

## Tips for Stress Management



### Invest in Your Health

- Incorporate movement breaks when studying (i.e. take a walk or stretch)
- Incorporate regular exercise into your daily routine (i.e. biking, basketball, yoga, running)
- Get enough rest, 7-9 hours of sleep is best!
- Treat yourself to some self-care (i.e. explore the city, visit the beach, go on a hike, get a massage)
- Eat 3 meals a day with nutritious snacks in between

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- ### Take a Mindful Moment
- Practice mindfulness through meditation or prayer
  - Start a gratitude or appreciation journal
  - Take a moment to color or draw
  - Go outside to observe nature and your surroundings
  - Notice each sensation when doing daily activities (i.e. doing the dishes, brushing teeth, taste of food)



### Build Connections with Others

- Call, text, or video chat with a friend or loved one
- Develop a positive support network of peers & mentors
- Practice random acts of kindness
- Volunteer in your community for a cause that's important to you
- Don't be afraid to seek professional help for additional care and support

