

Well-being support at BSM



The system of health and mental health support at BSM

24/7 BSM emergency phone number: **+36206285562**

In case of an emergency, where immediate medical help is necessary, always call 112 (the European equivalent of 911), and call the BSM number afterwards.

Director of Student Services (DSS)

The DSS's job is to be there for all BSM students as a first line of contact whenever a student encounters a challenge, which they do not know how to. These can mean problems with your housing just as much as needing assistance with buying train tickets on the Hungarian Railways website. It is also the DSS who you can reach out to if you would like to schedule an appointment to a doctor or one of our mental health counsellors.

Health Services

As a BSM student you are expected to have your own health insurance while studying at BSM covering you for up to 50 000 USD medical expenses valid throughout Europe.

In order to be prepared **get a list of providers in Budapest coming with your insurance** from your insurance company.

At BSM we usually recommend the following three clinics that employ English speaking doctors and are used by the expat community in Budapest:

- **Swiss Clinic** <https://www.swissclinic.hu/en/>
emergency care – house visits 24/7 for a cash fee
- **Duna Medical** <https://www.dunamedicalcenter.org/en>
- **FirstMed** <https://www.firstmedcenters.com> open on Sundays as well

In addition, your tuition includes “local” insurance provided by the Semmelweis Medical University. **English speaking operators can be reached at +3613270452.** Study your insurance leaflet and card for more details!

Finally, a **24/7 walk-in clinic** is available at Budapest, Dob u. 86, 1073 for a fee payable in cash (only!) on site. Most of its doctors speak English.

NOTE: if you have medical issues please make sure to let the director of student services, Ms Anna Foti know so that she can assist you.

Mental Health Counseling

BSM provides a counseling service in English. Counseling differs from psychotherapy in the sense that it is aimed at issues, difficulties and challenges in the present moment and its main focus is coming up with practical solutions that the client can immediately apply in his/her/their everyday life. During counseling, we try to collect all the available resources of the individual and try to figure out together how they can be used to work out the issue that is present.

Some of the possible topics appropriate for counseling are cultural shock, stress management, time management, temporary social isolation, coping with challenges of relationships (long distance friendships and romantic relationships etc.), coping with loss.

At BSM currently you can work with two English speaking psychologists:

Ms. Andrea Turner (andrea.maria.turner@gmail.com)

is available on Mondays, 5-8pm in room 218.

Mr. Laszlo Biro (info@birolaszlo.hu) is available on Thursdays, 2-5pm in room 206.

Please, email them or the DSS Ms. Anna Foti (afoti@mcdaniel.hu) if you would like to make an appointment with one of our counselors.

In addition, you can make an appointment with Levente Somogyi who is a mental health counselor for the entire community of the four different international programs in our building. You can make an appointment with him directly, through his webpage.

(<https://hsmentalhealth.appointy.com/default.aspx>)

In case of an emergency

It is important to know that there can be challenges in which you will need to ask for professional help. The exercises and interventions in this handout **ARE NOT presented** to substitute professional help in the case of feeling in danger, or in situations in which you feel that there is no hope (eg. physical or mental health issues, suicidal thoughts or other issues needing a clinical intervention). If any of the aforementioned situations arise, seek professional help at the following service providers:

While not an alternative to immediate, life-saving action, many social media sites have a system for reporting suicidal threats or content when identifying information may not be known:

Facebook www.facebook.com/help/contact/305410456169423

Instagram www.help.instagram.com/388741744585878

Twitter www.help.twitter.com/forms/suicide

Snapchat www.support.snapchat.com/en-US/a/Snapchat-Safety

Tumblr www.tumblr.com/abuse (select self-harm)

Stress management

In everyday situations, especially when living in a foreign country we might feel stressed and/or anxious sometimes.

People react differently to stressful situations. For example some students tend to get nervous before an exam, others feel motivated and excited while again others might feel no emotions at all. There is nothing wrong with any of these reactions.

There are also many misconceptions regarding stress - the main one being that a stress-free life is achievable. This is not true, and a false belief like this can actually cause us extra anxiety („Why can't I calm down?!?“).

