

7 Tips to Reduce Stress in College

1

Self-Care Ritual

Incorporate self-care rituals, such as a warm bath, listening to music, or reading a non-academic book, to unwind.

2

Quick Breathing Exercises

Take a moment for a brief deep-breathing exercise. Inhale deeply for a count of four, hold for four counts, and exhale for four counts. Repeat several times.

3

Power Nap

If possible, take a short power nap (20-30 minutes).

4

Aromatherapy

Inhale in a calming scent, such as lavender or peppermint.

5

Eat Fresh Fruits

Enjoy a small and healthy fruit snack such as a fruit cocktail.

6

Nature Break

Spend a few minutes outdoors. Fresh air can have a immediate positive effects.

7

20-Minute Workout

Go for a short 20-minute full body workout to let out all the stress and anxiety out of your system.

