

How to Deal with Stress in College

Our Class Ideas:

- ❖ Do something and avoid dwelling on all you have to do; don't procrastinate!
- ❖ Eat a healthy snack or meal (and, generally, eat healthy things!)
- ❖ Get a "study buddy" and work together, even if you don't talk and even if you're not in the same classes
- ❖ Get some exercise (i.e. take a walk, go to the rec center, play a team sport, go for a run, do some yoga)
- ❖ Give yourself plenty of time, be realistic about how much time you have and how much time you need
- ❖ Go see a tutor or go to office hours
- ❖ Go somewhere with friends, or simply hang out with friends at your place
- ❖ Have a cup of coffee/juice and/or a snack to rejuvenate
- ❖ Meditate
- ❖ Organize and clean up your schedule, your desk, your room, your purse/bag/backpack, your closet, your car – declutter!
- ❖ Play music that is familiar and relaxing
- ❖ Sleep (strive for 7-9 hours a night, and schedule in a nap every now and then)
- ❖ Take a shower/bath
- ❖ Talk with friends, family, a counselor, an instructor/a professor, a community member, an RA, etc...
- ❖ Use a stress relief item (i.e. stress balls, essential oils)

Resources:

Exercise

- [CU Boulder Rec Center](#) (including information about intramural sports and classes)
- [Yoga with Adriene](#) (Free; YouTube Channel)
- [DoYogaWithMe](#) (Free; Online Classes)

Meditation

- [Free Online Meditations](#)

Organizing/Decluttering

- [The Life-Changing Magic of Tidying Up](#)

Productivity Tools:

- [Evernote](#)
- [Rescue Time](#)
- [Stay Focused](#)
- [Tide](#)
- [Todoist](#)
- [Toggl](#)

Tutoring

- [Buff Tutor](#)
- [German Tutors and Translators](#)
- [Tutoring Services](#) – Student Academic Success Center (SASC)