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
- Listen to music
- Visit Petland
- Dance
- Make your favorite food
- Deep breathing
- Explore Iowa City
- Write a letter to yourself or a friend
- Talk to a friend
- Seat outside
- Watch an episode (or two!) of your favorite show
- Treat yourself to your favorite food

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