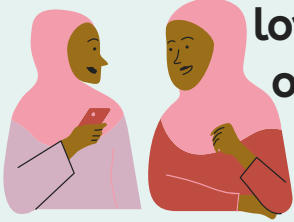


Talk with
a trusted
loved
one



Take a 20
minute
nap



Play
with an
animal



Read a
book for
pleasure



Ask
for
help



Color



Laugh



Make a
to-do list



Meet with a
Wellness Coach



Meditate
or practice
yoga



Listen to
some
music



Dance it
out!



Go for a
walk



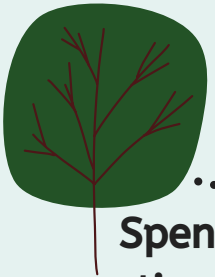
Hydrate



Practice
mindfulness



Spend
time
outside



Unplug
from
technology



stress management tips

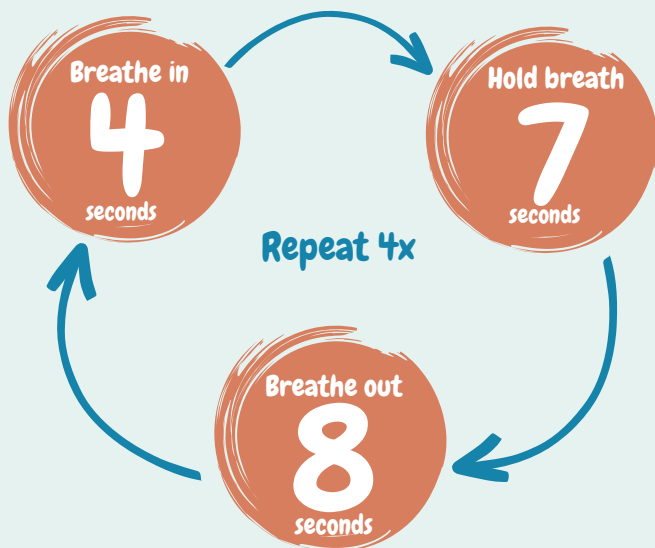
FOR COLLEGE STUDENTS



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4-7-8 Breathing Technique



Self-Soothing Technique: 5 - 4 - 3 - 2 - 1

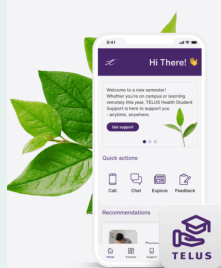
- To yourself, begin by naming **five** things you see in front of you.
- Identify **four** colors that you see.
- Describe **three** sensations your body is feeling, such as temperature, the texture of your sweater, or your feet against the ground.
- Name **two** sounds you can hear.
- State **one** scent you can smell.

Repeat each step until you notice your thoughts are less clouded.

TELUS Student Support App



Scan QR code
to download the app!



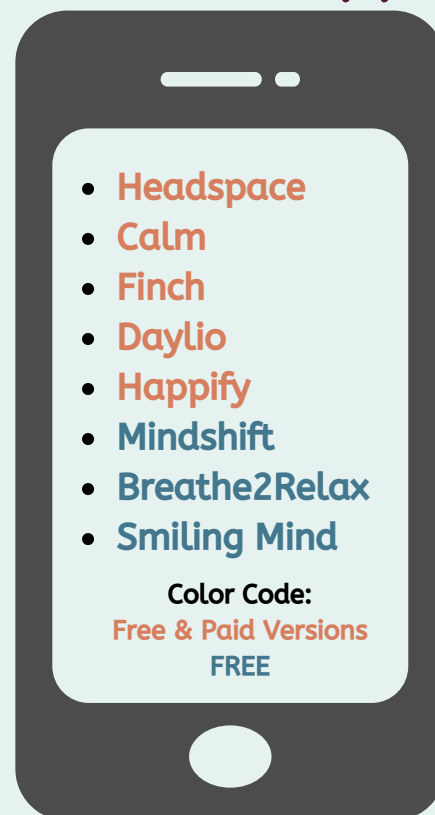
Get the support
you need with the
Student Support app.

Connect with us 24/7 for free, confidential
mental health and wellbeing support.
Call. Chat. Anytime. Anywhere.



TELUS Health

Self Care Apps



Crisis Text Line
Text Hello to 741741
Free
24/7 support

Crisis Phone Line
Call 319-273-2676
Press '2'
Talk to a counselor
24/7



**Call or Text
988
Available 24/7**

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