

# Managing Your Stress

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What am I feeling? Who cares about me?	Selecte Top Hand Hoper Call Selected Se
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	ole ole
	Reach Out!
	They want to help
What's in my control?	What's out of my control?
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Sometimes all you can do is take care of yourself through the stress

#### What makes me feel like myself?



#### What makes me feel joyful?



### What does self-care mean to me? What does it look like?



#### **Journaling**

Write down your thoughts, feelings, or frustrations!



#### **Quality Time**

Spend time with your loved ones, go to a student org meeting, enjoy the company of others!



#### **Meditation**

Find a comfortable spot. Close your eyes, and focus on your breathing. If you find your mind wandering, refocus it on breathing. Do this for **5 - 10 minutes** 



#### **Move Your Body**

Whether it's going for a walk, a hike, doing yoga, or dancing. Anything that gets your body moving!



## Know when to reach out for help!

## It matters because YOU matter!

#### **University Counseling Services**

Free appointments to talk about what's stressing you out.



#### **Student Wellness**

Sign up for a free consultation on stress management!



#### **Student Care & Assistance**

Help you navigate challenges that affect your success





Academic Support and Retention