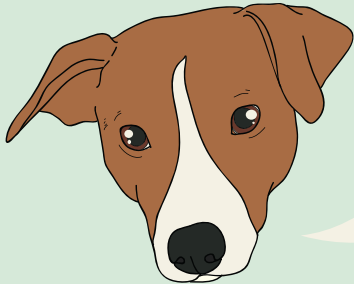


The LABORATORIUM EKOLOGI DAN KONSERVASI Guide to self-care



Campus life got you down? Use one of these techniques to help you reduce your stress and manage your anxiety. Remember: everyone gets sad, lonely, or anxious. It's OK to stop for a moment and breathe.

WALK

Take a walk to activate your muscles and clear your mind.

SEE FRIENDS

Hang out with friends; social connections aid our mental wellbeing.

SLEEP

Sleep influences mood. Take a nap or create a routine to sleep more.

WATCH/READ

Watch a movie or read a book to ease your mind for a while.

JOURNAL

Write about your day to help you process your feelings.

MAKE MUSIC

Listen to music or pick up an instrument and play to improve focus.

MAKE ART

Draw, paint, or engage in any creative activity that helps you relax.

DO YOGA

Yoga can be done anywhere and helps with burnout or anxiety.

EXERCISE

Exercise increases your self-esteem and releases endorphins.

CLEAN

Clean your workspace; it's therapeutic and clears your mind.

BREATHE

Box breathe to reduce anxiety; 4-7-8 breathe to hasten sleep.

POMODORO

Focus for 25 minutes, then relax for 5; repeat as needed.



Do none of these techniques help? If you need someone to talk to or feel like you have nowhere else to turn, reach out to us.

Read more guides or download this sheet at labekologi.id.

