



Better Mental Health:

Encouraging Balance and Managing Time

Planned Free Time

Dedicate pockets of free time to things that make you feel relaxed, happy, or fulfilled. That time is yours to make the most of.

Get Moving



Make sure to use your body, whether that's taking a walk, mindful stretching, or getting getting in a workout.

Necessary Tasks

Dedicate an appropriate amount of time in your day to complete necessary tasks. Once you've planned free time, it's be easier to get through more strenuous parts of your busy day

Rest and Recovery



If you aren't resting enough, you are less likely to adhere to your plan to achieve work-life balance.

Caring for Yourself

How you manage the time in your day is largely responsible for your stress levels. If you don't take the time to care for yourself, you put your mind and body under both emotional and physical stress.

Talk It Out



You aren't alone! Share your stress with a friend or loved one for support. Talk to a professor or a staff member.

3

Prioritize Tasks and Time

2

Set Realistic Goals

4

Connect to Others

1

Breathe Deeply

5

Get Moving



STRESS RELIEF TIPS

unplug and
unwind

do something
nice for
someone else

get involved
with something
non-academic

go for
a long walk

set
priorities

breathe
deeply

set boundaries;
say "No"

get lost in music

ask for help

write in
a journal

meditate;
take time
to just "be"

sleep