



## COUNSELING CENTER

# The Art of De-Stressing

**PSA:** You do NOT need to be creative or an artist to attend this workshop!

Stress is a natural and necessary part of life – but sometimes it goes a little overboard and we need to slow down and de-stress. Arts and crafts are some of the best ways to relax and work through stress and get it back to more optimal levels.

In this workshop we offer a variety of artistic mediums to help you de-stress during the session, and offer other tools to tackle stress so you can keep up with the de-stressing in your own time.

### **Signs You May Need to De-Stress:**

- Decreased motivation
- Feeling overwhelmed
- Putting things off
- Fatigue
- Feeling scattered
- Unsure of what to prioritize
- Difficulty Concentrating

### **Quick De-Stressing Tips:**

- Schedule time to relax (just like a class being scheduled, make sure you attend!)
- Re-engage with an old hobby
- Color in a coloring book
- Fill a page with doodles of your favorite things
- Get outside
- Do breathing exercises (ie. Breath in for a count of 4 and out for a count of 8, repeat x4)
- Socialize (call or hang out with a friend, or attend an activity)

To learn more, attend The Art of De-Stressing Wellness Workshop in person during the mid-term and finals Stress Less weeks!