



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!

BREATHE!

4-7-8 Breath Relaxation Exercise is a simple breathing exercise to help you manage stress.

- Exhale completely through your mouth, making a whoosh sound.
- Close your mouth and inhale quietly through your nose to a mental count of 4.
- Hold your breath for a count of 7.
- Exhale completely through your mouth, making a whoosh sound to a count of 8.
- This is one breath. Now inhale again and repeat the cycle three more times for a total of four breaths
- Resume normal breathing and activity!



PLANT SOMETHING!

Planting a garden can be a great way to relieve stress and bring peace. Whether you have a small patio area or a large amount of space to tend, planting a garden can create your own haven and in turn can be a stress reliever in itself. Buy a small container, potting soil and a bag of seeds. Water everyday and watch your harvest grow!



GET MOVING!

Take a walk. It's meditation in motion, pumps up your endorphins, and improves your mood! Set a goal and stick with it—just 12 minutes of walking daily can result in an increase in cheerfulness, strength, concentration and self-confidence.