Stress Relief Guide

Feeling overwhelmed? Assess how much time you have and take a break to do one of the following activities:

1 minute or less
- Breathing exercise
- Say “I can” to yourself
- Visualize your happy place
- Give a hug, you get one back
- Read something inspirational

5 minutes
- Give yourself a scalp massage
- Give yourself a foot rub
- Write down what you are thankful for

15 minutes
- Prioritize your responsibilities
- Plan your schedule for the week
- Watch a sunset or sunrise
- Connect with your spiritual side
- Have a cup of tea (chamomile)
- Play a game on your phone, iPad, computer, etc.

30 minutes
- Journal
- Talk to a friend
- Take a bath
- Play with your pet
- Get organized
- Take a power nap
- Clean

1 hour
- Massage (Wellness Center)
- Walk
- Workout
- Meditate
- Counseling
- Read a good book
- Manicure/pedicure
- Yoga
- Play a video game
- Play a sport
- Go shopping
- Cook

2-3 hours
- Watch a comedy (laugh)
- Hike
- Bike ride
- Do something creative (paint, sew, decorating, etc.)
- Go to a farmer’s market
- Plan your semester calendar

½ day
- Go dancing
- Spa Day
- Go to a concert
- Visit a friend or family
- Go bowling with friends

Full day
- Beach day
- Amusement Park
- Travel (Day trip)

Ongoing
- Eat a balanced diet
- Workout
- Laugh
- Don’t procrastinate
- Tutoring
- Academic Coaching
- Take breaks
- Get enough sleep
- Listen to music
- Do not excessively – smoke, consume alcohol, consume caffeine, oversleep, ignore the problem, dwell on the negative