



De-Stress Tips - for students by students

Being a student can be stressful! It's totally understandable to feel overwhelmed at times. Here are some tips that can be applied whether you have 5 minutes or a day to de-stress. Enjoy!

If you have 5 minutes...

- Do some deep breathing! Slow inhale from the nose and exhale from the mouth
- Listen to music, even just one song as a temporary distracter
- Get some fresh air, step outside, winter or summer
- Meditate. Close your eyes and try to rid your mind of any distractions-start with one minute, and then work your way up.
- Watch a funny Youtube video
- Go on Pinterest
- Hug someone
- Eat or drink something refreshing
- Daydream-close your eyes and imagine yourself in a happy peaceful place. Breathe, and enjoy the sensations

If you have 30 minutes...

- Take a short walk
- Read a book or magazine
- Watch an episode of your favorite TV show
- Take a nap
- Drink Tea
- Write your thoughts in a journal
- Call a friend or family member
- Take a bubble bath
- Make a "happy" playlist of your favorite songs

If you have a full day...

- Take a yoga class
- Find a new recipe and cook/bake
- Leave your cell phone at home-no distractions
- Coffee date with a friend
- Go out to a movie
- Sleep in
- Devote time to organize...your house, your calendar, your school work
- Make a gratitude journal-to write a thing a day you are grateful for
- Set personal goals-short and long term

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