support. Some adjustment is natural and should; however, if those feelings and symptoms persist, it may warrant a consultation. Should additional support be helpful during this adjustment, contact the Psychological Services Center at 352-4488 to arrange consultation with a service provider.