

Holiday Highs and Lows: Students Need the Break

Students say being home for the holidays and winter break will have a positive impact on their mental health. TimelyCare conducted a nationwide survey of over 1,200 college students, with a majority planning to travel home during the winter break. The results show their excitement for a break from school and studies, but some hesitation about spending quality time with family.

High Levels of Stress and Anxiety for Students



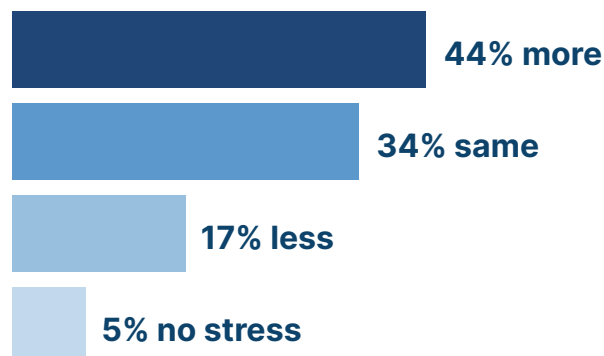
71% are currently experiencing mental health issues



60% have taken a mental health day or a wellness day this semester



Student Stress and Anxiety Compared to Last Year

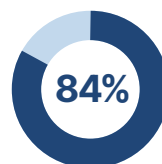


A majority (78%) of students are experiencing **the same or more** stress and/or anxiety than this time last year.

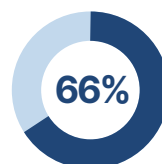


Most Families are Supportive of Mental Health

Whether students are able to travel home for winter break or they're staying in contact with their family virtually, students report feeling both **support and stress when it comes to their families**.



say their family is supportive of them seeking professional mental health support.



say their family is aware that they are experiencing mental health issues.

It's Not a Happy Holiday Season for All Students

"There's no place like home for the holidays" rings true for most college students who say being home for winter break will have a positive impact on their mental health. Yet, more than half still **feel anxious about making the trip home**.



8 in 10 say being home for the holidays/winter break will have a positive impact on their mental health.



51% feel stressed and/or anxious about the holidays/winter break.



Top 5 Student Stressors During the Winter Break:

- 1 Family interactions
- 2 Traveling
- 3 Finances
- 4 Illness
- 5 Dealing with grief

Top 5 Ways Students Plan to Cope with Stress and Anxiety while on Winter Break:

- 1 Talking with friends (peer support)
- 2 Talking with family (family support)
- 3 Playing video games, watching TV/movies
- 4 Exercising
- 5 Practicing mindfulness/breathing and/or meditation

To learn how to help your students thrive, visit [timelycare.com](https://www.timelycare.com)

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