

Managing Your Stress

What's Stressing Me Out?



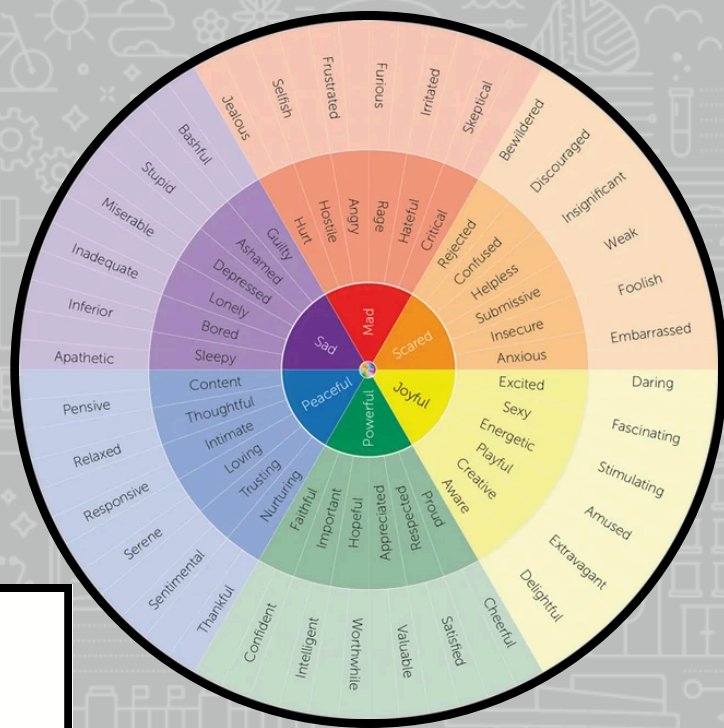
What am I feeling? Who cares about me?



What's in my control?



What's out of my control?

Reach Out!
They want to help

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?



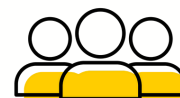
Journaling

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



IOWA

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