The truth is that humans actually need a certain amount of stress for an optimal level of performance. We get bored if we do not have any exciting things going on in our lives, but we get anxious if there are too many stressors.

It can happen however that some stressful situations feel overwhelming. For these situations there are some useful activities and techniques that you can practise and try when needed:

Relaxation techniques

In these relaxation techniques the point is to be mindful of the present moment while relaxing our body, which in turn will help to put our mind at ease. It is important to remember that these techniques take a lot of practice until you can use them properly during stressful times, and even then they will not be bulletproof solutions.

However techniques like the ones below can help to ground yourself and to step out of the stressful thinking process for a short time – maybe enough to remember your other stress-management tools, or to ask a friend's help.

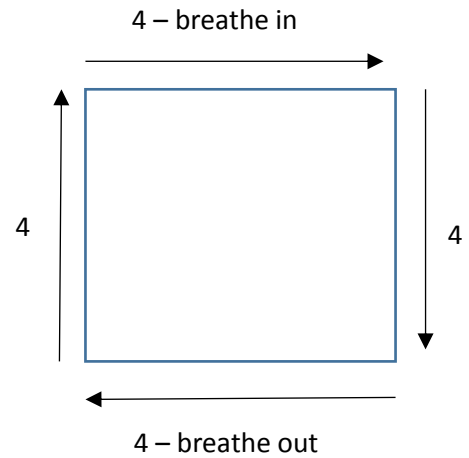
1. technique – square breathing

In this technique you imagine a square, where each side represents a different state of breathing.

Start in one corner, and breathe in for 4 seconds.

Then turn right along the edge of the square, and hold your breath for 4 seconds.

Then breathe out for 4 seconds, and rest with empty lungs for 4 seconds. Repeat several times.



2. technique – squeezing a lemon¹



Imagine that you are holding a lemon in your hand.

Squeeze it tight as if you wanted to get all the juice out!

As you are squeezing, observe the tension in your arm. Squeeze tight for 5-6 seconds (you can count in your head).

After the 5-6 second, let the lemon go, and open your palm. Observe the sensation of your fingers, hand and arm relaxing.

Other methods to decrease stress:

1. Try to find the cause, and decrease it if possible.

eg: if we feel uncomfortable on public transportation, we might try waking up earlier and walking, if possible.

¹ <http://www.otthonifejlesztés.hu/relaxacio/melyizom-relaxacio-koeppen-modszer>

2. Know your resources, and use them if you can.

When under stress, many times it is hard to remember how many resources we actually have to help our coping. It is good to write a list of resources when we feel calm and use that list during challenging times. The following questions might help you to write your list of resources:

- ❖ What are your strengths in a situation?
 - For example you might not feel confident giving oral presentations in class, but you are hardworking and you can prepare more meticulously than others.
 - Have you ever had to cope with similar situations? What did you do then? What was helpful? – Collect examples of your own „best practices“.
- ❖ What other domains in your life can serve as a resource?
 - It can be that you are feeling a lot of stress before your exams, but perhaps you have friends and/or family, who you can call up for some support, or just simply spend time with (even if online).

3. Small adjustments in our behaviours

- ❖ Be organized! Have a schedule with your tasks and obligations. This can help to prevent tasks from piling up, and also to avoid sudden appearance of forgotten obligations.
- ❖ Relax sometimes. Go out and do things which give you energy and are fun. This does not mean going to party necessarily, it can be a hike, a walk, visiting an exhibition etc.
- ❖ Do sports! Physical activity is one of the best tools in maintaining a good mood. In addition it can energize you for the times when you might need your energies to cope with a stressful situation.
- ❖ Eat healthy! A nutritious and balanced diet will help you stay healthy and strong.
- ❖ Sleep enough! A daily amount of 7-8 hours of sleep helps your brain recharge and be ready for the day's challenges. It is also important to have a more or less regular sleeping schedule, meaning that you should try to go to bed at the same time every day, if possible.
- ❖ Have non-academic activities. If you have other interests (movies, comics, board games etc), spend some time doing the things you enjoy.