

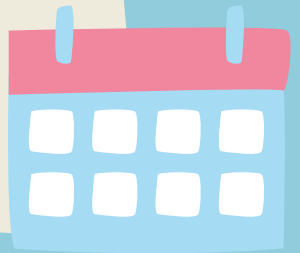
Self Care & Mindfulness



We know college can get overwhelming. Here are some ways to practice self-care and overcome stress.

Get Organized

- Organize your study schedule by working backwards from deadlines.
- De-clutter by cleaning up your living space.
- Plan vacations & rewards/treats so you have something to look forward to.
- Set realistic goals- use the SMART goal method.



Make Conscious Decisions

- Eat healthier, more balanced meals.
- Exercise regularly.
- Aim for at least 7 hours of sleep each night.
- Put away the phone when studying.
- Accept help- it's totally OK to ask for it!



Find time to Decompress

- Feed your spiritual self- do yoga or spend time in nature.
- Meditate: Download the Calm app for free sessions.
- Practice self-compassion. Watch this [video](#) about self-love.



Take [this](#) interactive self-care exercise if you are feeling overwhelmed



Want to Talk to Someone?

Visit the [Cowell Center](#) to speak with a counselor about mental health.

Set up an appointment with a [Drahmann advisor](#) if you are feeling overwhelmed with academics.

