

TIPS FOR STRESS RELIEF: DON'T OVERTHINK

PRESENTED BY:
STUDENT COUNSELING SERVICES



TAKE A BREATH – YOU ARE NOT ALONE

College life can be overwhelming. Juggling classes, deadlines, and social responsibilities can leave you feeling stressed. You're not alone—and you don't have to manage it alone either. Below are helpful tips and a mindfulness meditation exercise to help you find calm in the stressful moments.

CHOOSE MINDFULNESS

As you navigate through life, you may find yourself speaking or acting based on your feelings, without fully recognizing the underlying influences. Through the practice of mindfulness, you can build awareness. Mindfulness helps you observe your thoughts and feelings without judgment so you can respond—rather than react—to what life brings.

STEPS FOR MEDITATION

- Choose a Quiet Space – Find a calm, distraction-free environment.
- Sit Comfortably – Use a cushion, chair, or sit on the floor with an upright posture.
- Focus on Your Breath – Notice the inhale and exhale. Feel the sensations in your body.
- Observe Thoughts & Emotions – Let thoughts and feelings come and go without judgment. Note, "I'm having a thought" or "I'm feeling this emotion."
- Return to the Breath – Gently bring your focus back whenever your mind wanders.
- Practice Regularly – Aim for 10–15 minutes. With experience, extend to 30 minutes.

ADDITIONAL STRESS MANAGEMENT SKILLS

- Move Your Body – Walk, stretch, dance, or go to the gym. Physical movement improves mood and reduces tension.
- Breathing or grounding techniques for even 5 minutes a day can help bring clarity and calm.
- Take Breaks – Step away from your desk. Listen to music, journal, or get some fresh air.
- Sleep Matters – Aim for 7–9 hours. Sleep helps with emotional regulation, memory, and focus.
- Talk It Out – Reach out to friends, mentors, or counselors. Asking for help is a strength, not a weakness.