HOW TO DE-STRESS
AND TAKE CARE OF YOURSELF

• Know that it is okay to take care of yourself. It’s not selfish to put your needs first when feeling overwhelmed and stressed.
• Let others know that you are overloaded. If you don’t tell them, then they will not know.
• If you need something from your family and friends, ask for it. Be specific. Often people want to help, but don’t know what would be helpful.
• You might find that solitude and private time to meditate, reflect and/or pray is helpful.
• Take time to nurture yourself:
  o listen to music
  o take a walk
  o go to a yoga class
  o exercise vigorously
  o do a hobby or task that you find enjoyable
  o see a good movie, alone or with a friend
  o get your hair done or get a manicure/pedicure
  o read a novel
• Talk about what you are feeling and/or experiencing with family, friends, and colleagues.
• Try not to isolate yourself.
• Spend quality time with those you love.
• Do a random act of kindness.
• It’s okay to turn off the news.
• Reconnect with or get involved with community events and activities that are affirming and supportive.
• Give yourself more time for daily routines.
• Let go of some things – reprioritize.
• It’s okay to give up a task or responsibility or to take a week or two off of duty.
• Be forgiving of yourself and others.
• Be kind to yourself.
• Call the Stone Center Counseling Service, 781.283.2839 for support.

Stone Center Counseling Service
781-283-2839 (M – F, 8:30 – 4:30)
Emergencies 781-283-2839 (evening and weekends) or Campus Police 781-283-5555 (24 hours)
www.wellesley.edu/Counseling