

Resources on the Blues and How to Color them up

Great resource where people including celebrities talk about their mental health problems, the site also directs the student to where to get help on their own campus:

<http://www.halfofus.com/Default.aspx>

Great resource for college mental health:

<http://www.ulifeline.org/main/Home.html>

College Survival Tips from Susan Fee:

<http://www.myroommateisdrivingmecrazy.com/>

Journaling to reduce stress:

<http://www.myroommateisdrivingmecrazy.com/tips/JournalingtoReduceStress.htm>

More tips to relieve stress through journaling:

<http://stress.about.com/od/generaltechniques/ht/howtojournal.htm>

Music Relaxation, a healthy stress management tool:

<http://stress.about.com/od/tension tamers/a/musicrelaxation.htm>

Top 7 CD's for Relaxation and Stress relief:

<http://stress.about.com/od/products/tp/toppicksmusic.htm>

More articles on music as therapy and for stress relief at about.com:

http://stress.about.com/lr/music_for_relaxation/134994/2/

Foods that help reduce stress:

http://www.stressfocus.com/stress_focus_article/food-and-stress.htm

Top 10 delicious foods to reduce stress from Left of Zen:

<http://leftofzen.com/reduce-stress-management/2008/03/03/>

Aroma therapy toasty bears:

http://estheticsnw.com/sootheze_aromatherapy_teddybears.htm

Tips on Homesickness;

<http://www.myroommateisdrivingmecrazy.com/tips/homesickness.htm>

Interactive Guide regarding depression

http://www.counseling.uconn.edu/interactive_guide_depression.html

Interactive Guide regarding anxiety

http://www.counseling.uconn.edu/interactive_guide_anxiety.html

Article on Depression on College Campuses:

<http://www.socialworktoday.com/archive/swsept2006p17.shtml>

Assessing college students' mental health needs, a power point:

http://www.aucccd.org/conference/2004Proceedings_files/Walker%20-%20thrivingreflections10-6-04.ppt

Wellness oasis for women:

<http://www.comfortqueen.com/>

Another wellness site:

<http://www.soulfulliving.com/>

How to be Happy!

http://www.ehow.com/how_10192_be-happy.html

Some ideas on how to reduce stress:

http://www.ehow.com/how_2000804_reduce-stress.html

Humor and Health:

http://www.ehow.com/how_2058620_improve-sense-humor.html

Many articles regarding depression:

<http://www.psycom.net/depression.central.html>

Depression screening:

<http://www.depression-screening.org/>

Large pamphlet collection on many topics including depression, stress, anxiety:

<http://ccvillage.buffalo.edu/vpc.html>

Concise guide on overcoming the blues:

<http://www.k-state.edu/counseling/topics/life/blues.html>

Relaxation strategies:

<http://www.uccs.umn.edu/oldsite/lasc/handouts/relaxstrat.html>

Meditation:

<http://pc.brooklyn.cuny.edu/MED.htm>

Quick relaxation techniques:

http://www.sju.edu/counseling/pages/quick_relax.html

101 strategies for coping with stress:

<http://www.ucs.umn.edu/oldsite/lasc/handouts/copingstress.html>

7 keys for getting what you want out of life:

<http://www.ucs.umn.edu/oldsite/lasc/handouts/sevenkeys.html>

Cinematherapy, interesting subject:

<http://www.ed.uab.edu/cinematherapy/home.html>

Information on loneliness:

<http://www.lboro.ac.uk/service/counselling/pages/problems/loneliness.html>

Meditation and Stress reduction center:

<http://www.selfhelpmagazine.com/articles/stress/index.shtml>

Wellness center from the University of Dayton:

<http://campus.udayton.edu/~wellness/index.php3>

A website on humor, the Humor Project (go to this through wellness links):

<http://campus.udayton.edu/~wellness/index.php3>

A website with comics:

<http://www.unitedmedia.com/comics/>

Therapeutic humor website:

<http://www.aath.org/>

A wellness wheel exercise from South Africa:

<http://www.unisa.ac.za/default.asp?Cmd=ViewContent&ContentID=16277>