



COUNSELING CENTER

Creating Calm: The Art of Stress Relief

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

Stress is a natural and necessary part of life – but sometimes it can become elevated and we need to slow down and de-stress. Arts and crafts are some of the best ways to relax and work through stress to get the body back to more optimal levels. These techniques work through physiological mechanisms in your brain and body, so they can benefit everyone (not just artists).

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 help manage stress on 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 ***Creating Calm Wellness Workshop*** during the mid-term and finals Stress Less weeks!