

# 5 Quick Stress Relief Activities for College Students

## 1. Campus Walk & Breath

Step outside between classes and take a 10-minute walk across campus. Pair it with mindful breathing (inhale 4, exhale 6) to clear your head and reset your energy.

## 2. Study Break Reset

After 50 minutes of studying, give yourself a 10-minute break. Stand, stretch, grab water, or change your environment. Small breaks boost memory and keep you from burning out.

## 3. Dorm or Apartment Grounding

When stress peaks, use the 5-4-3-2-1 method: notice 5 things you see, 4 you feel, 3 you hear, 2 you smell, and 1 you taste. This pulls your brain out of stress mode and into the present.

## 4. Music or Podcast Escape

Put in earbuds and listen to a calming playlist or a fun podcast episode between classes. Just 5–10 minutes can help shift your mood.

## 5. Gratitude or Reflection Journal

End your day by jotting down three things you're grateful for or one small win (finishing a paper, surviving a long lecture, finding a good parking spot). This builds resilience and positivity over time.

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