

Ingredients to a Better Mental Health

From the comfort of your home!

When you feel overwhelmed in life, whether it may be a big exam, family stress, or job stress, try these simple tactics to help you feel more at ease.

Created by students who **GET IT!**

Feel like you can't breathe or catch your breath?

Box Breathing

Step 1: Sit comfortably in a chair with your back against it and feet on the floor

Step 2: breathe in 4 seconds

Step 3: Hold for 4 seconds

Step 4: Exhale for 4 seconds

Step 5: Repeat 2-3 more times

OR UNTIL YOU FEEL CALMER!

Feel like you are eating too much junk food or not on a schedule?

Develop A Good Diet

- Focus on whole foods
 - Vitamins
 - Hydration
 - Fruits and Vegetables
 - Lower sugar consumption
 - Create a meal plan
 - Make don't order out
- CREATE A PLAN FOR YOU!

Feel like you have too much built up energy?

Mirror Exercise

- Find a partner
- Play some of your favorite music
- Dance and have your partner repeat what you are doing
- Reverse the roles when the song changes

REPEAT UNTIL YOU FEEL CALM!