

LAW MESSING WITH YOUR MENTAL HEALTH?



LET'S TALK ABOUT IT
WITH MONASH THRIVE...

Sometimes you or someone you know can be struggling with their mental health. We want to talk about some of the most common mental health conditions that people can have to bring **more awareness**, and to say that there is no shame if you are struggling with these things.

ANXIETY

an intense sense of worry and persistent feelings of nervousness about everyday things

Does this sound like you? You're not alone!

in fact law students are **much more likely** to experience anxiety and depression than the general population of their age*

ANXIETY SYMPTOMS

- Excessive worrying
- Restlessness
- Easily fatigued
- Difficulty concentrating



DEPRESSION

Persistently depressed mood or loss of interest in activities, which results in significant daily life impairment

Research has found that law students spend **less time** doing what they consider **enjoyable and relaxing** and **more** on activities they **don't enjoy and find stressful***

These behaviours ultimately correlate with higher levels of stress, anxiety and depression*

Leading to Symptoms such as:

- Feelings of loneliness, sadness, hopelessness
- Diminished interest or pleasure in most activities
- Too much or too little sleep and fatigue
- Feelings of worthlessness/guilt
- Inability to concentrate



DO YOU FEEL...

- Emotionally drained
- Worn out after class or studying
- As though you're doing your uni work mechanically



YOU COULD BE EXPERIENCING

BURNOUT

Tips and Tricks for burnout

38%* of Uni students experience burnout

- talk to the people you trust
- set boundaries for yourself
- remember what makes you happy
- get organised, create a schedule or a to-do list
- Break the cycle to prevent feelings of anxiety and depression before they begin

IT'S CRUCIAL TO ASK FOR HELP EARLY

monash.edu/medicine/thrive/seeking-help

Find someone you trust to talk about your struggles and feelings eg. a friend, family member or loved one- or even your supervisors or lecturers.



Let them know you want to talk about something tough.

Plan out what you want to say as we can be easily overwhelmed when talking about our emotions.

IT'S IMPORTANT TO LOOK OUT FOR OTHERS TOO

As law students, we are all going through a very similar experience, so it's important that we all look out for each other.

Studies have found that **improving** a sense of **belongingness** among law students is particularly important to our **wellbeing**.

We can connect as law students by sharing our struggles and supporting each other while navigating our degrees and the workforce.