Deep Breathing
Deep breathing activates the parasympathetic nervous system, which helps calm the body.

Progressive Muscle Relaxation
This is a good way to relax your body and mind when waking up or after a busy day.

Journaling
This can help you appreciate positive things, work through challenges, and know yourself better.

Mindfulness
It can help someone worry less about the past, the future, or the expectations of others.

Take deep, slow breaths from your abdomen. Breathe in through your nose, then slowly exhale through your lips. Count five to ten slow breaths to begin, then consider adding more. Try it when waking up in the morning, before or after a test, or just before bed.

Get comfortable and take a few slow, deep breaths. Focus on how your right foot feels. Slowly tense the muscles in your foot, hold for ten seconds, then relax. When ready, repeat with the left foot. Move through your whole body: legs, stomach, back, arms, shoulders, neck, and face.

Take time to reflect on your day (or week or month) by writing down your thoughts and feelings. Try journaling to calm you before going to sleep, especially if your feelings are all jumbled up or your mind is racing.

Mindfulness is about paying attention to the present without judgement – just focusing on what you’re doing or feeling at the time. Try one of these: (1) pay attention to eating a meal or snack, instead of attempting to multitask; (2) take ten deep breaths and listen to your breathing; or (3) walk to your next class without making a phone call or texting.

Prioritizing healthy habits like eating, exercising, sleeping, and connecting with friends can help manage stress on a daily basis.

Confiding in friends is a common way for UVa students to manage stress and build relationships. It can be a challenge to open up, but it is healthy to show struggles to people you trust – and it can help your friends feel better too! Being vulnerable with someone is a gift to both you and the person you confide in.

Reaching out to others is a good way to support and strengthen your peers. If a friend feels overwhelmed, help them renew their focus on values and hopes for life at UVa. This can help them use time and energy in healthy ways, even when school and other aspects of life feel stressful.

RESOURCES FOR MANAGING STRESS

Counseling and Psychological Services (CAPS) (434) 243-5150
Located in Student Health. UVa’s FREE, confidential student counseling clinic is here to help you and your friends thrive.

Appointments
One-on-one support for any kind of stress or anxiety plus help building stress management skills. Call to see how CAPS can best support you.

Growth Groups
Several support groups for learning and healing, including a mindfulness group. virginia.edu/studenthealth/caps/group.html

Office of the Dean of Students (ODOS) (434) 924-7133
Help navigating any issue, no matter how big or small.

Madison House HELP Line (434) 295-TALK
Talk about anything, anytime, 24/7.

If stress becomes too much to handle in a crisis, get support right away:
CAPS (434) 972-7004 afterhours emergencies
ODOS (434) 924-7166 afterhours emergencies

*From the Spring 2015 Health Survey with responses from 931 UVa students

96.6% of UVa students believe forging supportive connections with peers helps them thrive.

91.9% of UVa students believe integrating rest, relaxation, and rejuvenation into life helps them thrive.