









# SELF-CARE AND DESTRESS




Finding something that helps you destress is just as important as reviewing content daily.

<b>Working Out</b>	<b>Yoga/Mediation</b>	<b>Walking</b>	<b>Journaling</b>	<b>Entertainment</b>
				

<b>Create Boundaries: Learn to say no.</b> 	<p>Setting limits with others can be difficult. Share with your people that as you balance school and life and you need some “me time”.</p> <p>Allowing yourself time to do things for yourself is important to helping destress.</p>
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<b>Do not skip meals!</b> 	<p>No matter how busy you are, do not skip meals!</p> <p>Being nourished allows your brain to be energized.</p> <p>Make sure you’re drinking enough water to keep hydrated and snacks can be helpful.</p>
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<b>Support System</b> 	<p>Identify those who you can go to for support.</p> <p>This can be your family member, friend, classmate, etc.</p> <p>Identify and create your support team. These are individual(s) who you get support from, whether it is someone to talk to, eat with, get a pep talk from, or help with life commitments.</p>
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