

# STRESS RELIEVERS

Wright State University - Lake Campus Student Success Center

Need a quick break from studying?  
Try one of these:

**DANCE party**

Read a **BOOK**.

Go for a drive.

Make a thankful list.

Count to 150. Paint Your Nails

**Wash Your Car.**



Grab your favorite beverage.

Chew bubble gum.

Close your eyes & hum for one minute.

Netflix  
Hulu

DO

DO

stretches.



**YOGA.**

**GO SHOPPING.**



Sudoku  
Crossword  
Word Search

Massage your temples.

play a board game.



**TAKE A NAP.**

Go to the beach.



**Get Some Sun.**

Complete a coloring page.

**HANDWRITE A LETTER.**

Swimming!

Read Jokes.



**Take a walk.**

Call a friend.

Journal about your day.



Play A Sport.

Take a hot shower.

*Pray.*

Go for a swim.

Watch the clouds.

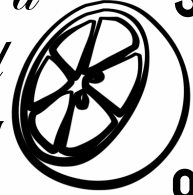
Take A Bubble Bath



Pinterest

Facetime a

Friend



Slowly eat an orange segment by segment.

**TAKE A FEW SELFIES!**

Jog in place.

Crank the Tunes.

**CUDDLE.**

Plant A Flower.

Cook or Bake



Play with a furry friend.

YouTube funny videos.

**BLOW BUBBLES.**

Plan a Trip.

Listen To Music

Time.

**Volunteer Your**



Lie in a hammock.  
Walk. Jog. Run.