

Tips for Managing Stress

- **Schedule Breaks:** Put them in your calendar or set an alarm for 5-10 minutes.
- **Sleep:** Try to get a solid 8-hours of sleep each night. Sleep is essential to well-being, and remember- naps aren't just for children. A 10 minute snooze can help reinvigorate you for the rest of the day.
- **Listen to Music:** Play your favorite music while you're driving, in the shower, or when you're grocery shopping. Listen to music that lifts your spirits!
- **Deep & Slow Breathing:** Take a deep breath in, hold it for a couple seconds, let it out slowly. Do this 3-5 times.
- **Seek Humor:** Watch a comedy on any streaming service or go to the theater.
- **Do Something You Enjoy:** Color, read a non-law book, sew, go to the gym, go bowling, hang out with friends.
- **Talk About it:** Speak with a friend, mentor, or counselor about the things stressing you out. Talking about it can help you work through it.
- **Stretch & Move:** Take a break from studying and go for a walk, touch your toes, shake-it out.