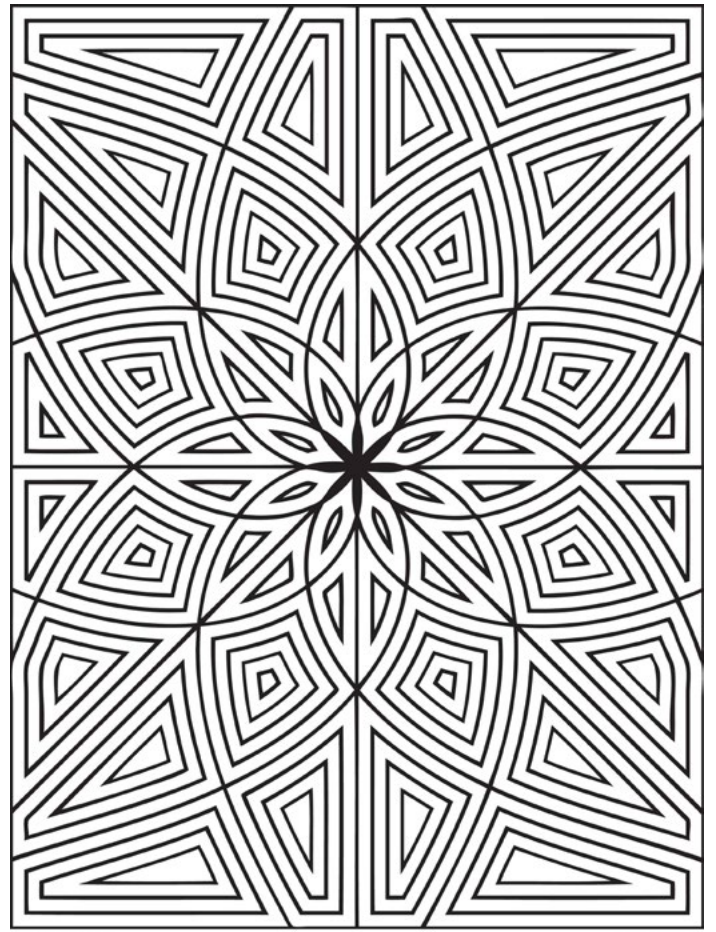
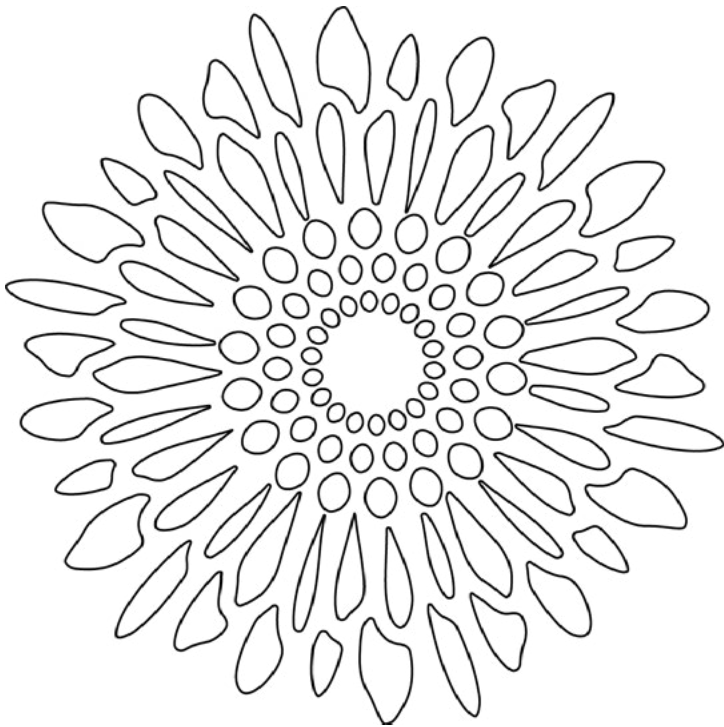


treat yo self



tame your tension

one calming color at a time



the dahlia

represents inner strength, creativity, and change.





Maxine Platzer Lynn Women's Center
AT THE UNIVERSITY OF VIRGINIA

WE'RE BACK!

We're excited to welcome students back into our freshly renovated home on the Corner. You can find the Women's Center right next door to OpenGrounds.

Visit Us at 1400 University Avenue



How to get there:

- CAT Free Trolley to University Ave. & 14th St.
- U-Loop Bus to 14th & Werland St.

WomensCenter.virginia.edu



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5 minute stress relief

Between classes you do have enough time to:

- Put on your favorite song (don't be afraid to sing along!)
- Go chat with someone
- Jot down your dream from last night
- Hydrate!
- Check the latest on Twitter
- Take a snack break and eat without distractions
- Read or watch something that always makes you laugh
- Get up and walk around your area
- Write down the things you're looking forward to that week(end)
- Instagram something you like

30 minute stress relief

Even if it's only once a week, you'll be glad you found time to:

- Exercise!
- Grab lunch with a friend
- Light reading and a treat in a coffee shop
- Go for a walk around Grounds or hang out on the Lawn
- Check out the shops on the Corner
- Enjoy the Women's Center's Room to Breathe
- Watch an episode of your favorite show
- Take a power nap (preferably not in a library)
- Have dumpings. They're worth the wait!
- Yoga (DoYogaWithMe.com has a dozen free under-30-minute videos)



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10 minute stress relief

In the 10 minutes it takes to worry about school, you can give yourself a break that leaves you really ready to tackle your work. Try these:

- Write a journal entry or blog post
- Call a friend to catch up
- Clean out your inbox or backpack!
- Find and put on a playlist you can groove to (and groove to it)
- Catch up on current events
- Visit your favorite blog or website
- Strategize your day. What's left to work on? What's left to look forward to?
- Go outside and get some fresh air
- Read that article you keep seeing people post on Facebook

2 minute stress relief

Think you can't possibly take time to decompress? You only need 2 minutes to:

- Get up and stretch!
- Let your mind wander
- Look out the window
- Draw a doodle
- Say no to taking on a new responsibility
- Spend time with your pet (or ask your Mom to text you a picture of your pet)
- Compliment yourself!
- Stop what you're doing and take a few deep breaths
- Acknowledge something you accomplished that day
- Share your favorite joke or meme with a friend



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