



BOSTON COLLEGE CENTER FOR STUDENT WELLNESS

•••• *Wellness Tips* ••••



STRESS



BOSTON COLLEGE
Division of Student Affairs

CENTER FOR STUDENT WELLNESS

TOP 10 TIPS

1. Stress is about personal perception, reconsider your perspective on the situation

6. Set aside time to relax and recharge every day, try 30 minutes

2. Practice being mindful and remember to breathe, use your breath as your anchor

7. Get enough sleep to feel rested when you wake: 7-9 hrs

3. Create a to-do list to declutter your mind and prioritize what's important

8. Engage in daily movement: walk, run, or bike

4. Use a journal to reflect and find gratitude in your day

9. Create a good vibes playlist or quote board to keep a healthy mindset

5. Seek social support and reach out to those you can count on

10. Acknowledge stress exists and work with it, try to use stress as a positive motivator