

QUICK FIXES to REDUCE your STRESS

Mental Health Team, Campus Health, MUSC B101

www.mcmaster.ca/health

Laugh!

Go to *My Yoga Online* from here / \

Laugh Often, Laugh Loud

Sing and Dance

To Upbeat Music!

(Nobody cares if you can't dance well)

GET ACTIVE:

Walk, Skip

Run, Bike

Stretch

Yoga-on-line

Close your eyes while you listen to a few favorite songs

SIT UP STRAIGHT

And Breathe Deeply

Call a Friend

Escape for half an hour...

in the tub...in a book...in your dreams...

put your feet up and close your eyes.

**TAKE A
FRESH AIR
BREAK**

TALK TO SOMEONE

WHO MAKES YOU LAUGH

read the comics in the
newspaper

Exchange massages with a friend

Make a paper airplane

Blow bubbles

Do a Sudoku puzzle

Take a nutritious snack break:

create a smoothie,

a toasted sandwich,

peanut butter and crackers

RE-FILL YOUR WATER BOTTLE



Practice smiling 😊