Student Health Services
invites you to...

Take a Minute
for your mental health

How are you coping? Are you taking time to breathe?
Are you finding ways to manage your stress and anxiety?
Here are a few helpful ideas for you!

JOURNALING

Journaling does more than just help you record your memories or find self-expression. It's good for your health. What are some of the health benefits of putting pen to paper?

- Reduces Stress
- Improves Immune Function
- Keeps Memory Sharp
- Boosts Mood
- Strengthens Emotional Functions

So, you get it! Journaling is good for you—physically, mentally, and emotionally! But what if you find yourself stuck, staring fruitlessly at a blank page. Simply start where you are. Here are a few journal prompts to help you get started:

- My favorite way to spend the day is…
- Places you've enjoyed visiting
- Make a list of 30 things that make you smile
- Your favorite songs
- Your top five short term goals

SIMPLE STRETCH

Flexibility is an important part of fitness and overall health. Daily activities would be much more challenging without the ability to bend over, twist, or squat. Here is a simple stretch to prepare you for the busy day ahead, or to get some much-needed relaxation.

Shoulder and Upper Back Stretch

- Begin standing tall, arms by your sides. Now, reaching behind you with both hands, pull your shoulders back and clasp your fingers together.
- If you feel a stretch already, hold it here. If you can go further, push your clasped hands away from your lower back and gently arc backward.
- Return to standing tall, and repeat.

LISTEN TO CLASSICAL MUSIC

Chances are you've heard that there are benefits of listening to classical music. But is there any actual truth behind this statement? According to numerous studies, there absolutely is! There are a ton of brainy benefits one derives from listening to classical music. From pain management to improved sleep quality—listening to classical music has both mental and physical benefits. In fact, simply listening to classical music as background noise can have a significant impact on your mood, productivity, and creativity. Below are 10 surprising benefits of listening to classical music backed by actual science.

- Decreases blood pressure
- Boosts memory
- Sparks creativity
- Reduces stress levels
- Supercharges brainpower
- Fights depression
- Puts you to sleep
- Relieves pain
- Makes you happy
- Improves productivity