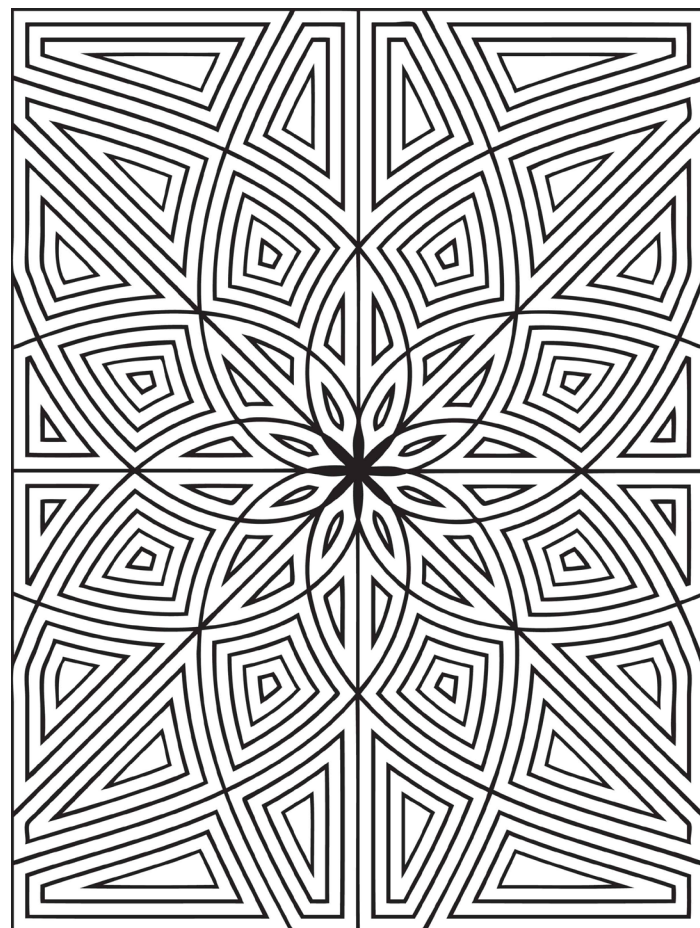
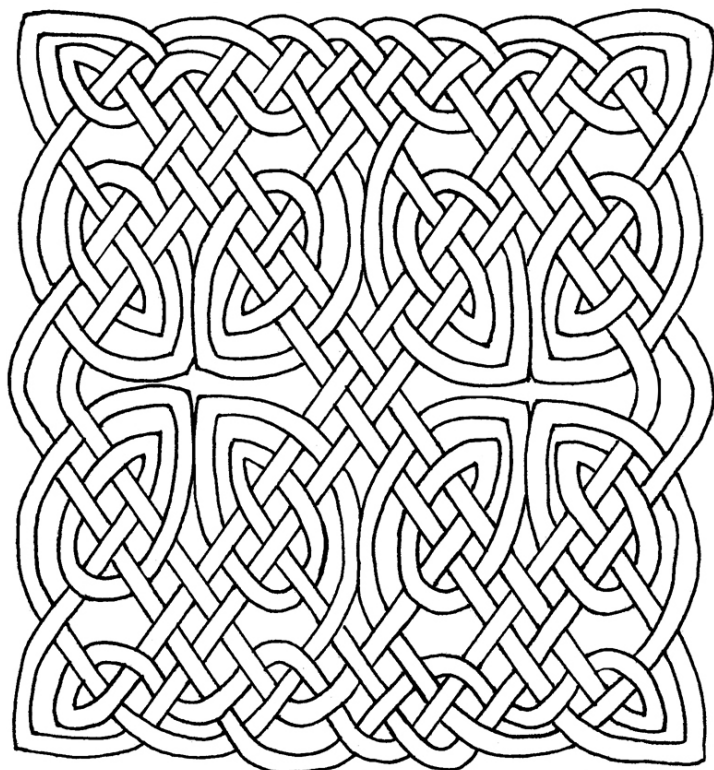


treat yo self



If Britney Spears can make it through 2007



you can make it through today.



tame your tension  
one calming color at a time



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Between classes you *do* have enough time to:

- Put on your favorite song (don't be afraid to sing along!)
- Go chat with someone
- Jot down your dream from last night
- Hydrate!
- Check the latest on Twitter
- Take a snack break and eat without distractions
- Read or watch something that always makes you laugh
- Get up and walk around your area
- Write down the things you're looking forward to that week(end)
- Instagram something you like

Even if it's only once a week, you'll be glad you found time to:

- Exercise!
- Grab lunch with a friend
- Light reading and a treat in a coffee shop
- Go for a walk around Grounds or hang out on the Lawn
- Check out the shops on the Corner
- Enjoy the Women's Center's *Room to Breathe*
- Watch an episode of your favorite show
- Take a power nap (preferably not in a library)
- Have dumplings. They're worth the wait!
- Yoga (DoYogaWithMe.com has a dozen *free* under-30-minutes videos)



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In the 10 minutes it takes to worry about school, you can give yourself a break that leaves you really ready to tackle your work. Try these:

- Write a journal entry or blog post
- Call a friend to catch up
- Clean out your inbox or backpack!
- Find and put on a playlist you can groove to (and groove to it)
- Catch up on current events
- Visit your favorite blog or website
- Strategize your day. What's left to work on? What's left to look forward to?
- Go outside and get some fresh air
- Read that article you keep seeing
- Read that post on Facebook

Think you can't possibly take time to decompress? You only need 2 minutes to:

- Get up and stretch!
- Let your mind wander
- Look out the window
- Draw a doodle
- Say no to taking on a new responsibility
- Spend time with your pet (or ask your Mom to text you a picture of your pet)
- Compliment yourself!
- Stop what you're doing and take a few deep breaths
- Acknowledge something you accomplished that day
- Share your favorite joke or meme with a friend