Student Health Services
invites you to...

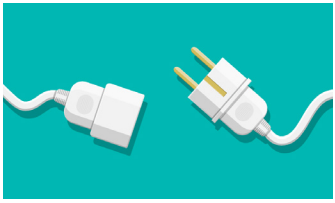
Take a Minute
for your mental health

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!

LET'S COLOR!

Coloring isn't just for kids! Coloring can relax you. By making you focus on one thing only, it helps to control your breathing and lets your imagination soar!

Here is a link to a wide selection of free color sheets to print and use:
http://www.coloringpagesforadult.com/coloring_pages/landscapes.php



UNPLUG!

Go off the grid. Leave your smart phone at home for a day and disconnect from constant emails, school work, alerts, and other interruptions. Spend time doing something fun by yourself or with someone face-to-face. Here's some ideas: Grab a coffee, go for a walk, and visit a local farmers market to shop fresh produce.

HANG OUT WITH A FURRY FRIEND!

Time with animals lowers the stress hormone cortisol, and boosts oxytocin which stimulates feelings of happiness. If you don't have a pet, hang out with a friend who does or volunteer at a shelter.

Need more information about resources? E-mail: studenthealth@avc.edu