



BOSTON COLLEGE CENTER FOR STUDENT WELLNESS

••••• *Wellness Tips* •••••



MENTAL HEALTH



BOSTON COLLEGE
Division of Student Affairs

CENTER FOR STUDENT WELLNESS

TOP 10 TIPS

1. Try a grounding technique. Tune into your 5 senses

6. Get good sleep (7-9 hrs each night); disconnect from electronics, dim your lights, stretch, or read before bed

2. Notice and identify what is bothering you. It's normal to feel discomfort, try your best to work through it

7. Fuel and move your body! Food and exercise positively impact your mood

3. Give yourself a 5-10 minute break! Then set realistic, exciting goals and work toward them

8. Talk to a friend - sharing emotions with a trusted person can relieve the burden of stress on your body

4. Do something you enjoy! (listen to music, journal, learn something new, or take a walk)

9. Quiet your mind through relaxation or prayer

5. Reach out for support, UCS is a great resource

10. Avoid alcohol or other drugs