

Stressed Out?

Check out these Tips for Managing Stress



Move your Body!

- Go for a walk, run, lift weights, do Zumba, biking, hiking, or other preferred exercise
- Get outside and get some fresh air!
- Rainy day? Not feeling a walk? Enjoy a virtual walk on the beach!

<https://www.youtube.com/watch?v=LOGE7nNkLOY>



Keep a Journal for your thoughts and drawing

- Start journaling in the evening before you go to bed!
- Learn to color your favorite Disney characters!

<https://www.youtube.com/watch?v=rj5N9OBTpnY>



Break out in Dance!

- Crank up your favorite song and dance like nobodies watching!
- Dancing improves brain function and boosts memory!



Counseling Center & Psychological Services presents

Tips for Managing Stress

Try out these new strategies for managing stress to help improve your Mental Health! For more information reach out to the Counseling Center at 518-454-5200

Get enough sleep and rest!



- Sleep is vital to academic success! Did you know college students should be getting 7-9 hours of sleep a night?
- Make a bedtime ritual to ensure that you are getting enough sleep each night!

More Stress Management Tips

- Keep a positive attitude
- Accept the things you can't control
- Make time for hobbies & interests
- Spend time with those you love
- Talk to a Counselor



Eat Healthy, Well-balanced Meals

- A healthy diet can also help your mood from fluctuating and even decrease levels of anxiety and depression in some cases!
- Healthy Dorm Room Recipes!
<https://greatist.com/eat/healthy-dorm-room-recipes#mains>

