
HOW DO YOU DE-STRESS?

- Getting plenty of sleep
- Use positive self-talk
- Partake in a hobby
- Engage in a social club
- Exercise / Physical activity
- Take deep breaths
- Write in a journal or diary
- Take a break for something fun
- Eat well balanced meals
- Remind yourself to be realistic
- Practice yoga poses
- Squeeze a stress ball
- Walk around the block
- Spend time with your pets
- Read inspirational quotes
- Sit outside in the sun
- Listen to music
- Use to do list or a calendar to manage your time
- Study and do homework in advance
- Use on-campus resources
- Reach out to a mentor for help
- Take a time out with meditation
- Avoid caffeine or other boosters
- Slowly count to 10
- Spend time with family or friends
- Participate in group sports/activities
- Accept what you cannot change
- Visualize a comforting place
- Take a shower or bath
- Watch a funny YouTube video
- Disconnect from technology
- S M I L E
- Declutter your study area