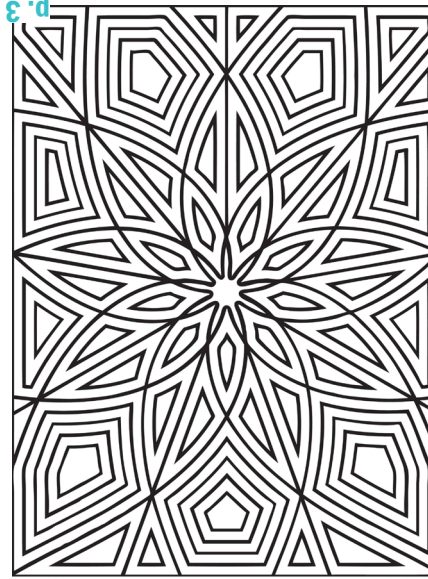


# 5 minute stress relief

- Between classes you **do** have enough time to:
- Hydrate with a reusable bottle (and yeah, show off those stickers while you're at it).
  - Take a step outside to stretch your legs and enjoy a new setting.
  - Take a screen-free snack break.
  - Make a list of things you are looking forward to in the next few weeks!
  - Put on your favorite song (humming, foot-tapping, and singing encouraged).
  - Read or watch something that always makes you laugh!
  - Send a quick check-in text to a friend or classmate, just to say hi.
  - Find your next podcast/audiobook to listen to. Even Better! Try with a friend!
  - Call/Facetime someone you haven't seen in a bit!
  - Grab coffee with a friend and enjoy the scenery on the way.



# 2 minute stress relief

- Think you can't possibly take time to decompress? Use your senses for a quick refresh:
- Sight**
- Look out the window at nearby people and plants.
  - Succumb to a daydream.
- Touch**
- Draw a doodle.
  - Stand up! Stretch to loosen any stiffness you feel.
- Taste**
- Chew a piece of gum. Eat a favorite candy.
  - Enjoy a sip of cool water.
- Sound:**
- Turn off your notifications.
  - Listen as you take a few deep breaths - in & out.
- Quick ways to check in with yourself:**
- Pause the timeline. Close out of your social media.
  - Acknowledge something you accomplished that day.
  - Compliment yourself! You have so much to offer.
  - Say no to taking on a new responsibility. Prioritizing yourself is a responsibility.

Your senses can help you reset your head space. Try an activity like these to focus on one of them:

### Taste

- Eat a snack
- Drink your favorite beverage

### Smell

- Safely light a candle
- Get a breath of fresh air

### Sight

- Clean something in your environment, reset the visuals of your workspace, find a new place to work
- Read a short article, wikihow tutorial, or feel good news

### Sound:

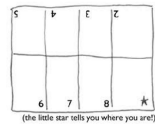
- Listen to a song
- Call a friend (the traditional way)

### Touch

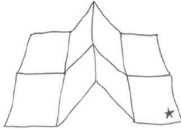
- Find a sunny spot and feel the sun on your face.
- Hands on activity: **zine folding**, beading, coloring
- Progressive muscle relaxation (Tense a group of muscles as you breathe in. Relax them as you breathe out. Work through each muscle group.)

# 15 minute stress relief

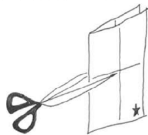
**1** Fold a standard piece of white copy paper (8.5 x 11 inches) into eight even parts like so:



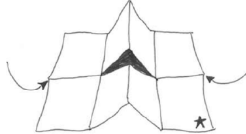
**2** Now crease those folds so the paper rests like this naturally:



**3** Now fold the paper in half as below and cut it halfway through so it looks like "4"...



**4** Place the paper down like so. Now put your index fingers where the arrows are, lifting up while folding the sheet lengthwise over your index fingers...



**5** During lengthwise folding in step "4" the middle of the sheet should buckle so that it can fold into this form naturally



**6** And now you have your eight-page zine! Notice the "starred" page is the front page of the zine. Voila!



Find the **Women's Center** online at [womenscenter.virginia.edu](http://womenscenter.virginia.edu)

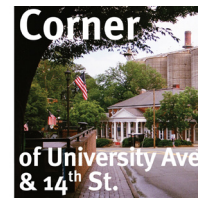
on    at **@uvawomenscenter**

and on the Corner at

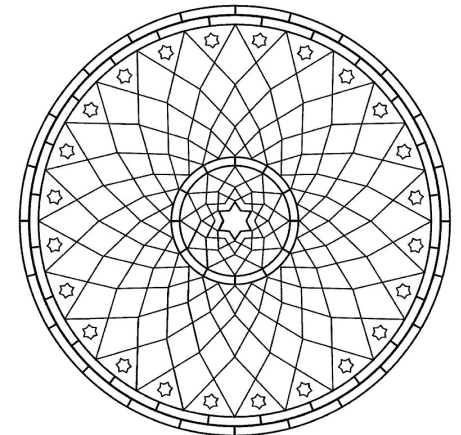
**1400 University Avenue**

### transit options

- Orange line to 14th & Wertland,
- CAT Free Trolley to University Ave & 14th St,
- or any UVA bus that stops near Lee St. on JPA (short walk to the back of our building and stairs to our front door)



# tame your tension



one calming color at a time 