MANAGING Stress

1. Take 15-20 minute study breaks
2. Maintain a balanced diet
3. Exercise regularly
4. Meditate / practice deep breathing
5. Keep a consistent sleep schedule
6. Limit social media and electronics
7. Connect ~ with peers with healthly social supports with the CPDC

“Mindful or Mind Full”

RESOURCES

Click here to visit the CPDC webpage for more resources!

Allegheny College 24/7 Line  (814) 332-2105 speak to a clinician right away