

## Student Stress Busters

1. Take at least 10 minutes per day to meditate, practice deep breathing, quiet your mind, or pray. Check out Dartmouth's Student Wellness Center Website for some Guided Relaxation recordings. <https://www.dartmouth.edu/~healthed/relax/downloads.html#deep>
2. Play sports and get exercise at least 3 times per week, preferably for 30 minutes every day.
3. Eat healthy – Include fruits, veggies, & lots of water in your daily intake. Try to minimize junk food, sugary and fried foods, and sodas. University of Michigan has some good college nutrition tips: [http://campusmindworks.org/students/self\\_care/nutrition.asp](http://campusmindworks.org/students/self_care/nutrition.asp)
4. Journaling, spoken word, and other forms of creative expression are great ways to channel your stress in a positive way.
5. Change the way you look at your situation. Challenge your negative assumptions and write them down. Then write out positive alternatives. For example, a negative statement might be: "I am not as smart as my peers." A positive alternative might be: "I may be struggling with this class, but I would not have gotten into this school if I wasn't smart." Or "One low test grade does not mean I am not capable, I just need to get some help."
6. Reach out to friends, family, and helpful resources like your campus mental health center.
7. Manage your time – Create a schedule to keep track of all your deadlines, study times, and relaxation time. Blog article listing best productivity apps: <https://zapier.com/blog/college-student-productivity/>  
Dartmouth's time management tips: <http://www.dartmouth.edu/~acskills/success/time.html>
8. Have fun – hang out with friends and do something social!
9. Be in nature! – University of Minnesota explains how nature helps our overall wellbeing: <http://tinyurl.com/osxf7ed>
10. Give back to those less fortunate by volunteering.
11. Carve out time to pursue a passion – this is also a great way to connect with others who share your interests.
12. Listen to inspiring music.