Therapy, some variety of treatment that is being used to relieve or heal a disorder. Since therapy has such a broad definition, then there can be a variety of different treatment options that are considered therapy if they help someone with an issue they are going through. For college kids especially, it can be very difficult to either find the time to schedule an appointment with someone to talk to, let alone getting over the stigma to make the appointment in the first place. Since there are so many different people around the world dealing with a variety of illnesses, the same treatment may not work for everyone. This is why therapy can come in a variety of forms, and is able to help different people, with different mental illnesses.

One form of therapy that is would be easier to handle especially among college students is art therapy. This form of therapy involves “the use of creative techniques such as drawing, painting, collage, coloring, or sculpting,” and is rooted in the idea that creative outlets can help with mental well-being and overall healing. Art therapy can help people communicate, overcome some of their stress, and even explore different parts of their personality they hadn’t discovered yet. It also allows people to focus all their stress into one product, and they are able to have a tangible things at the end (a sculpture, painting,
drawing, etc) that they can be proud of. Even though many people think this is a form of therapy catered mostly to young kids, in recent years more college-age students and adults are discovering the benefits of it. For example, adult coloring books have become more popular in recent years. It is an easy and affordable way for students to help manage their stress especially during the school year. Even coloring one page at the end of the day before you go to bed can help.

If you are an animal lover, another form of therapy is Animal-Assisted therapy. This form of therapy involves using the aid of animals to help improve someone’s mental and emotional state. A variety of animals can be used including dogs, cats, horses, and even pigs, but the most popular animal used for this form of therapy are dogs. The therapeutic experiences with the animals can be anything from walking to brushing to petting and can happen in both group and individual settings. Many colleges have taken notice of this and will bring in therapy dog groups onto campus for students during midterm and final weeks. The University of Pittsburgh even have Therapy Dog Tuesdays, where the same group of dogs will come in every Tuesday to help students destress.

If you have a passion for music, another great form of therapy is music therapy. This involves using different musical techniques to help manage stress and mental health. Music therapy utilizes creating, singing, dancing, and listening to music depending on what works best for each person, and what experts and music therapists recommend. Since music has such a strong impact on our moods, finding the right type of music outlet can help a person stay calm and relaxed during a stressful time.

For people who want to experience therapy from the comfort of their own rooms, aromatherapy is the perfect solution. Aromatherapy is the usage of aromatic substances, and essential oils for holistic healing. Using a diffuser, the essential oils are dispersed into the air allowing someone to breathe in the scent and oils. Since these oils are scented, it ignites the olfactory system, which is the part of the brain connected to smell. As the scents reach the brain, they affect different parts that are linked to things like emotions, stress, and blood-pressure which allows the oils and the scents to affect our bodies. Since this therapy really only requires diffusing the oils into the air, it is very easy to participate in, and can be done while you are performing other tasks. If you perform aromatherapy while doing homework it might calm you down and help you get through your work in a less stressful manner.
Therapy doesn’t just have to be a patient lying on a bed talking to a stranger; it can be so much more than that. It can be catered to what you like to do to, and what you do to relax from a stressful day. So, no matter what you think about therapy and taking care of your mental health, just know there are so many different forms that you can always find one perfect for you.