

Eight Tips for Relaxing When College Life is Stressing You Out

.Adjust Your Schedule – What isn't working? Maybe you've spent too much time at an extracurricular activity this semester, and it's time to recalibrate. Take a deep dive into what's causing you the most stress then reprioritize.

2. Take a Road Trip – Chances are you have at least one friend at college with a car. Your trip doesn't have to be anything elaborate, but it's nice to get off campus to gain a fresh perspective

3. Adjust Your Expectations – If you're used to overachieving, you might need a reality check. Did your first midterm come back with lackluster results? Take a deep breath and think about what you can do to improve. (Don't blame other people.) Reach out to your professor or teaching assistant for suggestions.

4. Take the Day Off – This can seem counterintuitive when your head is swirling with stress, but often the best way to clear your mind is a change of pace or routine. Spend Saturday tailgating and watching the football team play or taking in a movie, and you'll be surprised how productive you are when you're ready to return to work.

5. Plan Alone Time - Now that you have a roommate and lots of new college friends, you may get stressed out from the social overload. Find a place, such as a quiet corner of the library or the quad on a sunny day, and spend some relaxing time by yourself. Turn on your favorite playlist or read a book for pleasure.

6. Go to Class – This one might seem self-evident, but you'd be surprised how many students stop attending once extracurricular or internships start piling on. Take good notes and pay attention when you're there, and you'll save yourself a lot of late-night heartache.

7. Try Yoga - Yoga isn't just for your mom. Find a studio — or download an app — to learn some stretches and poses that you can do to alleviate the stress. Some poses for stress relief: supine twist, supported bridge and downward dog. Check out the classes offered at the Rec Center

8. Talk to Someone – Sometimes stress becomes more than we can handle alone. Make an appointment with your school's psychological services, so you can vent and talk about your anxiety. There's nothing wrong with reaching out and getting techniques to manage your stress.

