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# Mental Wellness for Au.D Students

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- **Grad Student Mental Health Concerns**
- **Professional Fatigue**
- **Strategies**
  - Self-Compassion
  - Mindfulness Meditation
  - Sleep
  - Healthy Boundaries
  - Social Support
- **About CAPS**

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# Graduate Student Mental Health

- 25.8% of adults 18-25 and 22.8% of adults 26-49 experienced a mental health issue in the past year
- 32% of graduate students meet criteria for depression, 39% for anxiety
- Depression and anxiety higher in Doctoral students v. general young adult population

*...you are not alone*

# Professional Fatigue

*Occupational risk* in helping professions, like Audiology:

1. *Compassion Fatigue*: Profound emotional and physical exhaustion helpers experience over course of their career
2. *Vicarious Trauma*: Continuous exposure to client traumatic material, progressive change in world view
3. *Burnout*: Progressive condition from ineffective coping and maladaptation to chronic stress

# Signs of Compassion Fatigue

- *Physical*: loss of energy, endurance; accidents, physical complaints
- *Emotional*: reduced enthusiasm; increased irritability, bitterness, cynicism; guilt
- *Social*: indifference, inability to be supportive to friends, family; contributing to toxicity
- *Cognitive, Intellectual*: boredom, impaired focus, concentration, clinical errors

# Strategies for Mental Wellbeing

# Self -Compassion

- Self-Critical Thoughts
  - Catastrophizing
  - Overgeneralizing
  - The “Shoulds”
  - Labeling
- Self Compassion
  - Self-kindness
  - Acknowledging common humanity
  - Take mindful action

# Mindfulness Meditation

Benefits (*Audiology Practices, 2022*):

- NIH-recognized complimentary treatment for anxiety, depression, ADHD, pain
- Improved stress management, resilience, present-moment awareness without reactivity
- Growth in brain structures responsible for self-regulation and self-awareness



# Guided Meditation Resources

- [Dr. Kristen Neff: Self-Compassion Guided Practices](#)
- [UCLA Mindful Awareness Research Center](#)
- [Insight Timer](#)
- [Headspace – Student Plan](#)

# The Importance of Sleep Hygiene



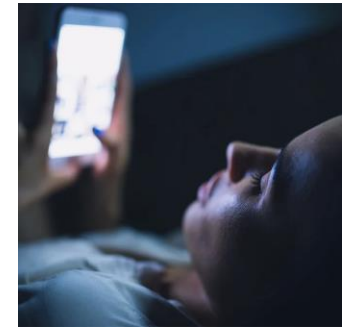
**Dark**



**Cool**



**Quiet**



**No Devices**

# Sleep Routines

- Set sleep and wake times
- Pre-sleep routines
- Difficulty falling or getting back to sleep
  - Out of bed
  - 15-30 mins. “sleepy” reading
  - Back to bed
- Melatonin: check with doctor

# Boundary Setting

*Boundaries* are limits and rules we set in relationships

- *Relationships*: work, family, friend, partner
- *Traits*: Rigid, Porous, Flexible
- *Types*: Physical, Intellectual, Emotional, Time, Material, Sexual

# Social Support

- Natural and professional supports
  - Friends, family
  - Cohort, professors, advisors
  - Counselors, Behavioral Health
- Debriefing
  - Formal: Supervision, academic advisement
  - Informal: ad hoc, flexible, immediate
    - Low-impact disclosure

# Prioritizing Mental Wellness

From *Zimmer, et. al, 2022*:

- Burnout highest in new audiologists (yrs. 1 -10)
- With greater experience:
  - Greater compassion satisfaction
  - Lower burnout, emotional exhaustion, depersonalization

*...Self-compassion and mental wellness today can mean compassion satisfaction and longevity tomorrow*



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## Student Health and Counseling Services:

- Individual Counseling
- Group Therapy
- Urgent Care Counseling
- Referrals

**For Appointments:**

**The WELL, 2<sup>nd</sup> Floor**

**916-278-6461**

**[csus.edu/student-life/health-counseling/](https://csus.edu/student-life/health-counseling/)**

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