### TOP 10 TIPS

1. Try a grounding technique. Tune into your 5 senses

2. Notice and identify what is bothering you. It's normal to feel discomfort, try your best to work through it

3. Give yourself a 5-10 minute break! Then set realistic, exciting goals and work toward them

4. Do something you enjoy! (listen to music, journal, learn something new, or take a walk)

5. Reach out for support, UCS is a great resource

6. Get good sleep (7-9 hrs each night); disconnect from electronics, dim your lights, stretch, or read before bed

7. Fuel and move your body! Food and exercise positively impact your mood

8. Talk to a friend - sharing emotions with a trusted person can relieve the burden of stress on your body

9. Quiet your mind through relaxation or prayer

10. Avoid alcohol or other drugs

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For more information contact the Center for Student Wellness: Gasson 025 | 617-552-9900 | bwell@bc.edu | bc.edu/student-wellness