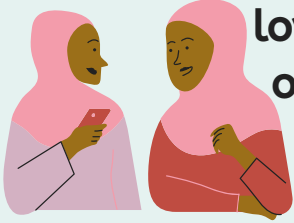


Talk with a trusted loved one



Take a 20 minute nap



Play with an animal



Read a book for pleasure



Journal



Unplug from technology



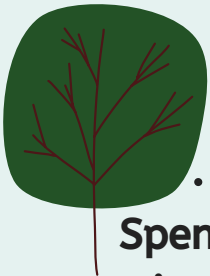
Ask for help



# stress management tips

FOR COLLEGE STUDENTS

Spend time outside



Color



Practice mindfulness



Practice forgiveness



Hydrate



Laugh



Go for a walk



Listen to some music



Make a to-do list



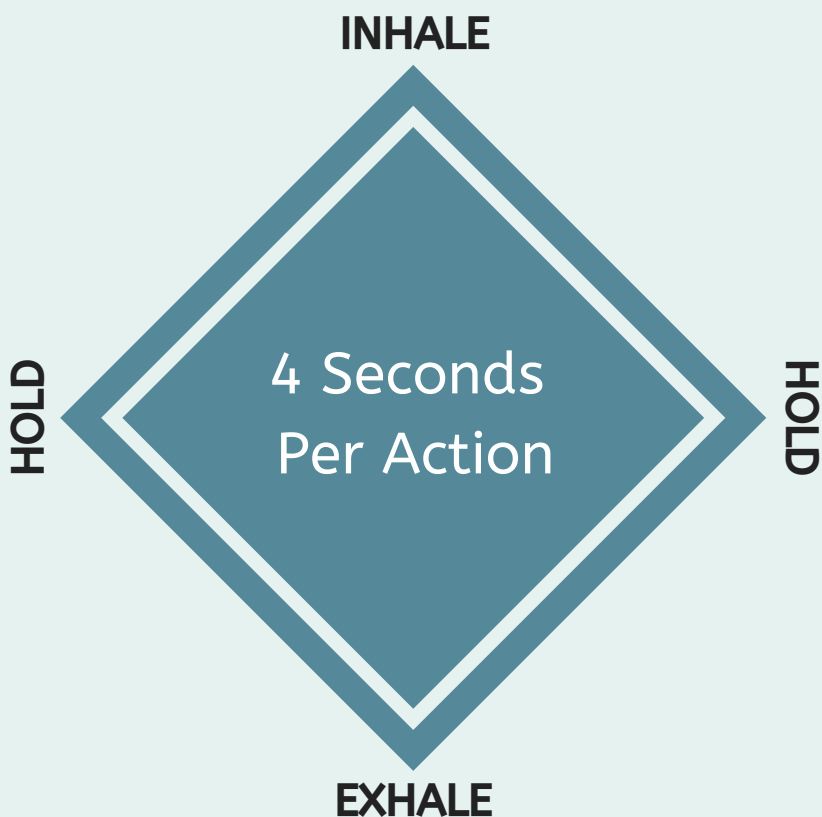
Dance it out!



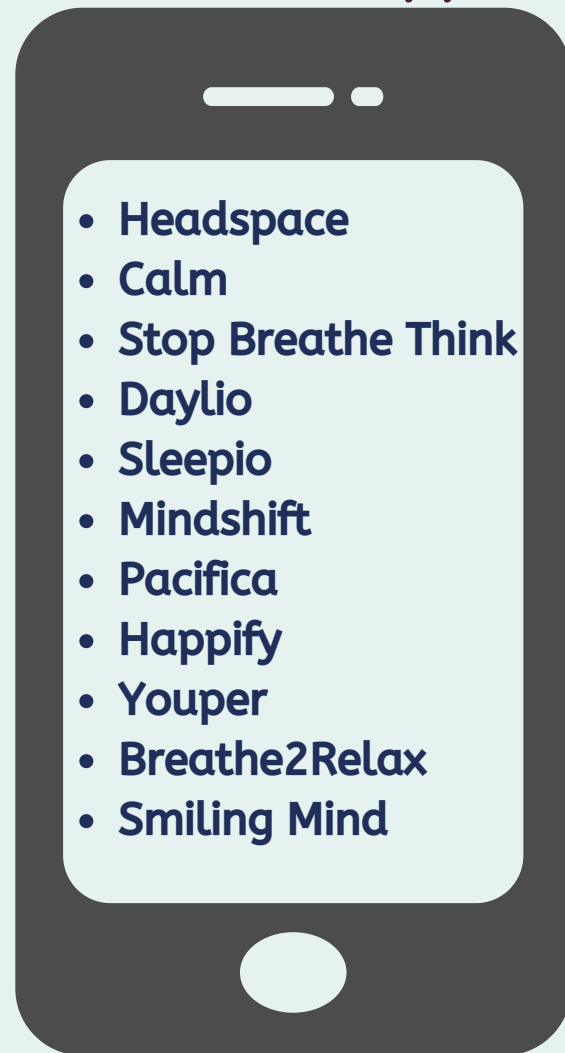
Meditate or practice yoga



# Square Breathing



# Self Care Apps



## Self-Soothing Technique:

**5 - 4 - 3 - 2 - 1**

- To yourself, begin by naming **five** things you see in front of you.
- Identify **four** colors that you see.
- Describe **three** sensations your body is feeling, such as temperature, the texture of your sweater, or your feet against the ground.
- Name **two** sounds you can hear.
- State **one** scent you can smell.

Repeat each step until you notice your thoughts are less clouded.

