

Practical Steps for Reducing Stress in College

- Make a To Do List
- Challenge yourself to finish as much of a paper/project as possible within 30 minutes, take a 10-minute walk, and repeat
- Work on your hardest assignments first
- If you find yourself binge watching TV each night, commit to watching just 2 fewer episodes each night and replace them with homework; you'll still get to watch TV but also be more productive
- Don't wait until the last minute to start your homework
- Breakdown large assignments into smaller sections
- If you're feeling stuck and can't start a paper/project - just start writing; eventually you'll get into a groove and your mind will focus on the task at hand
- Check your syllabus, calendar, and email once a day to see what assignments are due over the next week
- Use sticky notes around the house or reminders on your phone to help remember those daily tasks that need to be completed (ex. Laundry, date night, advising appointment, etc.)
- Make time to get at least 6-8 hours of sleep a night
- Spend 30 – 60 minutes exercising twice a week
- Drink a full glass or bottle of water
- Try to eat a healthy or freshly made meal at least once a day; if it comes in a box it's not healthy!
- Stop comparing yourself to everything you see on social media!
- Remind yourself that it's ok not to be perfect