



Anxiety & OCD
Counseling Clinic

5 WEIRD TIPS FOR SURVIVING LIFE AFTER COLLEGE





1) Less is more.

what you don't have may not necessarily be what you're missing. Look around you. Do the material things in your life serve a purpose or function? Do they mean something to you or do they live as meaningless clutter in your life? Ask yourself what you are working so hard for. Are you achieving what you are working for? Are you working for what you want or what you've been told you "should" want? Think about that before you make any decisions.

2) Accept the present and commit to it.

Where you are, literally where you are right now, is where you need to be, because that's where you are, and it's ok. Be mindful of your surroundings, be mindful of your body, be mindful of your breath. Live in the present, indulge in the moment, and remind yourself nothing outside of this moment exists, literally.



3) Pay yourself attention.

Nurture yourself, love who you used to be and who you've become because like everything else in this world you won't be this person forever. Be kind to yourself and be patient with yourself. The more you invest in yourself the more valuable you'll feel.

4) Be emotionally vulnerable.

Take a moment and tap into your sense of self. Identify how you feel, who you are, what your thoughts are. This may be scary and difficult, but is one of the most valuable tools you can have. When you pinpoint your *truth share it with someone. Someone who you trust and even someone who you are scared will judge you or reject you. Expose yourself to the possible reality of judgment and rejection. Remind yourself that unless you stop breathing you will survive the worst case scenario. Think about how much stronger you will be once you get through your "worst case" scenario. Little will get in your way after that.



Anxiety & OCD
Counseling Clinic

5) If it makes you uncomfortable do it.

If you are worried you will do a bad job, try. If you are nervous people will laugh, say it. If your concerned no one will respond, reach out. If it makes you feel weird it's a good thing. I am obviously not talking about doing anything dangerous or life threatening, but if it's safe and feels dangerous give it a shot.

*truth meaning the real story or the unprotected perspective you're taking on a situation. This can sometimes be found underneath feelings of fear, anger, envy, jealousy, rejection, etcy text