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