

Self-care practices among college students today: Coping with mental illness

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Intro

Mental health is a component of everyday life that all people experience, and to live healthier lives, a better understanding of mental health and related coping mechanisms need to be developed. This study aims to understand how college students cope with mental illness, and the positive benefits that come from such self-care practices.

Discussion

The significance of this study lies in the continuation of the conversation concerning mental health, which allows for more in-depth understanding and solutions to be developed. This study may also provide encouragement for people experiencing mental illness to seek help knowing that mental health and illness is treatable and valid, rather than a condition that is just stigmatized (Applegate & Smith,

2018; Jewell, Thomas, & Yeh, 2017).

Methods

Face-to-face Qualitative Interviewing allows for data collection to be a sensitive process that prioritizes the ethics and well-being of research participants.

Conclusion

Untreated and unaddressed mental illness can lead to a host of other issues and hardships that could otherwise be avoided, or minimized, with treatment and proper care. Do your part, and keep the conversation going.

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