tame your tension
one calming color at a time

the dahlia
represents inner strength, creativity, and change.

treat yo self
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

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

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)

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 up your inbox or backpack
• Clear up some time to do what you love
• Read or watch something that always makes you laugh
• Take a snack break and eat without distractions
• Check the latest on Twitter
• 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

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