

STRESS BREAKERS

College can be a really stressful period in your life. We've come up with a list of different ways to break your stress, and help you take a break.



Write in a journal



Take a coffee break



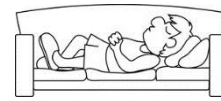
Exercise



Read a book for fun



Call a friend



Take a nap



Deep breathing



Visit Petland



Make your favorite food



Listen to music



Sit outside

Dance



Watch an episode (or two!) of your favorite show



Talk to a friend



Explore Iowa City



Write a letter to yourself or a friend



Treat yourself to your favorite food