

If you're feeling stressed...

- Take a ten minute break every hour when studying
- List five positive things in your life
- Go for a jog or walk outside
- Take ten deep breaths
- Watch your favourite movie
- Chill with your friends and/or family
- Do something nice for someone else
- Avoid drugs and alcohol
- Laugh and smile
- Take a power nap
- Try some yoga stretches
- Write a journal or letter to yourself
- Play with your pet
- Have a glass of water
- Make a schedule of things to do
- Read a book
- Go shopping
- Go to the beach or a park
- Try not to leave things to the last minute
- Don't be afraid to ask for help
- Take a hot bath or shower
- Listen to your favourite music
- Go for a drive
- Repeat a positive saying (ex. "I am smart")
- Visit a place of worship
- Create something (draw, paint, scrapbook)



Stress Me Less!



- Clean your room or work area
- Eat a healthy snack
- Play a sport
- Cook or bake something
- Have a mug of tea
- Play an instrument
- Give someone a hug
- Count from 100 by 3s (100, 97, 94...)
- Chew gum
- Go to the gym
- Do your laundry
- Scream at the top of your lungs
- Dance like no one is watching
- Limit your caffeine intake

If you still find yourself struggling with an issue, consider talking with a professional.